	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u> </u>	9:30 Morning Hydration 1	9:30 Morning Hydration 2	9:30 Morning Hydration [AF]	9:30 Morning Hydration 4	8:00 Alzheimer's Walk &5
		tober	10:00 Chair Exercise [AR2]	10:00 Chair Zumba [AR2]	10:00 Yoga w. Olly [AR2]	10:00 Morning workout [AR2]	Booth Outing 9:30 Morning Hydration
		WUULI	10:30 Trivia Tuesday [AR2]	10:30 Short Stories [AR2]	1.20 Universe Savon [AP2]	10:30 Brain Teasers [AR2]	10:00 Sittercise [AR2]
		0004	1:30 Nail Spa	1:30 Art w. Olly [AR2]	1:30 Unlucky Seven [AR2]	1:30 Afternoon Series [AR2]	10:30 Morning News
	EAST BUILDING	2024		(Watercolor Pumpkin Art)	3:00 Movie & Popcorn [AR2]	3:00 Happy Hour	1:30 Beading & Jewelry Making [AR2]
		U	3:00 Karaoke [AR2]	3:00 Hashanah BAR2]	(Rock 'n' Roll High School)	[DR3]	3:00 Snack Social Hour [AR2]
	9:00 Shadow Mountain Church	-	9:30 Morning Hydration 8		9:30 Morning Hydration [Aff])		9:30 Morning Hydration 12
	Live Stream [AR2] 9:30 Sittercise [AR2]	9:30 Yoga w. Kathy [AR2]	10:00 Chair Exercise [AR2]	10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2]	10:00 Yoga w. Olly [AR2]	10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2]	10:00 Sittercise [AR2]
	10:45 Catholic Mass [AR2]	10:00 Current Events	10:30 Trivia Tuesday [AR2]	1:30 Art w. Olly [AR2]	1:00 El Cajon Library	1:30 [AR2]	10:30 Morning News
	1:30 TV Series w/ Snack and Hydration [AF]	10:30 Color me Happy [AR2]	1:30 Beaded Pipe Cleaner	(Halloween Cat Project	Outing [FD]	3:00 Happy Hour w/	1:30 Beading & Jewelry
;	3:00 Puzzles and Trivia [AR2]	1:30 Blackjack [AR2]	Indian Corn Craft [AR2]	Collage)	3:00 Movie & Popcorn [AR2]	Peggy's Porch Sing Along	Making [AR2]
,	3:30 Scenic Tour [FD]	3:00 [AR2]	3:00 Nickel Pokeno [AR2]	3:00 [AR2]	(From Time to Time)	[DR3] Yom Kippur Begins	3:00 Snack Social Hour [AR2]
	9:00 Shadow Mountain Churc ា្រ3	9:00 Morning Hydration 14	9:30 Morning Hydration 15:00 Chair Exercise [AR2]	9:30 Morning Hydration 16	Birthday Celebration – Oktoberfest 17		9:30 Morning Hydration 19
	Live Stream [AR2] 9:30 Sittercise [AR2]	9:30 Yoga w. Kathy [AR2] 10:00 Current Events	10:00 Alpaca Farm Outing	10:00 DMV Outing [FD]	9:30 Morning Hydration [AF]	10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2]	10:00 Sittercise [AR2]
	10:45 Catholic Mass [AR2]	10:30 Color me Happy [AR2]	[FD] \$15 per person 10:30 Trivia Tuesday [AR2]	10:00 Chair Zumba [AR2]	11:00 Birthday Celebration	1:00 Walmart Shopping [FD]	10:30 Morning News
	1:30 TV Series w/ Snack and Hydration [AF]	1:30 DIY Flower Bouquets [AR2]	1:00 Grossmont Movie	10:30 Short Stories [AR2]	[ADR] 3:00 Documentary [AR2]	1:30 (AR2)	1:30 Beading & Jewelry
;	3:00 Puzzles and Trivia [AR2]	(Meo)	Theater Outing [FD] 3:00 Nail Spa	1:30 Art w. Olly [AR2]	(Germany and its Beers) 3:30 Applebee's	3:00 Happy Hour w/	Making [AR2]
;	3:30 Scenic Tour [FD]	3:00 Ving Day (Cana Page 2] Indigenous Peoples' Day Columbus Day (US)		(Smoking Cauldron Art)	Restaurant Outing [FD]	Matthew [DR3]	3:00 Snack Social Hour [AR2]
	9:00 Shadow Mountain Churc	9:00 Morning Hydration 21	9:30 Morning Hydration 22	_	9:30 Morning Hydration [A 54		9:30 Morning Hydration 26
	Live Stream [AR2] 9:30 Sittercise [AR2]	9:30 Yoga w. Kathy [AR2]	10:00 Chair Exercise [AR2]	9:30 Morning Hydration 10:00 Resident Council [DR3]	10:00 Yoga w. Olly [AR2]	10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2]	10:00 Sittercise [AR2]
	10:45 Catholic Mass [AR2]	10:00 Current Events	10:30 Trivia Tuesday [AR2]	10:30 Short Stories [AR2]	1:00 Mormon Battalion	1:30 [AR2]	10:30 Morning News
	1:30 TV Series w/ Snack and Hydration [AF]	10:30 Color me Happy [AR2]	1:30 Halloween Windsocks	1:30 Art w. Olly [AR2]	Historical Site Outing [FD]	3:00 Happy Hour w/ Sylvia	1:30 Beading & Jewelry
;	3:00 Puzzles and Trivia [AR2]	1:30 Blackjack [AR2]	Craft [AR2]	(Bat Silhouette Art)	3:00 Movie & Popcorn [AR2]	[DR3] 6:00 Halloween Trunk or	Making [AR2]
;	3:30 Scenic Tour [FD]	3:00 [AR2]	3:00 Nickel Pokeno [AR2]	3:00 Sing Along with Peter Seltzer [DR3]	(Fist of Fury) Simchat Torah Begins	Treat in the parking lot	3:00 Snack Social Hour [AR2]
	00 Shadow Mountain Chure 9:00 Morning Hydration 28			9:30 Morning Hydration 30		Guncomant G	ardens Door
	Live Stream [AR2] 9:30 Sittercise [AR2]	9:30 Yoga w. Kathy [AR2]	10:00 Chair Exercise [AR2]	10:00 Chair Zumba [AR2]	9:30 Morning Hydration [AF] 10:00 Yoga w. Olly [AR2]		λ.
10	10:45 Catholic Mass [AR2]	10:00 Current Events	10:30 Trivia Tuesday [AR2] 1:30 Making Treat Bags for	10:30 Short Stories [AR2]	1:00 Reverse Trick or Treat	Decorating:	Contest!
	1:30 TV Series w/ Snack and Hydration [AF]	10:30 Color me Happy [AR2]	Halloween [AR2]	1:30 Art w. Olly [AR2]	at Grossmont Mall [FD] 3:00 Movie & Popcorn [AR2]		GING FAMILY MEMBERS
7	3:00 Puzzles and Trivia [AR2]	1:30 Blackjack [AR2]	3:00 Food for Thought [AR2] (Pumpkin Pecan Muffin)	(Pumpkins Painting)	(The Bride of Frankenstein)	TO HELP DECORATE THE	, and the second
	3:30 Scenic Tour [FD]	3:00 [AR2]	(p.air i ocari marini)	3:00 [AR2]	4:00 Halloween Dinner Party	DOOR TO SHOW OFF T	HEIR SPOOKY SPIRIT!
	Grossmont Gardens – 5480 Marengo Ave La Mesa, CA 91942 – (619) 463-0281.						