


















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;">October</p> <p>East (Memory Care)</p>		<p>1</p> <p>9:00 Yoga w. Cassy [AR4]</p> <p>9:30 Current Events</p> <p>10:00 Morning Hydration w/ Snack</p> <p>1:30 Jewelry Making w. Cassy 4th & 1st</p> <p>2:30 Trivia Tuesday</p> <p>3:00  [AR4]</p>	<p>9:00 Ball Toss [AR1]</p> <p>9:30 Chair Exercise [AR4]</p> <p>10:00 Current Events & Hydration</p> <p>1:30 Art w. Cassy [AR4] (Halloween Craft)</p> <p>3:00 Table Hockey [AR4]</p> <p style="text-align: center;"><small>Rosh Hashanah Begins</small></p>	<p>2</p> <p>9:00 Morning Exercise [AR4]</p> <p>9:30 Current Events</p> <p>10:00 Morning Hydration</p> <p>1:30 Color me Happy w/ Snacks [AR4]</p> <p>2:00 Snack Social</p> <p>3:00  [AR4]</p>	<p>4</p> <p>9:00 Zumba w. Cassy</p> <p>9:30 Current Events</p> <p>10:30 Morning Hydration</p> <p>1:30 Art w. Cassy</p> <p>2:30 </p> <p>3:00 Happy Hour w/ Music</p>	<p>5</p> <p>8:00 Alzheimer's Walk & Booth Outing</p> <p>9:30 Morning Stretch</p> <p>10:30 Current Events</p> <p>1:30 Nail & Spa</p> <p>3:00 Movie & popcorn</p>	
	<p>9:00 Shadow Mountain Church Live Stream [AR2]</p> <p>9:30 Sittercise [AR2]</p> <p>10:45 Catholic Mass [AR2]</p> <p>1:30 TV Series w/ Snack and Hydration [AF]</p> <p>3:00 Puzzles and Trivia [AR2]</p>	<p>7</p> <p>9:00 Morning Hydration</p> <p>9:30 Yoga w. Kathy [AR2]</p> <p>10:00 Current Events</p> <p>10:30 Color me Happy [AR2]</p> <p>1:30 Blackjack [AR2]</p> <p>3:00  [AR2]</p>	<p>8</p> <p>9:00 Yoga w. Cassy [AR4]</p> <p>9:30 Current Events</p> <p>10:00 Morning Hydration w/ Snack</p> <p>1:30 Nail & Spa 4th and 1st floor </p> <p>2:30 Trivia Tuesday</p> <p>3:00  [AR4]</p>	<p>9</p> <p>9:00 Ball Toss [AR1]</p> <p>9:30 Chair Exercise [AR4]</p> <p>10:00 Current Events & Hydration</p> <p>1:30 Art w. Cassy [AR4] (color me happy)</p> <p>3:00 Table Hockey [AR4]</p>	<p>10</p> <p>9:00 Morning Exercise [AR4]</p> <p>9:30 Current Events w/ Hydration</p> <p>10:00 Scenic Tour</p> <p>1:30 Uno!</p> <p>2:30 Snack social w. Cassy</p> <p>3:00  [AR4]</p>	<p>11</p> <p>9:00 Zumba w. Cassy</p> <p>9:30 Current Events</p> <p>10:30 Morning Hydration</p> <p>1:30 Art w. Cassy</p> <p>2:30 </p> <p>3:00 Happy Hour w/ Peggy's Porch Sing Along</p> <p style="text-align: center;"><small>Yom Kippur Begins</small></p>	<p>12</p> <p>9:30 Morning Stretch</p> <p>10:00 Current Events</p> <p>10:30 morning hydration</p> <p>1:30 Nails & Spa</p> <p>3:00 Movie & Popcorn [AR4]</p>
	<p>9:00 Shadow Mountain Church Live Stream [AR2]</p> <p>9:30 Sittercise [AR2]</p> <p>10:45 Catholic Mass [AR2]</p> <p>1:30 TV Series w/ Snack and Hydration [AF]</p> <p>3:00 Puzzles and Trivia [AR2]</p> <p>3:30 Scenic Tour [FD]</p>	<p>13</p> <p>9:00 Morning Hydration</p> <p>9:30 Yoga w. Kathy [AR2]</p> <p>10:00 Current Events</p> <p>10:30 Color me Happy [AR2]</p> <p>1:30 Blackjack [AR2]</p> <p>3:00  (Canada) Columbus Day [AR2]</p>	<p>14</p> <p>9:00 Yoga w. Cassy [AR4]</p> <p>9:30 Current Events</p> <p>10:00 Morning Hydration w/ Snack</p> <p>1:30 Jewelry making w. Cassy 4th & 1st</p> <p>2:30 Trivia Tuesday</p> <p>3:00  [AR4]</p>	<p>15</p> <p>9:00 Ball Toss [AR1]</p> <p>9:30 Chair Exercise [AR4]</p> <p>10:00 Current Events & Hydration</p> <p>1:30 Art w. Cassy [AR4] (Fall Card Making)</p> <p>3:00 Table Hockey [AR4]</p> <p style="text-align: center;"><small>Sukkot Begins</small></p>	<p>16</p> <p>9:00 Morning Exercise [AR4]</p> <p>9:30 Current Events w/ Hydration</p> <p>10:00 Lake Murray outing</p> <p>1:30 Uno!</p> <p>2:30 Snack social w. Cassy</p> <p>3:00  [AR4]</p>	<p>17</p> <p>9:00 Zumba w. Cassy</p> <p>9:30 Current Events</p> <p>10:30 Morning Hydration</p> <p>1:30 Art w. Cassy</p> <p>2:30 </p> <p>3:00 Happy Hour w/ Matthew [DR3]</p>	<p>19</p> <p>9:30 Morning Zumba</p> <p>10:00 Current Events</p> <p>10:30 Morning hydration</p> <p>1:30 Nails & spa</p> <p>3:00 Movie & popcorn [AR4]</p>
	<p>9:00 Shadow Mountain Church Live Stream [AR2]</p> <p>9:30 Sittercise [AR2]</p> <p>10:45 Catholic Mass [AR2]</p> <p>1:30 TV Series w/ Snack and Hydration [AF]</p> <p>3:00 Puzzles and Trivia [AR2]</p> <p>3:30 Scenic Tour [FD]</p>	<p>20</p> <p>9:00 Morning Hydration</p> <p>9:30 Yoga w. Kathy [AR2]</p> <p>10:00 Current Events</p> <p>10:30 Color me Happy [AR2]</p> <p>1:30 Blackjack [AR2]</p> <p>3:00  [AR2]</p>	<p>21</p> <p>9:00 Yoga w. Cassy [AR4]</p> <p>9:30 Current Events</p> <p>10:00 Morning Hydration w/ Snack</p> <p>1:30 Nail & Spa 4th and 1st floor </p> <p>2:30 Trivia Tuesday</p> <p>3:00  [AR4]</p>	<p>23</p> <p>9:00 Ball Toss [AR1]</p> <p>9:30 Chair Exercise [AR4]</p> <p>10:00 Current Events & Hydration</p> <p>1:30 Art w. Cassy [AR4] (Stick Halloween Craft)</p> <p>3:00 Table Hockey [AR4]</p>	<p>24</p> <p>9:00 Morning Exercise [AR4]</p> <p>9:30 Current Events w/ Hydration</p> <p>10:00 Santee Lakes Picnic Outing</p> <p>1:30 Uno!</p> <p>2:30 Snack social w. Cassy</p> <p>3:00  [AR4] <small>Simchat Torah Begins</small></p>	<p>25</p> <p>9:00 Zumba w. Cassy</p> <p>9:30 current Events</p> <p>10:30 Morning Hydration</p> <p>1:30 Art w. Cassy</p> <p>3:00 Happy Hour w/ Sylvia [DR3]</p> <p>6:00 Halloween Trunk or Treat in the Parking Lot</p>	<p>26</p> <p>9:30 Morning Zumba</p> <p>10:00 Current Events</p> <p>10:30 Morning Hydration</p> <p>1:30 Nails & spa</p> <p>3:00 Movie & Popcorn [AR4]</p>
	<p>9:00 Shadow Mountain Church Live Stream [AR2]</p> <p>9:30 Sittercise [AR2]</p> <p>10:45 Catholic Mass [AR2]</p> <p>1:30 TV Series w/ Snack and Hydration [AF]</p> <p>3:00 Puzzles and Trivia [AR2]</p> <p>3:30 Scenic Tour [FD]</p>	<p>27</p> <p>9:00 Morning Hydration</p> <p>9:30 Yoga w. Kathy [AR2]</p> <p>10:00 Current Events</p> <p>10:30 Color me Happy [AR2]</p> <p>1:30 Blackjack [AR2]</p> <p>3:00  [AR2]</p>	<p>28</p> <p>9:00 Yoga w. Cassy [AR4]</p> <p>9:30 Current Events</p> <p>10:00 Morning Hydration w/ Snack</p> <p>1:30 Jewelry Making w. Cassy 4th and 1st</p> <p>2:30 Trivia Tuesday</p> <p>3:00  [AR4]</p>	<p>30</p> <p>9:00 Ball Toss [AR1]</p> <p>9:30 Chair Exercise [AR4]</p> <p>10:00 Current Events & Hydration</p> <p>1:30 Art w. Cassy [AR4] (Pumpkin Painting)</p> <p>3:00 Table Hockey [AR4]</p>	<p>31</p> <p>9:00 Morning Exercise [AR4]</p> <p>9:30 Current Events w/ Hydration</p> <p>10:00 Scenic Tour</p> <p>3:00 Movie & Popcorn [AR2] (The Bride of Frankenstein)</p> <p>4:00 Halloween Dinner Party [ADR]</p> <p style="text-align: center;"><small>Halloween</small></p>	<p style="text-align: center;">Grossmont Gardens Door Decorating Contest!</p> <p style="text-align: center;">INVITING AND ENCOURAGING FAMILY MEMBERS TO HELP DECORATE THEIR LOVED ONE'S FRONT DOOR TO SHOW OFF THEIR SPOOKY SPIRIT!</p> 