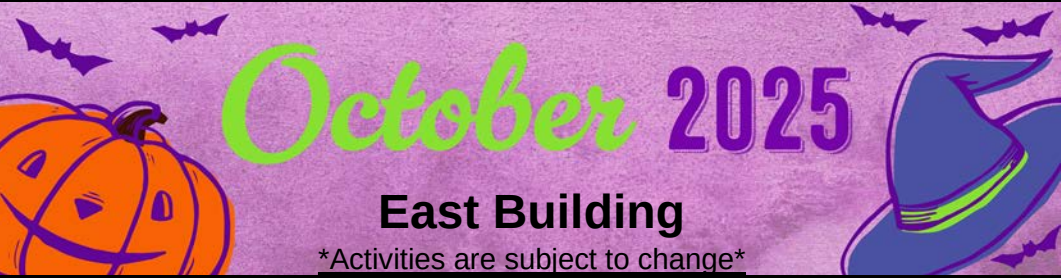


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 East Building *Activities are subject to change*			9:00 Morning Hydration 1 9:30 Current Events 10:00 Food Forum [DR3] 1:30 Mobility Wipe Down 1:30 Poetry Reading [AR2] 2:45  [AR2] Yom Kippur Begins	9:30 Current Events 2 10:00 Chair Yoga [AR2] 10:30 Nail Spa 1:00 Albertsons Shopping Outing [FD] 1:00 Movie & Popcorn (The Two Popes) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 3 9:30 Current Events 10:00 Morning workout [AR2] 10:30 Bountiful Bookmarks Coloring [AR2] 1:30  [AR2] 3:00 Ice Cream Social [PT]	8:00 Alzheimer's Walk & Booth Outing 4 9:30 Morning Hydration 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 5 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 6 9:30 Current Events 10:00 Morning Exercise 10:30 Reminiscing Rhymes [AR2] 1:30 UNO [AR2] 2:45  [AR2] Sukkot Begins	9:00 Morning Hydration 7 9:30 Current Events 10:00 Morning Stretch [AR2] 10:30 Lindo Lake Picnic Outing [FD] 1:30 "Orange" Trivia [AR2] 3:00 Art w. Olly [AR2] (Autum Tree Painting)	9:00 Morning Hydration 8 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 Candy Corn Suprise Craft [AR2] 2:45  [AR2]	9:30 Current Events 9 10:00 Yoga w. Olly [AR2] 10:30 Nail Spa 1:00 Walmart Shopping Outing [FD] 1:00 Movie & Popcorn (Nonnas) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 10 9:30 Current Events 10:00 Morning workout [AR2] 10:30 October Jigsaw Puzzles [AR2] 1:30  [AR2] 3:00 Happy Hour w. Music	9:30 Morning Hydration 11 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 12 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 13 9:30 Current Events 10:00 Morning Exercise [AR2] 10:30 Color Me Happy ☺ 1:30 Blackjack [AR2] 2:45  [AR2] Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00 Morning Hydration 14 9:30 Current Events 10:00 Morning Stretch [AR2] 10:30 Who am I? [AR2] 1:30 Art w. Olly [AR2] (Pumpkin Painting) 3:00 Tech Tuesday [AR2] Simchat Torah Begins	9:00 Morning Hydration 15 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30 "Get in the Spirit" Ledge Décor Craft [AR2] 2:45  [AR2]	<i>Birthday Celebration – Oktoberfest</i> 16 9:00 Morning Hydration 9:30 Current Events 11:30 Birthday Celebration 1:00 La Jolla Cove Scenic Drive [FD] 1:00 Movie & Popcorn (A Fortunate Man) 3:30 Jewelry Making [AR2]	9:30 Current Events 17 10:00 Morning workout [AR2] 10:30 October Dot to Dot Puzzles [AR2] 1:30  w. John Mendoza [DR3] 3:00 Happy Hour w/ Matthew [DR3]	9:30 Morning Hydration 18 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 19 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 20 9:30 Current Events 10:00 Morning Exercise 10:30 October Order Up Memory Game [AR2] 1:30 Dominoes [AR2] 2:45  [AR2]	9:00 Morning Hydration 21 9:30 Current Events 10:00 Chair Exercise [AR2] 10:00 Goff Pumpkin Patch Picnic Outing [FD] 1:30 Trivia Tuesday [AR2] 3:00 Art w. Olly [AR2] (Halloween Cat Project Collage)	9:00 Morning Hydration 22 9:30 Current Events 10:00 Resident Council [DR3] 1:30 DIY Orange themed Garland Craft [AR2] 2:45  [AR2]	9:30 Current Events 23 10:00 Chair Yoga [AR2] 10:30 Nail Spa 1:00 TJ Maxx Shopping Outing [FD] 1:00 Movie & Popcorn (Beetlejuice Beetlejuice) 3:30 Jewelry Making [AR2]	9:30 Current Events 24 10:00 Morning workout [AR2] 10:30 October Detective Game [AR2] 1:30  [AR2] 3:00 Happy Hour w. Sylvia [DR3] <i>6:00 Halloween Trunk or Treat in the parking lot</i>	9:30 Morning Hydration 25 10:00 Current Events 10:30 Morning News [AR2] 1:30 Beading & Jewelry Making [AR2] 3:00 Puzzles & Trivias [AR2]
9:00 Shadow Mountain 26 Church Live Stream [AR2] 9:30 Morning Hydration 10:45 Catholic Mass [AR2] 1:30 TV Series [AR2] 3:00 Puzzles & Trivia	9:00 Morning Hydration 27 9:30 Current Events 10:00 Morning Exercise 10:30 Remembering Hayrides [AR2] 1:30 Unlucky Seven [AR2] 2:45  [AR2]	9:00 Morning Hydration 28 9:30 Current Events 10:00 Morning Stretch [AR2] 10:30 Who am I? [AR2] 1:30 Tech Tuesday [AR2] 3:00 DIY Treat Bags for Halloween [AR2]	9:00 Morning Hydration 29 9:30 Current Events 10:00 Chair Zumba [AR2] 10:30 Short Stories [AR2] 1:30  [AR2] 3:00 Food for Thought [AR2] (Pumpkin Pie)	9:30 Current Events 30 10:00 Chair Yoga [AR2] 10:30 Nail Spa 1:00 Hobby Lobby Shopping [FD] 1:00 Movie & Popcorn (The Bride of Frankenstein) 3:30 Jewelry Making [AR2]	9:00 Morning Hydration 31 9:30 Current Events 10:00 Morning workout [AR2] 10:30 October Word Puzzles [AR2] 1:30  [AR2] 4:00 Halloween Dinner Party [ADR] Halloween	AR2 = Activity Room (2nd floor) DR3 = Dining Room (3rd floor) FD = Front Desk AF = All Floor PT = Patio