

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1> <h2>Grossmont "Gardens" 2024</h2>		9:30 Current Events (LIB) 1 10:00 Sit & Get Fit w. ED 10:45 Card Game – Phase 10 1:30 Pine Cone Bird Feeder Craft 3:00 Apples to Apples	9:30 Current Events [LIB] 2 10:00 Sit & Get Fit(AUD) 10:30 Collage Making [SL] 1:30 Rosh Hashanah Event with honey tasting(AUD) 3:00 Peggy’s Porch Sing-Along [SDR] 6:00 Bingo Night! [AUD]	9:30 Current Events [LIB] 3 10:00 Sit & Get Fit(AUD) 10:45 Fall Suncatcher Craft(AUD) 1:30 Improv with Olivia & Sommer(AUD) 3:00 Activities Resident Meeting (AUD)	9:30 Current Events [LIB] 4 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)
9:00am – 10:00am 6 Church Services on Campus 10:30am: Beading & Jewelry Making (SL) 1:30 La Mesa Oktoberfest Outing 3:00 Oktoberfest Documentary (AUD)	9:30 Current Events (LIB) 7 10:00 Yoga w/ Kathy (SDR) 10:45 Blackjack (AUD) 1:30pm Gardening Club 3:00 Quarter Bingo(AUD) 6:00 Cards & Dominoes(SL)	9:30 Current Events (LIB) 8 10:00 Sittercise 10:45 Card Game – Phase 10 1:00pm Comic-Con Museum Outing 1:30pm Halloween Door Decorating Day 3:00pm Trivia Ball Toss(AUD)	9:30 Current Events (LIB) 9 10:00 Stretch & Stroll(AUD) 10:45 Blackjack 11:00 New Resident Luncheon – PDR 1:30 Popcorn Day Snack Social (AUD) 3:00 Name That Tune Trivia 6:00 Bingo Night [AUD]	9:30 Current Events (LIB) 10 10:00 Food Forum (AUD) 10:45 Blackjack (AUD) 1:30 Cake Decorating Day Bundt Cakes (MDR) 3:00 Quarter Bingo (AUD) 6:00 Cards & Dominoes (LIB)	9:00 Jamul Casino Outing 11 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) 12 10:00 Yoga W/ Kathy(AUD) 1:30 Bingo (AUD) 3:00 Afternoon Film(AUD) 6:00 cards & Dominoes(AUD)
9:00am – 10:00am 13 Church Services on Campus 10:30am Sittercise (AUD) 10:45 Sit & Get Fit(AUD) 1:30 Beach View Drive Bar(AUD) 3:00 Ice Cream Sundae	9:30 Current Events (LIB) 14 10:00 Yoga w/ Kathy (SDR) 10:45 Blackjack (AUD) 1:30pm Bloom Bouquet Making(AUD) 3:00 Quarter Bingo(AUD)	9:30 Current Events (LIB) 15 10:00 Sit & Get Fit w/ ED 10:00 Alpaca Farm Outing \$15 per person 1:30 Movie & Popcorn 3:00 Crossword Puzzles & Word Searches(LIB)	9:00 Hydration Cart 16 9:30 Current Events [SL] 10:00 Sit & Get Fit [SL] 10:45 Resident Council Meeting 3:00 Peggy’s Porch Sing-Along [AUD] 6:00 Bingo Night!(AUD)	9:30 Current Events 17 10:00 Yoga W. Kathy (AUD) 11:30 Oktoberfest Birthday Celebration(MDR) 1:30 Movie & Popcorn(AUD) 3:00 Puzzles(LIB)	9:30 Current Events [LIB] 18 10:00 Farmers Market Outing-La Mesa Village 10:45 Black Jack(AUD) 1:30 Pumpkin Decorating(AUD) 3:00 Happy Hour Karaoke(MDR)	9:00 Audio Book w. Coffee & Donuts [LIB] 19 9:30 Morning Walk 10:45 Scrabble(AUD) 1:30 Cards and Dominoes(AUD) 3:00 Afternoon Film & Popcorn(AUD)
9:00am – 10:00am 20 Church Services on Campus 10:30am: Sittercise(AUD) 1:30 Julian Tour 2:00 Fall Card Making 3:00 Movie & Popcorn	Spooky Socks Day 9:30 Current Events (LIB) 21 10:00 Yoga w/ Kathy (SDR) 10:45 Blackjack (AUD) 1:30pm Gardening Club 3:00 Quarter Bingo(AUD) 6:00 Cards & Dominoes(AUD)	Throwback Tuesday 22 9:00 Hydration Cart 9:30 Current Events(LIB) 10:00 Sittercise (AUD) 10:45 Meditative Coloring workshop(LIB) 11:00 Olive Garden Outing 1:30 Blackjack(AUD) 3:00 Movie & Popcorn(AUD)	Black-Out Day 23 9:30 Current Events(LIB) 10:00 Stretch & Stroll(AUD) 10:45 Canvas Painting Bouquet w/ Bernadette(AUD) 11:00 New Resident Luncheon(PD) 3:00 Nail Spa(AUD) 6:00 Bingo Night!	Pumpkin-Everything Day 24 9:30 Current Events 10:00 Yoga W. Kathy [AUD] 10:45 Halloween Craft(AUD) 1:30 Quarter Bingo (AUD) 3:00 Peggy’s Porch Sing Along(MDR)	Spooky Day 25 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 (LIB) 26 9:30 Morning Walk 10:45 Crosswords & Puzzles(AUD) 1:30 Peggy’s Porch Sing-Along) 3:00 Afternoon Classic Film(AUD)
9:00am – 10:00am 27 Church Services on Campus 10:30am: Beading & Jewelry Making (SL) 1:30 Escondido Tour 2:00 Thanksgiving Craft(AUD) 3:00 Calendar Review & Sign Up	9:30 Current Events (LIB) 28 10:00 Yoga w/ Kathy (SDR) 10:45 Blackjack (AUD) 1:30pm Bloom Bouquet Making 3:00 Quarter Bingo(AUD)	9:30 Current Events (LIB) 29 10:00 Sittercise 10:45 Card Game-Phase 10 12:00 Central Cultural de La Raza Museum 1:30-Blackjack(AUD) 3:00-GG Bucks Auction(AUD)	9:30 Current Events 30 10:00 Sit & Get Fit 10:45 Halloween Costume Craft(AUD) 1:30 Vase Painting(AUD) 3:00 Peggy’s Porch Sing Along 6:00 Halloween Bingo!(AUD)	9:30 Current Events(LIB) 31 10:00 Yoga W. Kathy(AUD) 10:45 Garden Rock Painting(AUD) 1:30 Blackjack(AUD) 4:00pm Halloween Party w. Dinner(MDR)	Activities are subject to change without notice. AUD=Auditorium SL=South Lounge LIB=Library MDR=Main Dining Room NS=Nurses Station Materials for Independent activities are location in the SL on 2 nd Floor	

