

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family and friends are welcome to join any of our activities. If you are interested in riding along on our country drives or outings, please let the Activity Dept, know ahead of time. Thank you</p>	9:30 Current Events 1 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:15 Welcome October 2:00 Memory Tones 3:15 Bowling Fun 4:00 Funniest Videos	9:30 Coffee & News 2 10:00 Exercise Fun 10:30 Trudy on Piano 1:00 Stretches 1:30 Top 10 Tuesday 2:00 Google Earth 3:00 Matt on Piano 4:00 Helping Hands <small>Simchat Torah</small>	9:15 News of the Day 3 9:30 Boarding Bus 10:00 Drive/ Pleasant Hill 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Mystery Box 2:30 Oreo Shakes 3:00 Uno Mania	9:30 Coffee & News 4 10:00 Exercise 10:30 Uno Mania 1:00 Conductorcise 1:30 Name that Celeb. 2:30 Baking 3:00 John on Guitar 4:00 Helping Hands	9:15 Current Events 5 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Bean Bag Throw 1:30 Slap Happy Drums 2:30 Weird Science 3:15 Humorous Quotes 4:00 All About Smiles	9:00 News of the Day 6 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basket Ball Throw 2:00 Snack Creation 3:00 Family Social 3:30 Down Memory Ln.
9:15 Coffee & News 7 9:45 Dancercise 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Spa Time 2:15 Travel/ Redwoods 3:00 Beanbag Arcade 3:45 Sunday Stroll	9:30 Current Events 8 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:00 Discovery Day 2:00 Art Studio 3:15 Bowling Fun 4:00 Laughing Babies <small>Thanksgiving Day (Canada)</small>	9:30 Coffee & News 9 10:00 Exercise Fun 10:30 Basket Ball 1:00 Stretches 1:30 Top 10 Tuesday 2:00 Reader's Theater 3:00 Matt on Piano 4:00 Helping Hands	9:15 News of the Day 10 9:30 Boarding Bus 10:00 Drive/ Pleasant Hill 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Mystery Box 2:30 Banana Shakes 3:00 Yahtzee!	9:30 Coffee & News 11 10:00 Exercise 10:30 Eleanor Roosevelt 1:00 Conductorcise 1:30 Name that Tune 2:30 Baking 3:00 John on Piano 4:00 Helping Hands	9:15 Current Events 12 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Bean Bag Throw 1:30 Slap Happy Drums 2:30 Weird Science 3:15 Bob Hope Humor 4:00 Helping Hands	9:00 News of the Day 13 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Volleyball Fun 2:00 Snack Creation 3:00 Family Social 3:30 Life in the 40's
B 9:15 Coffee & News 14 9:45 Dancercise 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Basketball Fun 2:15 Fall in Europe 3:00 Gooney Golf 3:45 Sunday Stroll	9:30 Current Events 15 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:30 Reminiscing 2:00 Art Studio 3:15 Halloween/1940's 4:00 Funniest Videos	9:30 Coffee & News 16 10:00 Exercise Fun 10:30 Trudy on Piano 1:00 Stretches 1:30 Angela Landsbury 2:00 Google Earth 3:00 Matt on Piano 4:00 Helping Hands	9:15 News of the Day 17 9:30 Boarding Bus 10:00 Drive/ Pleasant Hill 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Mystery Box 2:30 Chocolate Shakes 3:00 Uno Mania	9:30 Coffee & News 18 10:00 Exercise 10:30 Uno Mania 1:00 Conductorcise 1:30 Name that Country 2:30 Baking 3:00 Hip Billy Band 4:00 Helping Hands	9:15 Current Events 19 9:45 Exercise Fun 10:15 Crafty Corner 1:00 Bean Bag Throw 1:30 Slap Happy Drums 2:15 Western Play 3:15 Laughable Laws 4:00 Helping Hands	9:00 News of the Day 20 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Basketball Throw 2:00 Snack Creation 3:00 Family Social 3:30 Fun Facts/Dracula
9:15 Coffee & News 21 9:45 Dancercise 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Spa Time 2:15 New England Fall 4:00 Cupcake Walk 3:45 Sunday Stroll	9:30 Current Events 22 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:30 Reminiscing 2:00 Art Studio/ Autumn 3:15 Bowling Fun 4:00 Laughing Babies	9:30 Coffee & News 23 10:00 Exercise Fun 10:30 Basket Ball 1:00 Stretches 1:30 World Series/Facts 2:00 Google Earth 3:00 Matt on Piano 4:00 Helping Hands	9:15 News of the Day 24 9:30 Boarding Bus 10:00 Drive/ Pleasant Hill 11:00 Helping Hands 1:15 Strength & Stretch 2:00 Mystery Box 2:30 Spooky Shakes 3:00 Yahtzee!	9:30 Pumpkin Bliss 25 10:00 Exercise 10:30 Uno Mania 1:00 Conductorcise 1:30 Name that Animal 2:30 Baking/Pum,Bread 3:00 Sing Along 4:00 Helping Hands	9:15 Current Events 26 9:45 Exercise Fun 10:15 Ghost TootsiePops 1:00 Bean Bag Throw 1:30 Slap Happy Drums 2:30 Weird Science 3:15 Child Bloopers 3:30 Afternoon Stroll	9:00 News of the Day 27 9:30 Exercise Fun 10:00 Art Studio 11:00 Setting Tables 1:00 Volleyball Fun 2:00 Snack Creation 3:00 Family Social 3:30 Life in the 50's
9:15 Coffee & News 28 9:45 Dancercise 10:30 Daily Devotional 10:45 Gospel Songs 1:15 Basketball Fun 2:15 Transylvania 3:00 Spooky Trivia 3:45 Tchaikovsky/Music	9:30 Current Events 29 10:00 Chair Stretches 10:30 Did You Know? 11:00 Helping Hands 1:30 Reminiscing 2:00 Art/ Black Cats 3:00 Halloween/1950's 4:00 Halloween Videos	9:30 Coffee & News 30 10:00 Exercise Fun 10:30 Basket Ball 1:00 Stretches 1:30 Top 10 Tuesday 2:00 Pumpkin Painting 3:00 Matt on Piano 4:00 Helping Hands	9:15 News of the Day 31 9:30 Boarding Bus 10:00 Drive/ Pleasant Hill 11:00 Helping Hands 1:15 Dressup/Costumes 2:00 Halloween Party 2:45 Costume Parade 3:30 Monster Mash <small>Halloween</small>	<h1>October 2018</h1> <h2>Sheldon Park Illuminations</h2>		

Activities are subject to change.