

# October 2021 MC Monthly



## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October cont'd</b> <b>31</b> <b>Halloween</b> 9:45 PE Morning Stretch [MC] 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Bingo! [A] 11:00 LL Bingo! [A] 11:00 LL Bingo! [A] 1:30 CE Documentary Club [T] 2:00 LL Board Games & Cards [MC] 3:00 LL Spooky Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	 The new standard in excellence.	525 W Elk Ave. Glendale, CA 91204 (818) 245-6378	<b>AE</b> Artistic Expression <b>CE</b> Continuing Educations <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	<b>Healthy Snacks &amp; Hydration offered throughout each day!</b>	9:45 PE Morning Stretch [MC] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 LL TGIF Social w/Ed Simpson [B] 6:30 LL Games & Puzzles	9:45 PE Saturday Stretch 10:00 LL Coffee Club [B] 10:30 SS Fur Friends [P] 11:00 LL Table Games [MC] 1:30 PE Stretch & Meditation [A] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]
9:45 PE Morning Stretch [MC] 10:30 SS Gospel Sing-A-Long [MC] 11:00 LL Bingo! [A] 11:00 LL Bingo! [A] 11:00 LL Bingo! [A] 1:30 CE Documentary Club [T] 2:00 LL Board Games & Cards [MC] 3:00 LL Ice Cream Social [B] 6:00 LL Movie & Popcorn [MC]	9:45 PE Morning Stretch [MC] 11:00 LL Live Music with Larry Evans [LR] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 AE Snacks & Crafts [A] 6:30 LL Movie & Popcorn	9:45 PE Morning Stretch [MC] 11:00 LL Table Games [MC] 11:30 LL One to One Room Visits 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]	9:45 PE Morning Stretch [MC] 10:00 AE Autumn Centerpiece [A] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Mid-Week Matinee [MC] 2:00 AE Sing-A-Long [MC] 6:00 LL Spa Night [MC]	9:45 PE Morning Stretch [MC] 11:30 CE Sweet Life Cooking Club [DK] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 LL Board Games & Cards [MC] 3:00 LL Tea & Talk [B]	9:45 PE Morning Stretch [MC] 11:00 LL Table Games [MC] 1:00 PE Chair Aerobics [FC] 1:30 PE Open Gym [FC] 2:00 AE Sing-A-Long [MC] 3:00 LL TGIF Social [B] 6:30 LL Games & Puzzles	9:45 PE Saturday Stretch 10:00 LL Coffee Club [B] 1:30 PE Stretch & Meditation [A] 2:00 LL Board Games & Cards [MC] 3:00 LL Bingo! [A]
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Continued at top