


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	7:15 Breakfast Club 1 9:00 Namaste 10:30 Moving to Music 11:30 Table Talk 1:00 Serene Transitions 2:00 Down Memory Lane 3:30 Sports Arena 6:15 Tranquility Time	7:15 Breakfast Club 2 9:00 Namaste 10:30 Sit N Be Fit 11:30 Table Talk 1:00 Serene Transitions 2:00 Tuesday Trivia 3:30 Manicures 6:15 Tranquility Time Simchat Torah	7:15 Breakfast Club 3 9:00 Namaste 10:30 Noodle Exercise 11:30 Table Talk 1:00 Serene Transitions 2:00 Clover all Over 3:30 Resident Choice 6:15 Tranquility Time	7:15 Breakfast Club 4 9:00 Namaste 10:30 Noodle Exercise 11:30 Table Talk 1:00 Serene Transitions 2:00 October Trivia 3:30 Conversation Ball 6:15 Tranquility Time	7:15 Breakfast Club 5 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions 2:00 Jigsaw Puzzles 3:30 Base Ball 6:15 Tranquility Time	7:15 Breakfast Club 6 9:00 Namaste 10:30 Saturday stretch 11:30 Table Talk 1:00 Serene Transitions <u>2:30 Aerobics W/ Jorge</u> 3:30 Magazines/puzzles 6:15 Tranquility Time	
7:15 Breakfast Club 7 9:00 Namaste 10:30 Spiritual Sunday 11:30 Life Skills 1:00 Serene Transitions 2:00 Creative Corner 3:30 Remember When 6:00 Sunday Night Movie	7:15 Breakfast Club 8 9:00 Namaste 10:30 Daily Chronicle 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Columbus Day Facts</u> 3:30 Horse Race Game 6:15 Tranquility Time Columbus Day (US) Thanksgiving Day (Canada)	7:15 Breakfast Club 9 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Tuesday Trivia <u>2:30 Aerobics w/ Jorge</u> 3:30 Manicures 6:15 Tranquility Time	7:15 Breakfast Club <u>10</u> 9:00 Namaste <u>10:30 Communion</u> 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Pet Visit's With Luna</u> 3:30 Ring Toss 6:15 Tranquility Time	7:15 Breakfast Club 11 9:00 Namaste 10:30 Let's Stretch 11:30 Table Talk 1:00 Serene Transitions 2:00 Down Memory Lane <u>3:30 Lila's Guitar</u> 6:15 Tranquility Time	7:15 Breakfast Club 12 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Cider Donut's Social</u> 3:30 Resident Choice 6:15 Tranquility Time	7:15 Breakfast Club 13 9:00 Namaste 10:30 Saturday Stretch 11:30 Table Talk 1:00 Serene Transitions <u>2:30 Make Your Own Sundaes</u> 3:30 Ball Toss 6:15 Tranquility Time	
7:15 Breakfast Club 14 9:00 Namaste 10:30 Spiritual Sunday 11:30 Life Skills 1:00 Serene Transitions <u>2:00 Fall Craft</u> 3:30 Remember When 6:00 Sunday Night Movie	7:15 Breakfast Club 15 9:00 Namaste 10:30 Noodle Exercise 11:30 Table Talk 1:00 Serene Transitions <u>2:00 October Trivia</u> 3:30 Resident Choice 6:15 Tranquility	7:15 Breakfast Club 16 9:00 Namaste 10:30 Let's Get Moving 11:30 Table Talk 1:00 Serene Transitions <u>2:30 Cheese & Cracker Social</u> 3:30 Bowling 6:15 Tranquility Time	7:15 Breakfast Club 17 9:00 Namaste 10:30 Seat Works 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Painting with Canvas</u> 3:30 Ball Toss 6:15 Tranquility Time	7:15 Breakfast Club 18 9:00 Namaste 10:30 Moving to Music 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Sand Art/ Landscapes</u> 3:30 Horse Races 6:15 Tranquility Time	7:15 Breakfast Club 19 9:00 Namaste 10:30 Moving to Music 11:30 Table Talk 1:00 Serene Transitions 2:00 Family Feud 3:30 Kick Ball 6:15 Tranquility Time	7:15 Breakfast Club 20 9:00 Namaste 10:30 Saturday Stretch 11:30 Table Talk 1:00 Serene Transitions <u>2:30 Yoga W/ Jorge</u> 3:30 Short Stories 6:15 Tranquility Time	
7:15 Breakfast Club 21 9:00 Namaste 10:30 Spiritual Sunday 11:30 Life Skills <u>1:00 Patriots VS Bears With munchies</u> 4:00 Easy Listening 6:00 Sunday Night Movie	7:15 Breakfast Club 22 9:00 Namaste <u>10:30 Tap N Time</u> 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Fall Adult Coloring</u> 3:30 Basket Ball 6:15 Tranquility Time	7:15 Breakfast Club 23 9:00 Namaste 10:30 Move & Groove 11:30 Table Talk 1:00 Serene Transitions 1:00 Serene Transitions <u>2:00 Making Pumpkin Shakes</u> <u>2:30 Resident B-day Party</u> 6:15 Tranquility Time	7:15 Breakfast Club 24 9:00 Namaste 10:30 Senior Stretch <u>12:00 Oktoberfest/around the world</u> <u>2:00 Let's Make A Scarecrow</u> <u>2:00 Pet visit w/ Luna</u> 3:30 Sports Arena 6:15 Tranquility Time	7:15 Breakfast Club 25 9:00 Namaste 10:30 Senior Stretch 11:30 Table Talk 1:00 Serene Transitions <u>2:00 Searching for October</u> 3:30 Sports Arena 6:15 Tranquility Time	7:15 Breakfast Club 26 9:00 Namaste 10:30 Friday Fitness 11:30 Table Talk 1:00 Serene Transitions 2:00 Adult Coloring 3:30 Corn Hole 6:15 Tranquility Time	7:15 Breakfast Club 27 9:00 Namaste 10:30 Saturday Fitness 11:30 Table Talk 1:00 Serene Transitions 2:00 T.V. Bingo 3:30 Resident Choice 6:15 Tranquility Time	
7:15 Breakfast Club 28 9:00 Namaste 10:30 Spiritual Sunday 11:30 Life Skills 1:00 Serene Transitions 2:00 Creative Corner 3:30 Remember When 6:00 Sunday Night Movie	7:15 Breakfast Club 29 9:00 Namaste 10:30 Seat Works 11:30 Table Talk 1:00 Serene Transitions <u>2:30 Aerobics W/ Jorge</u> 3:30 Puzzles/ Board Games 6:15 Tranquility Time	7:15 Breakfast Club 30 9:00 Namaste <u>10:30 Making Witches Hats YUM</u> 11:30 Table Talk 1:00 Serene Transitions 2:00 Tuesday Trivia 3:30 Corn Hole 6:15 Tranquility Time	7:15 Breakfast Club 31 9:00 Namaste 10:30 Sit N Be Fit <u>2:00 Halloween party/contest</u> <u>3:30 Halloween Word Search</u> 6:15 Tranquility Time Halloween	<h1>October 2018</h1> <h2>Treasured Moments Neighborhood</h2> 