













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="color: #C85130;">October</h1> <h2 style="color: #000000;">West</h2> <h1 style="color: #FFD700;">2024</h1>						
<p>9:00 Shadow Mountain Church Live Stream [SL]</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>10:30 Beading & Jewelry Making [SL]</p> <p>1:30 La Mesa Oktoberfest Outing [FD]</p> <p>3:00 Oktoberfest Documentary [AUD]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Chair Yoga [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:30  [WAR]</p> <p>3:00 Autumn Stroll [LBY]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Sittercise [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:00 Comic Con Museum Outing [FD]</p> <p>1:30 Halloween Door Decorating [AUD]</p> <p>3:00 Trivia Ball Toss [AUD]</p>	<p>9:30 Current Events [LIB]</p> <p>10:00 Sit & Get Fit [AUD]</p> <p>10:30 Collage Making [SL]</p> <p>1:30 Nails by Olivia [WAR]</p> <p>3:00 Beads & Things [WAR]</p> <p>6:00  Night! [AUD]</p> <p style="text-align: center;"><small>Rosh Hashanah Begins</small></p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Yoga w/ Kathy [WAR]</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>10:30 Morning Hydration [WAR]</p> <p>1:30 Improv w/ Olivia & Sommer [AUD]</p> <p>3:00 Happy Hour w/ Peggy's Porch Sing Along [WDR]</p>	<p>9:30 Current Events [LIB]</p> <p>10:00 Grossmont Movie Theatre Outing [FD]</p> <p>1:30 Button Pumpkin Craft [AUD]</p> <p>3:00  Happy Hour [MDR]</p> <p>6:00 Evening Film [AUD]</p>	<p>8:00 Alzheimer's Walk & Booth Outing [FD]</p> <p>10:00 Name That Tune w/ D.J. [AUD]</p> <p>10:45 Resident Hosted Blackjack [AUD]</p> <p>1:30 Cards & Dominoes [LIB]</p> <p>3:00 Afternoon Film [AUD]</p>
<p>9:00 Shadow Mountain Church Live Stream [SL]</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>10:30 Beading & Jewelry Making [SL]</p> <p>1:30 Historical & Botanical Treasures of Balboa Park Outing [FD]</p> <p>3:00 Ice Cream Sundae Bar [PL]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Chair Yoga [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:30  for Quarters [WAR]</p> <p>3:00 Uno! Card Game [WAR]</p> <p style="text-align: center;"><small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Sittercise [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>10:00 Alpaca Farm Outing \$15 per Person [FD]</p> <p>1:30 Movie & Popcorn [WDR] ("Hocus Pocus")</p> <p>3:00 Eyeball Pong [WAR]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Chair Zumba [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:30 Nails by Olivia [WAR]</p> <p>3:00 Fall Centerpiece Creation [WAR]</p> <p>6:00  Night! [AUD]</p> <p style="text-align: center;"><small>Sukkot Begins</small></p>	<p>9:00 Birthday Celebration - Germany</p> <p>9:30 Current Events [LBY]</p> <p>9:30 Yoga w/ Kathy [WAR]</p> <p>11:30 Oktoberfest Birthday Celebration! [WDR]</p> <p>1:30 Oktoberfest Documentary [WDR]</p> <p>3:00 Happy Hour w/ Peggy's Porch Sing Along [WDR]</p>	<p>9:30 Current Events [LIB]</p> <p>10:00 La Mesa Village Farmer's Market Outing [FD]</p> <p>10:45 Blackjack [AUD]</p> <p>1:30 Pumpkin Decorating [AUD]</p> <p>3:00 Happy Hour w/ Karaoke [MDR]</p>	<p>9:30 Current Events [LIB]</p> <p>9:30 Morning Walk [PL]</p> <p>10:45 Scrabble [AUD]</p> <p>1:30 cards & Dominoes [LIB]</p> <p>3:00 Afternoon Film w/ Popcorn [AUD]</p>
<p>9:00 Shadow Mountain Church Live Stream [SL]</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>10:30 Beading & Jewelry Making [SL]</p> <p>1:30 Little Italy's Bella Vita Fest Outing [FD]</p> <p>3:00 Movie & Popcorn [AUD]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Chair Yoga [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:30  [WAR]</p> <p>3:00 Autumn Stroll [LBY]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Sittercise [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>11:00 Olive Garden Outing [FD]</p> <p>1:30 Blackjack [AUD]</p> <p>3:00 Spider Ring Toss Game [WAR]</p>	<p>9:30 Current Events [LIB]</p> <p>10:00 Stretch & Stroll [AUD]</p> <p>10:45 Make Your Own Bookmark [AUD]</p> <p>1:30 Fall Mug Decorating [WAR]</p> <p>3:00 Beads & Things [WAR]</p> <p>6:00  Night! [AUD]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Yoga w/ Kathy [WAR]</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>1:30  [WAR]</p> <p>3:00 Happy Hour! [WAR]</p> <p style="text-align: center;"><small>Simchat Torah Begins</small></p>	<p>9:00 Walmart Outing [FD]</p> <p>9:30 Cards & Dominoes [LIB]</p> <p>10:45 Blackjack [AUD]</p> <p>1:00 Vons Shopping Outing [FD]</p> <p>3:00 Halloween Happy Hour [MDR]</p>	<p>9:00 Coffee & Donuts [LIB]</p> <p>9:30 Morning Walk [PL]</p> <p>10:45 Crosswords & Puzzles [LIB]</p> <p>1:30  [AUD]</p> <p>3:00 Afternoon Classic Film [AUD]</p>
<p>9:00 Shadow Mountain Church Live Stream [SL]</p> <p>9:00 Fellowship w/ Pastor Richard [LIB]</p> <p>10:30 Beading & Jewelry Making [SL]</p> <p>1:30 California Center for the Arts Museum Outing [FD]</p> <p>3:00 Calendar Review & Sign Up Social [AUD]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Chair Yoga [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:30  for Spooky Snacks [WAR]</p> <p>3:00 Uno! Card Game [WAR]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Sittercise [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>12:00 Central Cultural de Raza Museum Outing [FD]</p> <p>1:30 Movie & Popcorn [WDR] ("Nightmare Before Christmas")</p> <p>3:00 GG Bucks Auction [AUD]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Chair Zumba [WAR]</p> <p>10:00 Hydration Cart [AF]</p> <p>1:30 Nails by Olivia [WAR]</p> <p>3:00 Food For Thought [WAR] (Graveyard Chocolate Pudding Cups)</p> <p>6:00  Night! [AUD]</p>	<p>9:00 Current Events [1 to 1]</p> <p>9:30 Yoga w/ Kathy [WAR]</p> <p>10:00 Balloon Volleyball [WAR]</p> <p>10:30 Morning Hydration [WAR]</p> <p>1:30 Trivia Thursday [WAR]</p> <p>4:00 Halloween Dinner [WDR]</p> <p style="text-align: center;"><small>Halloween</small></p>		

WAR= West Activity Room
WDR= West Dining Room
AF= All Floors
LBY= Lobby
AUD= Auditorium
LIB= Library
FD= Front Desk
ADR= All Dining Rooms
MDR= Main Dining Room
SL= South Lounge
PL= Pool

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