

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays Glenn E. 10/4 Cathryn G. 10/25	“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.” — Nelson Mandela			10:00 Morning Greetings & Conversations [MPR] 1 10:15 Fitness & Hydration [MPR] 11:30 Fresh Air Social [CY] 1:30 Memory Tray 2:30 Beachball Volleyball 3:00 Afternoon Matinee w/ Popcorn 4:00 Throwback Thursday's Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 2 10:15 Fitness & Hydration [MPR] 10:45 Word in a Word 11:30 Reminiscing Moments 1:30 Arm Travel 2:30 Memories in the Making [MPR] 4:00 Meet, Mingle & Unwind [HL/CY] 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 3 10:15 Fitness & Hydration [MPR] 11:30 Bean Bag Toss [MPR] 2:30 Musical Trivia 3:00 Snack & Chat 4:00 Relaxation & Music 6:00 Evening Wind-Down
	10:00 Morning Greetings & Conversations [MPR] 4 10:15 Fitness & Hydration [MPR] 1:30 Virtual Sunday Service 2:30 Stars of Yesterday 3:15 Inspirational Quotes 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 5 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 1:30 Guess WHO? 2:00 Reading Circle 2:30 Karaoke Happy Hour 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 6 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [MC/AA] 1:30 Snack & Chat 2:15 Resident's Choice 3:30 Afternoon Tea w/ Friends 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 7 10:15 Fitness & Hydration [MPR] 10:30 Art Lessons with Devi [MPR] 1:30 Chocolate covered pretzel social 2:00 Scenic Ride 3:00 Bingo w/prizes [AL DR] 3:30 Manicures & Chat 4:00 Relaxation & Music 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 8 10:15 Fitness & Hydration [MPR] 11:15 Morning Brain Stretch 1:30 Trivia Thursday's 2:00 Cooking with Chef Herb Happy Hour Social [MPR] 3:00 Afternoon Matinee w/ Popcorn 4:00 Throwback Thursday's Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 9 10:15 Fitness & Hydration [MPR] 11:15 Reading Circle 1:30 Reminiscing Moments 3:00 Armchair Travel [MC/LR] 4:00 Meet, Mingle & Unwind [HL/CY] 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 10 10:15 Fitness & Hydration [MPR] 11:30 Bean Bag Toss [MPR] 1:00 Musical Hour with Rob Tomaro [MC/LR] 2:30 Musical Trivia 3:00 Snack & Chat 4:00 Relaxation & Music 6:00 Evening Wind-Down
	10:00 Morning Greetings & Conversations [MPR] 11 10:15 Fitness & Hydration [MPR] 1:30 Virtual Sunday Service 2:30 Stars of Yesterday 3:15 Inspirational Quotes 6:00 Evening Wind-Down	Columbus Day 10:00 Morning Greetings & Conversations [MPR] 12 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 1:30 Trivia Mondays/ Columbus edition 2:15 Noodle Ball Game 3:00 Karaoke Happy Hour 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 13 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 11:30 Snack & Chat M&M's 2:15 Sensory Session 3:30 Afternoon Tea w/ Friends 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 14 10:15 Fitness & Hydration [MPR] 10:30 Art Lessons with Devi [MPR] 11:30 Patio Time [CY] 2:30 Armchair Travel [MPR] 3:00 Bingo w/prizes [AL DR] 4:00 Relaxation & Music 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 15 10:15 Fitness & Hydration [MPR] 11:15 Morning Brain Stretch 1:30 Trivia Tuesday's 2:30 Beachball Volleyball 3:00 Afternoon Matinee w/ Popcorn 4:00 Throwback Thursday's Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 16 10:15 Fitness & Hydration [MPR] 11:15 Reading Circle 1:00 Word in a Word 3:00 Reminiscing Moments 4:00 Meet, Mingle & Unwind [HL/CY] 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 17 10:15 Fitness & Hydration [MPR] 11:30 Sunshine Social 2:30 Musical Trivia 3:00 Snack & Chat 4:00 Relaxation & Music 6:00 Evening Wind-Down
	10:00 Morning Greetings & Conversations [MPR] 18 10:15 Fitness & Hydration [MPR] 1:30 Sunday Services 2:30 Stars of Yesterday 3:15 Inspirational Quotes 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 19 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 11:30 Trivia Mondays 1:30 Guess WHO? 2:30 Karaoke Happy Hour 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 20 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 11:30 Snack & Chat 2:00 Residents Choice 3:30 Afternoon Tea w/ Friends 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 21 10:15 Fitness & Hydration [MPR] 10:30 Art Lessons with Devi [MPR] 11:30 Fresh Air with Friends 3:00 Bingo w/prizes [AL DR] 4:00 Relaxation & Music 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 22 10:15 Fitness & Hydration [MPR] 11:15 Morning Brain Stretch 1:30 Memory Tray 2:00 Cooking with Chef Herb Happy Hour Social 3:00 Afternoon Matinee w/ Popcorn 4:00 Throwback Thursday's Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 23 10:15 Fitness & Hydration [MPR] 11:15 Word in a Word 3:00 Reminiscing Moments 4:00 Meet, Mingle & Unwind [HL/CY] 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 24 10:15 Fitness & Hydration [MPR] 11:30 Bean Bag Toss [MPR] 2:30 Musical Trivia 3:00 Snack & Chat 4:00 Relaxation & Music 6:00 Evening Wind-Down
	 THE RESIDENCES AT THOMAS CIRCLE	10:00 Morning Greetings & Conversations [MPR] 25 10:15 Fitness & Hydration [MPR] 1:30 Sunday Services 2:30 Stars of Yesterday 3:15 Inspirational Quotes 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 26 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 1:30 Guess WHO? 2:15 Noodle Ball Game 2:30 Karaoke Happy Hour 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 27 10:15 Fitness & Hydration [MPR] 10:30 Interactive Fun [FD] 2:15 Snack & Chat 3:30 Afternoon Tea w/ Friends 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 28 10:15 Fitness & Hydration [MPR] 11:15 Word in a Word 11:30 Fresh Air with Friends 2:30 Armchair Travel [MPR] 3:00 Bingo w/prizes [AL DR] 4:00 Relaxation & Music 6:00 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 29 10:15 Fitness & Hydration [MPR] 11:15 Morning Brain Stretch 3:00 Afternoon Matinee w/ Popcorn 4:00 Throwback Thursday's October Birthdays Celebration 4:30 Evening Wind-Down	10:00 Morning Greetings & Conversations [MPR] 30 10:15 Fitness & Hydration [MPR] 11:15 Thriller Trivia [MC/LR] 2:00 Halloween Celebration 5:00 Featured Movie/ Frankenstein [MC/LR] 6:00 Evening Wind-Down
		10:00 Morning Greetings & Conversations [MPR] 31 10:15 Fitness & Hydration [MPR] 3:00 Residents Choice 4:00 Music & Movement [MC/LR] 6:00 Evening Wind-Down					