

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Seated Tai Chi 1 10:30 Fit Minds 11:00 Gentleman's Social 2:00 BINGO 3:00 Pretty Nails 🎨 4:00 One-on-One Visits Yom Kippur Begins	9:00 Good Morning 2 Visits 10:00 Animal Kingdom 10:30 Blockbuster Movie 🎬 2:00 Puzzle Time 🧩 2:30 Mindful Moves 3:00 Dominoes	9:00 Sunshine Circle or 3 Strolls 10:00 Stretch & Smile 11:00 Daily Journal 2:00 Karaoke 🎤 3:00 Happy Hour (AUD) 4:00 Magazine Review	9:00 Morning News 4 10:00 Cards & Puzzles 1:30 Afternoon Strolls 2:00 Current Events w/ Cheryl 📰 3:00 Reader Theatre: Feel Good Short Stories
9:30 Catholic Mass – 5 SB + 10:00 Chapel Service – AUD 1:15 Sunday Cinema 3:15 Brain Games 3:45 National Geographic	10:15 Daily Chronicle 6 10:45 Noodle Exercise 11:15 Manicures & Massage Monday 2:00 Genealogy Club 🌿 3:00 October Trivia 6:00 Walk & StROLL Sukkot Begins	10:00 Bend & Stretch 7 10:30 This Day in History 11:00 Citrus Toss 🍉 1:15 Comfort Cart Visits 3:00 Giant Connect 4 4:00 Library Strolls	9:30 Scenic Bus Ride 8 10:00 Price Is Right 11:00 Fit Minds 2:00 BINGO 3:00 Resident Council ⚖️ 4:00 One-on-One Visits	9:00 Good Morning 9 Visits 10:00 Natures Wonders 10:30 Matinee Movie 2:00 Puzzle Time 2:30 Mindful Moves 3:00 Bowling 🎳	9:00 Sunshine Circle or 10 Strolls 10:00 Stretch & Smile 11:00 Coffee and Company ☕ 2:00 Rhythm Band & Reminiscing 🎷🎸🎺 3:00 Happy Hour (AUD)	9:00 Morning News 11 10:00 Cards & Puzzles 1:30 Afternoon Strolls 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories 📖
9:30 Catholic Mass – 12 SB 10:00 Chapel Service – AUD 1:15 Sunday Cinema 🎬 3:15 Brain Games 3:45 National Geographic	10:15 Daily Chronicle 13 10:45 Noodle Exercise 11:15 Manicures & Massage Monday 2:00 Book Club 3:00 Yahtzee! 5:15 MNF: Chicago at Washington on ABC 🏈 Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	10:00 Bend & Stretch 14 10:30 This Day in History 11:00 Balloon Volleyball 1:15 Comfort Cart Visits 3:00 Card Sharks 🃏 4:00 Library Strolls Simchat Torah Begins	10:00 Seated Yoga 15 10:30 Fit Minds 11:00 Spooky Crafts 👻 2:00 BINGO 3:00 Pretty Nails 4:00 One-on-One Visits	10:00 Price Is Right 16 11:00 Mindful Moves 12:30 Resident Birthday Celebration 🎂 2:00 Armchair Travel: Germany for Oktoberfest and Root beer tasting 3:00 Puzzle Time	9:00 Sunshine Circle or 17 Strolls 10:00 Stretch & Smile 11:00 What's New, News 2:00 Game Time! 3:00 Happy Hour (AUD) 4:00 Learning ASL 🗣️👂	9:00 Morning News 18 10:00 Cards & Puzzles 1:30 Afternoon Strolls ♿ 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories
9:30 Catholic Mass – 19 SB 10:00 Chapel Service – AUD 1:15 Sunday Cinema 3:15 Brain Games 🧠 3:45 National Geographic	10:15 Daily Chronicle 20 10:45 Noodle Exercise 11:15 Manicures & Massage Monday 2:00 Virtual Reality 🕶️ 3:00 Architects in Autumn 6:00 Walk & StROLL	10:00 Bend & Stretch 21 10:30 This Day in History 11:00 Citrus Toss 1:15 Comfort Cart Visits 3:00 Giant Checkers 4:00 Library Strolls 📚	9:30 Fit Minds 22 10:00 Price Is Right 10:30 Out to Lunch Bunch 🍴 2:00 BINGO 3:00 Pretty Nails 4:00 One-on-One Visits	9:00 Good Morning 23 Visits 10:00 Animal Kingdom 10:30 Hollywood Classics 🎬 2:00 Puzzle Time 2:30 Mindful Moves 3:00 Poker/Blackjack	9:00 Sunshine Circle 24 11:00 Morning news and conversations 2:00 Knitters Korner 🧶 3:00 Yahtzee 6:00 Trunk OR Treat! (Parking lot)	9:00 Morning News 25 10:00 Cards & Puzzles 🧩 1:30 Afternoon Strolls 2:00 Current Events w/ Cheryl 3:00 Reader Theatre: Feel Good Short Stories
9:30 Catholic Mass – 26 SB 10:00 Chapel Service – AUD 1:15 Sunday Cinema 3:15 Brain Games 3:45 National Geographic 🐾	10:15 Daily Chronicle 27 10:45 Noodle Exercise 11:15 Manicures & Massage Monday 2:00 Reading Club 3:00 Cooking Class: Popcorn Hands 🍿 6:00 Walk & StROLL	10:00 Bend & Stretch 28 10:30 This Day in History 11:00 Balloon Volleyball 1:15 Comfort Cart Visits 3:00 5 Crowns 👑 4:00 Library Strolls	10:00 Seated Zumba 29 10:30 Fit Minds 11:00 Water Painting 🎨 2:00 BINGO 3:00 Family Council Meeting 4:00 One-on-One Visits	9:00 Good Morning 30 Visits 10:00 Natures Wonders 10:30 Movie Magic 2:00 Puzzle Time 2:30 Mindful Moves 3:00 Oh my Gourd! Pumpkin Decorating 🎃	9:00 Sunshine Stretches 31 11:00 Monster Mash Party & Face Painting 🎭 2:00 HCC Bingo Store 🛒 4:00 What's in the Box? 4:00 Computer Lab 💻 Halloween	*One – on – one Activities occur daily and ALL activity programs are subject to change; activities occur as weather permits. *Activity materials for independent use are available in the Activity Closet; Located in the Activity Room. 