

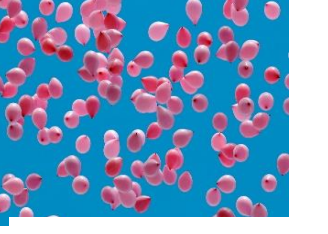






October 2021

Golden Pond Senior Living (MC)

ANY CHANGES TO THE CALENDAR WILL BE POSTED ON THE DAILY WHAT'S HAPPENING (Located at the Front Desk and all Elevators)

Please check daily.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:00 Micah the Dog, <i>MC-GR</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎸 2:00 Live Music w/Jerry Lopes, <i>-DR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<p>2</p> <ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i>
3	4	5	6	7	8	9
<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> 🎨 10:00 Painting Time, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🎸 1:30 Live Music w/Skip Morgan, <i>-DR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Exercise with Andre, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎸 2:00 Live Music w/Midtown Jazz, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:00 Micah the Dog, <i>MC-GR</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i>
10	11	12	13	14	15	16
<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> 🎨 10:00 Painting Time, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Exercise with Andre, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎸 1:00 Creative Expressions, <i>MC-AC</i> 🎸 3:30 Live Music w/Alvin, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:00 Micah the Dog, <i>MC-GR</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎸 3:00 Live Music w/Linda B, <i>MC-DR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i>
17	18	19	20	21	22	23
<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> 🎨 10:00 Painting Time, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎸 2:00 Live Music w/Ciprian, <i>MC-DR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Exercise with Andre, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎸 1:00 Creative Expressions, <i>MC-AC</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> 🎸 10:00 Puppets w/ Christopher, <i>MC-GR</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:00 Micah the Dog, <i>MC-GR</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i>
24	25	26	27	28	29	30
<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> 🎨 10:00 Painting Time, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🎸 2:00 Live Music w/Brandon, <i>MC-AC</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Exercise with Andre, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎨 1:30 Art Reveals w/Artisan Mind, <i>-DR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:00 Micah the Dog, <i>MC-GR</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>MC-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 	<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>MC-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> 🎪 1:30 Magic Show w/Andy, <i>MC-AC</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i>
31					MEETING PLACES	DIMENSIONS OF WELLNESS
<ul style="list-style-type: none"> ☀️ 8:00 Breakfast Time, <i>MC-DR</i> 🏃 9:40 Morning Stretch, <i>MC-AC</i> ❤️ 10:30 Coffee & Chronicles, <i>-AC</i> 🍎 11:30 Lunch, <i>MC-DR</i> ❤️ 1:00 Creative Expressions, <i>-GR</i> 🍽️ 4:30 Dinner, <i>MC-DR</i> 🎮 6:00 Evening Games, <i>MC-AC</i> 🍌 6:30 Evening Snack, <i>MC-DR</i> 					<p><i>MC-DR</i> - MC Dining Room <i>MC-AC</i> - MC Activity Room <i>MC-GR</i> - MC Green Room</p>	<ul style="list-style-type: none"> <li style="width: 50%;">🏃 Physical <li style="width: 50%;">❤️ Emotional <li style="width: 50%;">🕊️ Spiritual <li style="width: 50%;">🌿 Environmental <li style="width: 50%;">👩 Vocational <li style="width: 50%;">👥 Social <li style="width: 50%;">🧠 Intellectual <li style="width: 50%;">🏥 Health Services <li style="width: 50%;">🍌 Nutritional <li style="width: 50%;">🎯 Purposeful