

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 Exercise Class 1
10:00- Morning Snack
10:30- Daily Chronicle
11:15 Chapel With JP
1:00 Rest and relaxation
1:30- Yoga with InstruMix
2:00 Bingo buddies
3:30 Puzzle time

9:30 Exercise class 2
10:00- Morning Snack
10:30 Noodle ball
11:00- Sorting and Sensory
1:00 Rest and relaxation
1:15- Yoga with Liz
2:00 Color and Conversation
3:30- Daily Chornicles

Rosh Hashanah Begins

9:30 Exercise class 3
10:00- Morning Snack
11:00 Balloon volleyball
1:00 Rest and relaxation
1:30- Assorted Games
2:00 Bible study
3:00- Daily Chronicles
3:30- Music and movement

9:30 Exercise class 4
10:00 Morning Snack
11:00- **Oktoberfest Party!**
1:00 Rest and relaxation
1:30 Noodle Ball
2:30 Harbor Happy Hour
3:30 Reminiscing

9:30 Sittercise 5
10:30 Daily chronicle
11:00 Coffee and conversation
1:00 Rest and relaxation
2:00 Color and conversation
3:00 Uno
6:00 Movie and popcorn

9:30 Sunday Morning Church 6
10:00 Silver Sneakers
11:00 Noodle ball
1:00 Rest and Relaxation
2:00 Finish the phrase
3:00 Puzzle time

9:30 Exercise Class 7
10:00 Morning Snack
11:00 Back Porch Hangs
1:00 Rest and relaxation
1:15 Yoga wih Liz
2:00 Color and conversation
3:00 Manicures
3:30- Daily Chronicles

9:30 Exercise Class 8
10:00- Morning Snack
10:30- Daily Chronicle
11:15 Chapel With JP
1:00 Rest and relaxation
1:30- Yoga with InstruMix
2:00 Bingo buddies
3:30 Puzzle time

9:30 Exercise class 9
10:00- Morning Snack
10:30 Noodle ball
11:00- Sorting and Sensory
1:00 Rest and relaxation
1:15- Yoga with Liz
2:00 Color and Conversation
3:30- Daily Chornicles

9:30 Exercise class 10
10:00- Morning Snack
11:00 Balloon volleyball
1:00 Rest and relaxation
1:30- Assorted Games
2:00 Bible study
3:00- Daily Chronicles
3:30- Music and movement

9:30 Exercise class 11
10:00 Morning Snack
11:00- Noodle Ball
1:00 Rest and relaxation
1:30- Daily Chronicles
2:30 Happy hour with IL & AL
3:30 Reminiscing

Yom Kippur Begins

9:30 Sittercise 12
10:30 Daily chronicle
11:00 Coffee and conversation
1:00 Rest and relaxation
2:00 Color and conversation
3:00 Uno
6:00 Movie and popcorn

9:30 Sunday Morning Church 13
10:00 Silver Sneakers
11:00 Noodle ball
1:00 Rest and Relaxation
2:00 Finish the phrase
3:00 Puzzle time

9:30 Exercise Class 14
10:00 Morning Snack
11:00 Back Porch Hangs
1:00 Rest and relaxation
1:15 Yoga wih Liz
2:00 Color and conversation
3:00 Manicures
3:30- Daily Chronicles

Columbus Day (US)
Indigenous Peoples' Day

9:30 Exercise Class 15
10:00- Morning Snack
10:30- Daily Chronicle
11:15 Chapel With JP
1:00 Rest and relaxation
1:30- Yoga with InstruMix
2:00 Bingo buddies
3:30 Puzzle time

9:30 Exercise class 16
10:00- Morning Snack
10:30 Noodle ball
11:00- Sorting and Sensory
1:00 Rest and relaxation
1:15- Yoga with Liz
2:00 Color and Conversation
3:30- Daily Chornicles

Sukkot Begins

9:30 Exercise class 17
10:00- Morning Snack
11:00 Balloon volleyball
1:00 Rest and relaxation
1:30- Assorted Games
2:00 Bible study
3:00- Daily Chronicles
3:30- Music and movement

9:30 Exercise class 18
10:00 Morning Snack
11:00- Noodle Ball
1:00 Rest and relaxation
1:30- Daily Chronicles
2:30 Harbor Happy Hour
3:30 Reminiscing

9:30 Sittercise 19
10:30 Daily chronicle
11:00 Coffee and conversation
1:00 Rest and relaxation
2:00 Color and conversation
3:00 Uno
6:00 Movie and popcorn

9:30 Sunday Morning Church 20
10:00 Silver Sneakers
11:00 Noodle ball
1:00 Rest and Relaxation
2:00 Finish the phrase
3:00 Puzzle time

9:30 Exercise Class 21
10:00 Morning Snack
11:00 Back Porch Hangs
1:00 Rest and relaxation
1:15 Yoga wih Liz
2:00 Color and conversation
3:00 Manicures
3:30- Daily Chronicles

9:30 Exercise Class 22
10:00- Morning Snack
10:30- Daily Chronicle
11:15 Chapel With JP
1:00 Rest and relaxation
1:30- Yoga with InstruMix
2:00 Bingo buddies
3:30 Puzzle time

9:30 Exercise class 23
10:00- Morning Snack
10:30 Noodle ball
11:00- Sorting and Sensory
1:00 Rest and relaxation
1:15- Yoga with Liz
2:00 Color and Conversation
3:30- Daily Chornicles

9:30 Exercise class 24
10:00- Morning Snack
11:00 Balloon volleyball
1:00 Rest and relaxation
1:30- Assorted Games
2:00 Bible study
3:00- Daily Chronicles
3:30- Music and movement

Simchat Torah Begins

9:30 Exercise class 25
10:00 Morning Snack
11:00- Noodle Ball
1:00 Rest and relaxation
1:30- Daily Chronicles
2:30 Happy hour with IL & AL
3:30 Reminiscing

9:30 Sittercise 26
10:30 Daily chronicle
11:00 Coffee and conversation
1:00 Rest and relaxation
2:00 Color and conversation
3:00 Uno
6:00 Movie and popcorn

9:30 Sunday Morning Church 27
10:00 Silver Sneakers
11:00 Noodle ball
1:00 Rest and Relaxation
2:00 Finish the phrase
3:00 Puzzle time

9:30 Exercise Class 28
10:00 Morning Snack
11:00 Back Porch Hangs
1:00 Rest and relaxation
1:15 Yoga wih Liz
2:00 Color and conversation
3:00 Manicures
3:30- Daily Chronicles

9:30 Exercise Class 29
10:00- Morning Snack
10:30- Daily Chronicle
11:15 Chapel With JP
1:00 Rest and relaxation
1:30- Yoga with InstruMix
2:00 Bingo buddies
3:30 Puzzle time

9:30 Exercise class 30
10:00- Morning Snack
10:30 Noodle ball
11:00- Sorting and Sensory
1:00 Rest and relaxation
1:15- Yoga with Liz
2:00 Color and Conversation
3:30- Daily Chornicles

9:30 Exercise class 31
10:00- Morning Snack
11:00 **Halloween Party!**
1:00 Rest and relaxation
1:30 Balloon Volleyball
3:00- Daily Chronicles
3:30- Music and movement

Halloween

