

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">October 2024</h1> <h2 style="text-align: center;">Grossmont "South" Calendar</h2>						
9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [SL] 1:30 La Mesa Oktoberfest Outing [FD] 3:00 Oktoberfest Documentary[AUD] 6:00 Evening Series [AUD]	9:30 Current Events [LIB] 10:00 Yoga w/ Kathy [SDR] 10:45 Blackjack [AUD] 1:30 Garden Club [SP] 3:00 Bingo w/John Mendoza [AUD] 6:00 Cards & Dominoes [LIB]	9:30 Current Events [SL] 10:00 Sit & Get Fit with E.D.[AUD] 10:40 Halloween Door Decoration [1 to 1] 10:45 Phase 10 Card Game [AUD] 1:30 Pine Cone Bird Feeder Craft [AUD] 3:00 Name That Tune [SL]	9:00 Hydration Cart 9:30 Current Events [SL] 10:00 Sit & Get Fit [SL] 10:30 Collage Making [SL] 1:30 Activity Planning [SL] 3:00 Peggy's Porch Sing-Along [SDR] 6:00 Bingo Night! [AUD]	9:30 Current Events [SL] 10:00 Sit & Get Fit [SL] 10:30 Fall Door Decorating [1 to 1] 1:30 Garden Club [SP] 1:30 Bible Study [SL] 1:30 Improv with Olivia & Summer [AUD] 3:00 Happy Hour [SL]	9:30 Current Events [LIB] 9:30 Grossmont Movie Theater Outing(The Wild Robot) 1:30 Button Pumpkin Craft 3:00 Bingo Happy Hour(MDR) 6:00 Evening Film(AUD)	8:00am – Alzheimer's Walk & Booth Outing 10:00 Name That Tune(AUD) 10:45 Resident Hosted Blackjack(AUD) 1:30 Cards & Dominoes(AUD) 3:00 Afternoon Film(AUD)
9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [SL] 1:30 La Mesa Oktoberfest Outing [FD] 3:00 Oktoberfest Documentary[AUD] 6:00 Evening Series [AUD]	9:30 Current Events [LIB] 10:00 Yoga w/ Kathy [SDR] 10:45 Blackjack [AUD] 1:30 Garden Club [SP] 3:00 Bingo w/John Mendoza [AUD] 6:00 Cards & Dominoes [LIB]	9:30 Current Events [SL] 10:00 Sit & Get Fit [SL] 10:30 Halloween Door Decorating [1 to 1] 1:00 Comic-Con Museum Outing [FD] 1:15 Movie & Popcorn [SL] [Mother of the Bride] 3:00 Sing-Along [SL]	9:30 Current Events [LIB] 10:00 Stretch & Stroll 10:45 Blackjack [AUD] 11:00 New Resident Luncheon [PDR] 1:30 Nail Spa [SL] 3:00 Art Class w/Shannon [SL] 6:00 Bingo Night w/ Shannon[AUD]	9:30 Current Events [LIB] 10:00 Food Forum [AUD] 10:30 Autumn Stroll [NS] 11:00 Balloon Volleyball[SL] 1:30 Bible Study [SL] 1:30 Cake Decorating Day Bunt Cake [MDR] 3:00 Happy Hour w/ Peggy's Porch Sing-Along [SDR]	9:00 Jamul Casino Outing 9:30 Current Events (LIB) 10:00 Exercise w. Ray 10:45 Five Crowns (AUD) 1:00 Aldi Outing 1:30 Yom Kippur Forgiveness Craft(AUD) 3:00 Happy Hour Bingo(MDR)	9:30 Current Events (LIB) 10:00 Yoga W/ Kathy(AUD) 1:30 Bingo (AUD) 3:00 Afternoon Film(AUD) 6:00 cards & Dominoes(AUD)
9:00 Shadow Mountain Church Live Stream [SL] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 Scenic Tour [FD] 2:00 Puzzle piece pumpkin crafts [AUD] 6:00 Evening Series [AUD]	9:30 Current Events [LIB] 10:00 Yoga w/ Kathy [SDR] 10:45 Blackjack [AUD] 1:30 Bloom Bouquet Making [AUD] 3:00 Quarter Bingo [AUD] 6:00 Cards & Dominoes [LIB]	10:00 Sit & Get Fit with E.D.[AUD] 10:00 Alpaca Farm Outing \$15 per person [FD] 10:40 Halloween Door Decorations [1 to 1] 1:15 Movie & Popcorn [SL] [Aloha] 3:00 Nutter Butter Ghosts Cooking [SL]	9:00 Hydration Cart 9:30 Current Events [LIB] 10:00 Sit & Get Fit [AUD] 10:30 Fall Button Crafts [SL] 1:30 Fall Bouquet Making [SL] 3:00 Peggy's Porch Sing-Along [SDR] 6:00 Bingo Night! [AUD]	Birthday Celebration - 9:30 Current Events [LIB] 10:00 Yoga w/Kathy [AUD] 11:30 Oktoberfest Birthday Celebration [MDR] 1:30 Gardens Club [SP] 1:30 Bible Study [SL] 3:00 Sing-Along [SL]	9:00 Jamul Casino Outing 9:30 Current Events (LIB) 10:00 Exercise w. Ray 10:45 Five Crowns (AUD) 1:00 Aldi Outing 1:30 Yom Kippur Forgiveness Craft(AUD) 3:00 Happy Hour Bingo(MDR)	9:00 Audio Book w. Coffee Donuts [LIB] 9:30 Morning Walk 10:45 Scrabble(AUD) 1:30 Cards and Dominoes(AUD) 3:00 Afternoon Film & Popcorn(AUD)
9:00 Shadow Mountain Church Live Stream [SL] 9:00 Fellowship w/Pastor Richard[LIB] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 Scenic Tour [FD] 2:00 Fall Card Making[AUD] 6:00 Evening Series [AUD]	9:30 Current Events [LIB] 10:00 Yoga w/ Kathy [SDR] 10:45 Blackjack [AUD] 1:30 Garden Club [SP] 3:00 Happy Fall Crafts 6:00 Cards & Dominoes [LIB]	9:30 Current Events [1 to 1] 10:00 Sit & Get Fit [SL] 10:30 Halloween Door Decorating [1 to 1] 10:45 Meditative Coloring Workshop [AUD] 11:00 Olive Garden Outing [FD] 1:15 Movie & Popcorn [SL] [Find Me Falling]	9:30 News & Brews [SL] 10:00 Sit & Get Fit [SL] 10:30 Balloon Volleyball [SDR] 11:00 New Resident Luncheon [PDR] 1:30 Nail Spa [AUD] 3:00 Balloon Volleyball [SDR] 6:00 Bingo Night! [AUD]	9:30 Current Events [SL] 10:00 Sit & Get Fit [SL] 10:45 Memory Boxes[1 to 1] 1:30 Bible Study [SL] 1:30 Quarter Bingo [AUD] 3:00 Happy Hour [SL]	Spooky Day 9:00 Walmart Outing 9:30 Card Games & Dominoes(AUD) 10:45 Blackjack(AUD) 1:00 Vons Outing 3:00 Halloween Themed Happy Hour(MDR)	9:00 Coffee and Donuts 9:30 Morning Walk 10:45 Crosswords & Puzzles(AUD) 1:30 Bingo(AUD) 3:00 Afternoon Classic Film(AUD)
9:00 Shadow Mountain Church Live Stream [SL] 9:00 Fellowship w/Pastor Richard[LIB] 9:30 Catholic Mass [AUD] 10:45 Sittercise [AUD] 1:30 Scenic Tour [FD] 2:00 Thanksgiving Crafts [AUD] 6:00 Evening Series [AUD]	9:30 Current Events [LIB] 10:00 Yoga w/ Kathy [SDR] 10:45 Blackjack [AUD] 1:30 Bloom Bouquet Making [AUD] 3:00 Quarter Bingo [AUD] 6:00 Cards & Dominoes [LIB]	9:30 Current Events [SL] 10:00 Sit & Get Fit [SL] 10:40 Garden Stroll [NS] 12:00 Central Cultural de La Raza Museum [FD] 1:30 Movie & Popcorn [SL] [Family Switch] 3:00 GG Bucks Auction [AUD]	9:30 Current Events [LIB] 10:00 Sit & Get Fit [AUD] 1:30 Puzzle piece Pumpkins crafts [SL] 3:00 Peggy's Porch Sing-Along [SDR] 6:00 Bingo Night with Shannon! [AUD]	9:30 Current Events [LIB] 10:00 Yoga w/Kathy [AUD] 10:30 1:30 Garden Club [SP] 1:30 Bible Study [SL] 3:00 Happy Hour [SL] 4:00 Halloween Party [AUD] with Dinner [ADR]	Activities are subject to change without notice. AUD= Auditorium SP=South Patio SL=South Longe LIB=Library MDR=Main Dining Room NS=Nurses Station ADR=All Dining Rooms Materials for independent activities are located in the SL and on the 2 nd floor.	