

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		<p>8:30 Breast Cancer Walk <b>1</b></p> <p>10:00 Hydration and snacks</p> <p><b>10:30 Coffee Time w/our Activities</b></p> <p>1:30 Rock Painting</p> <p>2:30 Catching up on current events</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Tubi TV</p> <p>Happy Birthday Janet P &amp; Craig F</p> <p>*International Coffee Day</p>	<p>8:30 Wild Walk Wednesdays <b>2</b></p> <p>10:00 Hydration and snacks</p> <p><b>10:00 Melodies w/Paula</b></p> <p>10:30 Tic-Tac-Toe</p> <p>1:30 BINGO</p> <p>2:30 Hand and Arm Massages</p> <p>3:00 Hydration and snacks</p> <p>3:00 Spanish Music</p> <p>4:00 Movie Hour</p> <p>Rosh Hashanah begins</p>	<p>8:30 Sole Searching <b>3</b></p> <p>Thursday Walk</p> <p>10:00 Hydration and snacks</p> <p>10:30 Stretches</p> <p>1:30 Exercising Classes</p> <p>2:30 Meditation</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Rocking the 60's</p> <p>4:00 Netflix and Chill</p> <p>Happy Birthday Fred A.</p>	<p>8:30 Friday Fun Walk <b>4</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Blocks and Puzzles</p> <p>1:30 BINGO</p> <p>2:30 Neck Massages</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Smooth Country</p> <p>4:00 Tubi TV</p>	<p>8:30 Bubble Walk Saturdays <b>5</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Weightlifting</p> <p>1:30 Exercising Classes</p> <p>2:30 Breathing Exercising</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Jazz</p> <p>4:00 Movie of Choice</p>
<p>8:30 Sunday Morning Walk <b>6</b></p> <p><b>9:30 Praise and Worship</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Chair Yoga Outdoors</p> <p>1:30 BINGO</p> <p>2:30 Workout to the music</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Movie Hour</p>	<p>8:30 Monday Scavenger Walk <b>7</b></p> <p>10:00 Hydration and snacks</p> <p>10:00 Set your appointments</p> <p>10:30 Puzzles and Games</p> <p>1:30 Bingo</p> <p>2:30 Social Hour</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music from the 80's</p> <p>4:00 Netflix and Chill</p>	<p>8:30 Breast Cancer Walk <b>8</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Nail Appointments</p> <p>1:30 Rock Painting</p> <p>2:30 Catching up on current events</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Tubi TV</p>	<p>8:30 Wild Walk Wednesdays <b>9</b></p> <p>10:00 Hydration and snacks</p> <p><b>10:00 Melodies w/Paula</b></p> <p>10:30 Tic-Tac-Toe</p> <p>1:30 BINGO</p> <p>2:30 Hand and Arm Massages</p> <p>3:00 Hydration and snacks</p> <p>3:00 Spanish Music</p> <p>4:00 Movie Hour</p>	<p>8:30 Sole Searching <b>10</b></p> <p>Thursday Walk</p> <p>10:00 Hydration and snacks</p> <p>10:30 Stretches</p> <p>1:30 Exercising Classes</p> <p>2:30 Meditation</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Rocking the 60's</p> <p>4:00 Netflix and Chill</p> <p>World Mental Health Day</p>	<p>8:30 Friday Fun Walk <b>11</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Blocks and Puzzles</p> <p>1:30 BINGO</p> <p>2:30 Neck Massages</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Smooth Country</p> <p>4:00 Tubi TV</p> <p>Happy Birthday Minnie O.</p> <p>Yom Kippur begins</p>	<p>8:30 Bubble Walk Saturdays <b>12</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Weightlifting</p> <p>1:30 Exercising Classes</p> <p>2:30 Breathing Exercising</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Jazz</p> <p>4:00 Movie of Choice</p>
<p>8:30 Sunday Morning Walk <b>13</b></p> <p><b>9:30 Praise and Worship</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Chair Yoga Outdoors</p> <p>1:30 BINGO</p> <p>2:30 Workout to the music</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Movie Hour</p>	<p>8:30 Monday Scavenger Walk <b>14</b></p> <p>10:00 Hydration and snacks</p> <p>10:00 Set your appointments</p> <p>10:30 Puzzles and Games</p> <p>1:30 Bingo</p> <p>2:30 Social Hour</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music from the 80's</p> <p>4:00 Netflix and Chill</p> <p>Columbus Day</p>	<p>8:30 Breast Cancer Walk <b>15</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Nail Appointments</p> <p><b>12:30-1:30 Jammin' w/Jimmy Lee</b></p> <p>1:30 Rock Painting</p> <p><b>2:30 Hand Washing Class</b></p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Tubi TV</p> <p>Global Handwashing Day</p>	<p>8:30 Wild Walk Wednesdays <b>16</b></p> <p>10:00 Hydration and snacks</p> <p><b>10:00 Melodies w/Paula</b></p> <p>10:30 Tic-Tac-Toe</p> <p>1:30 BINGO</p> <p>2:30 Hand and Arm Massages</p> <p>3:00 Hydration and snacks</p> <p>3:00 Spanish Music</p> <p>4:00 Movie Hour</p> <p>Happy Birthday Sherry Hill</p> <p>National Boss's Day (or Boss's Day)</p>	<p>8:30 Sole Searching <b>17</b></p> <p>Thursday Walk</p> <p>10:00 Hydration and snacks</p> <p>10:30 Stretches</p> <p>1:30 Exercising Classes</p> <p>2:30 Meditation</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Rocking the 60's</p> <p>4:00 Netflix and Chill</p>	<p>8:30 Friday Fun Walk <b>18</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Blocks and Puzzles</p> <p>1:30 BINGO</p> <p><b>2:30 Chef Demo</b></p> <p><b>Chocolate Cupcakes</b></p> <p>3:00 Hydration, Snacks</p> <p>3:00 Smooth Country</p> <p>4:00 Tubi TV</p> <p>Chocolate Cupcake Day</p>	<p>8:30 Bubble Walk Saturdays <b>19</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Weightlifting</p> <p>1:30 Exercising Classes</p> <p>2:30 Breathing Exercising</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Jazz</p> <p>4:00 Movie of Choice</p>
<p>8:30 Sunday Morning Walk <b>20</b></p> <p><b>9:30 Praise and Worship</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Chair Yoga Outdoors</p> <p>1:30 BINGO</p> <p>2:30 Workout to the music</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Movie Hour</p>	<p>8:30 Monday Scavenger Walk <b>21</b></p> <p>10:00 Hydration and snacks</p> <p>10:00 Set your appointments</p> <p>10:30 Puzzles and Games</p> <p>1:30 Bingo</p> <p>2:30 Social Hour</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music from the 80's</p> <p>4:00 Netflix and Chill</p> <p>Happy Birthday Albert P.</p>	<p>8:30 Breast Cancer Walk <b>22</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Nail Appointments</p> <p>1:30 Rock Painting</p> <p>2:30 Catching up on current events</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Tubi TV</p>	<p>8:30 Wild Walk Wednesdays <b>23</b></p> <p>10:00 Hydration and snacks</p> <p><b>10:00 Melodies w/Paula</b></p> <p><b>10:00 Breast Cancer Walk</b></p> <p>1:30 BINGO</p> <p>3:00 Hydration and snacks</p> <p>3:00 Smooth Country</p> <p>4:00 Movie Hour</p> <p>Wear Pink for Breast Cancer</p> <p>Awarness</p> <p>Breast Cancer Walk</p>	<p>8:30 Sole Searching <b>24</b></p> <p>Thursday Walk</p> <p>10:00 Hydration and snacks</p> <p>10:30 Stretches</p> <p>1:30 Exercising Classes</p> <p>2:30 Meditation</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Rocking the 60's</p> <p>4:00 Netflix and Chill</p>	<p>8:30 Friday Fun Walk <b>25</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Blocks and Puzzles</p> <p>1:30 BINGO</p> <p>2:30 Neck Massages</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Smooth Country</p> <p>4:00 Tubi TV</p>	<p>8:30 Bubble Walk Saturdays <b>26</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Weightlifting</p> <p>1:30 Exercising Classes</p> <p>2:30 Breathing Exercising</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Jazz</p> <p>4:00 Movie of Choice</p> <p>Make A Difference Day</p>
<p>8:30 Sunday Morning Walk <b>27</b></p> <p><b>9:30 Praise and Worship</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Chair Yoga Outdoors</p> <p>1:30 BINGO</p> <p>2:30 Workout to the music</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Movie Hour</p> <p>Happy Birthday Joan L.</p>	<p>8:30 Monday Scavenger Walk <b>28</b></p> <p>10:00 Hydration and snacks</p> <p>10:00 Set your appointments</p> <p>10:30 Puzzles and Games</p> <p>1:30 Bingo</p> <p>2:30 Social Hour</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music from the 80's</p> <p>4:00 Netflix and Chill</p> <p>Happy Birthday Jose C.</p>	<p>8:30 Breast Cancer Walk <b>29</b></p> <p>10:00 Hydration and snacks</p> <p>10:30 Nail Appointments</p> <p>1:30 Rock Painting</p> <p>2:30 Catching up on current events</p> <p>3:00 Hydration, Snacks</p> <p>3:00 Music of choice</p> <p>4:00 Tubi TV</p>	<p>8:30 Wild Walk Wednesdays <b>30</b></p> <p>10:00 Hydration and snacks</p> <p><b>10:00 Melodies w/ Paula</b></p> <p>10:30 Tic-Tac-Toe</p> <p>1:30 BINGO</p> <p>2:30 Hand and Arm Massages</p> <p>3:00 Hydration and snacks</p> <p><b>3:00-4:00 Trick or Treat PJ party</b></p> <p>4:00 Movie Hour</p>	<p>8:30 Sole Searching <b>31</b></p> <p>Thursday Walk</p> <p>10:00 Hydration and snacks</p> <p>10:30 Stretches</p> <p><b>12:00 Residents Birthday Party</b></p> <p>1:30 Exercising Classes</p> <p><b>2:30 Resident Council</b></p> <p>3:00 Hydration, Snacks</p> <p>3:00 Rocking the 60's</p> <p>4:00 Netflix and Chill</p> <p>Halloween</p>	<p><b>October 2024 Calendar</b></p> 	