

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2024</h1> <h2>EAST BUILDING</h2>						
9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles and Trivia [AR2] 3:30 Scenic Tour [FD]	9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color me Happy [AR2] 1:30 Blackjack [AR2] 3:00 La Loteria [AR2]	9:30 Morning Hydration 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:30 Beaded Pipe Cleaner Indian Corn Craft [AR2] 3:00 Nickel Pokeno [AR2]	9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 Art w. Oilly [AR2] (Watercolor Pumpkin Art) 3:00 BINGO! Hashanah Begins [AR2]	9:30 Morning Hydration [AF] 10:00 Yoga w. Oilly [AR2] 1:30 Unlucky Seven [AR2] 3:00 Movie & Popcorn [AR2] (Rock 'n' Roll High School)	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] 1:30 BINGO! [AR2] 3:00 Happy Hour w/ Peggy's Porch Sing Along [DR3] <small>Yom Kippur Begins</small>	8:00 Alzheimer's Walk & Booth Outing 9:30 Morning Hydration 10:00 Sittercise [AR2] 10:30 Morning News 1:30 Beading & Jewelry Making [AR2] 3:00 Snack Social Hour [AR2]
9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles and Trivia [AR2] 3:30 Scenic Tour [FD]	9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color me Happy [AR2] 1:30 DIY Flower Bouquets [AR2] 3:00 BINGO! Living Day of the Dead Indigenous Peoples' Day Columbus Day (US) [AR2]	9:30 Morning Hydration 10:00 Chair Exercise [AR2] 10:00 Alpaca Farm Outing [FD] \$15 per person 10:30 Trivia Tuesday [AR2] 1:00 Grossmont Movie Theater Outing [FD] 3:00 Nail Spa	9:30 Morning Hydration 10:00 DMV Outing [FD] 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 Art w. Oilly [AR2] (Smoking Cauldron Art) <small>Sukkot Begins</small>	10:00 DMV Outing [FD] 9:30 Morning Hydration [AF] 11:00 Birthday Celebration [ADR] 3:00 Documentary [AR2] (Germany and its Beers) 3:30 Applebee's Restaurant Outing [FD]	9:30 Morning Hydration 10:00 Morning workout [AR2] 10:30 Brain Teasers [AR2] 1:00 Walmart Shopping [FD] 1:30 BINGO! [AR2] 3:00 Happy Hour w/ Matthew [DR3]	9:30 Morning Hydration 10:00 Sittercise [AR2] 10:30 Morning News 1:30 Beading & Jewelry Making [AR2] 3:00 Snack Social Hour [AR2]
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9:00 Shadow Mountain Church Live Stream [AR2] 9:30 Sittercise [AR2] 10:45 Catholic Mass [AR2] 1:30 TV Series w/ Snack and Hydration [AF] 3:00 Puzzles and Trivia [AR2] 3:30 Scenic Tour [FD]	9:00 Morning Hydration 9:30 Yoga w. Kathy [AR2] 10:00 Current Events 10:30 Color me Happy [AR2] 1:30 Blackjack [AR2] 3:00 BINGO! [AR2]	9:30 Morning Hydration 10:00 Chair Exercise [AR2] 10:30 Trivia Tuesday [AR2] 1:30 Making Treat Bags for Halloween [AR2] 3:00 Food for Thought [AR2] (Pumpkin Pecan Muffin)	9:30 Morning Hydration 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 Art w. Oilly [AR2] (Pumpkins Painting) 3:00 BINGO! [AR2]	9:30 Morning Hydration [AF] 10:00 Yoga w. Oilly [AR2] 1:00 Reverse Trick or Treat at Grossmont Mall [FD] 3:00 Movie & Popcorn [AR2] (The Bride of Frankenstein) 4:00 Halloween Dinner Party [ADR] <small>Halloween</small>	<h3>Grossmont Gardens Door Decorating Contest!</h3> <p>INVITING AND ENCOURAGING FAMILY MEMBERS TO HELP DECORATE THEIR LOVED ONE'S FRONT DOOR TO SHOW OFF THEIR SPOOKY SPIRIT!</p>	