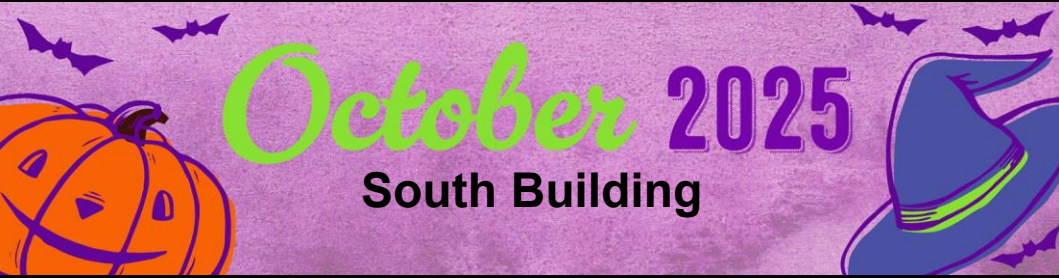


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Current Events (LIB) 9:30 Casino Outing [FD] 10:00 Sittercise(AUD) 11:00 New Resident Luncheon (PDR) 1:30 Movie & Beverage (SL) 3:00 Peggy's Porch Sing Along (MDR)  6:00 w/ Sommer	1 9:30 Current Events (LIB) 10:00 Exercise (AUD) 10:45 Black Jack(AUD) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Garden Stroll Meet at the South Lounge 3:00 Marilyn Bierer's Celebration of Life [AUD]	2 9:30 Walmart Marketplace Outing 9:30 Current Events(LIB) 10:00 Exercise w/Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Ross Outing 3:00 Karaoke Happy Hour Social(AUD)	3 8:00-12 ALZHEIMERS WALK! Come out, show your support and wear PURPLE! 1:30 Left/Right/Center(Win the Pot of GG Bucks!) 3:00 Name That Tune:Musical Memory Game(AUD)
5 9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	6 9:30 Current Events (LIB) 10:00 Sittercise (AUD) 10:45 Blackjack (AUD) 1:30 Liberty Station Scenic Tour (FD) 1:30 ColorFall (SL) 3:00 Quarter Bingo – Win some quarters & GG Bucks (AUD) Sukkot Begins	7 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon (SDR) 3:00 Fall Crafts (SL) 3:00 Nail Spa(AUD) 5:00 Planet Earth Documentary(AUD)	8 9:30 Current Events (LIB) 10:00 Sittercise(AUD) 10:45 Phase 10(AUD) 11:00 Golden Corral Outing [FD] 1:30 Color Me Happy(SL) 3:00 Movie & Beverage (SL)  6:00 w/ Shannon [AUD]	9 9:30 Current Events (LIB) 10:00 Food Forum(AUD) 10:45 Black Jack(AUD) 1:30 Bible Study (SL) 2:00 Social Room Visits (1 to 1) 3:00 Nails by Shannon (SL)	10 9:30 Sprouts Grocery Outing 9:30 Current Events(LIB) 10:00 Exercise w/Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 CVS Outing 3:00 Happy Hour Social(AUD)	11 9:30 Current Events(LIB) 10:00 Sittercise(AUD) 10:45 Black Jack(AUD) 1:30 Ghost Lantern Craft(AUD) 3:00 Name That Tune: Musical Memory Game(AUD)
12 9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Cards & Dominoes [LIB] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	13 9:30 Current Events (1 to 1) 10:00 Sittercise (AUD) 10:00 Sit & Get Fit (SL) 10:45 Blackjack (AUD) 1:30 La Jolla Scenic Tour (FD) 1:30 Skip Bo (SL) 3:00 Quarter Bingo – Win some quarters & GG Bucks (AUD) Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon 3:00 Mobility Wipe Down [PL] Simchat Torah Begins	15 9:30 Current Events (LIB) 9:30 Goff Family Pumpkin Patch Outing [FD] 10:00 Sittercise(AUD) 10:45 Phase 10(AUD) 1:30 Movie & Beverage (SL) 3:00 Peggy's Porch Sing Along [AUD]  6:00 w/ Olivia [AUD]	16 9:30 Current Events (LIB) 10:00 Seated Wellness Workout (AUD) 11:30 Oktoberfest Birthday Celebration (MDR) 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Trivia (SL)	17 9:30 Grossmont Walmart Outing 9:30 Current Events(LIB) 10:00 Exercise w/Joyce(AUD) 10:45 Five Crowns(AUD) 1:30 Marshalls Outing 3:00 Happy Hour Social(AUD)	18 9:30 Current Events(LIB) 10:00 Sittercise(AUD) 10:45 Left/Right/Center Game(AUD) 1:30 Pumpkin Painting Craft(AUD) 3:00 Name That Tune: Musical Memory Game(AUD)
19 9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 12:30 LDS Church Meeting (AUD) 1:30 Cards & Dominoes [LIB] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	20 9:30 Current Events (1 to 1) 10:00 Sittercise (AUD) 10:00 Sit & Get Fit (SL) 10:45 Blackjack (AUD) 1:30 Balboa Park Scenic Tour (FD) 1:30 ColorFall (SL) 3:00 Quarter Bingo – Win some quarters & GG Bucks (AUD)	21 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL)  1:30 W/Shannon 3:00 Fall Crafts (SL) 3:00 Left/Right Center(AUD) 5:00 "The King's Speech" Movie(AUD)	22 9:30 Current Events (LIB) 10:00 Sittercise(AUD) 10:45 Phase 10(AUD) 11:00 Balboa Park Railroad Museum (Senior Discount \$12) 1:30 Movie & Beverage (SL) 3:00 Nails by Shannon (SL)  6:00 w/ Sommer [AUD]	23 9:30 Current Events (LIB) 10:00 Food Forum (SDR) 10:30 Brain Games (SL) 1:30 Bible Study (SL) 2:00 Social Room Visits (1 to 1) 3:00 Brain Games (SL)	24 United Nations Day! 9:30 Grossmont Walmart Outing 9:30 Current Events(LIB) 10:00 Exercise(AUD) 10:45 Five Crowns(AUD) 1:30 Trader Joes Outing 6:00 Halloween Trunk or Treat Party!(Main Parking)	25 9:30 Current Events(LIB) 10:00 Sittercise(AUD) 10:45 Black Jack(AUD) 1:30 Halloween Cookie Decorating(AUD) 3:00 Mind & Body Boost w/ Todd(AUD)
26 9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Celebration of Lives [AUD] 1:30 Cards & Dominoes [LIB] 2:30 Afternoon Sittercise [AUD] 3:00 Unlucky Seven [AUD]	27 9:30 Current Events (1 to 1) 10:00 Sittercise (AUD) 10:00 Sit & Get Fit (SL) 10:45 Blackjack (AUD) 1:30 Mission Trails Scenic Tour (FD) 1:30 Skip Bo (SL) 3:00 Quarter Bingo – Win some quarters & GG Bucks (AUD)	28 9:30 Current Events (1 to 1) 10:00 Sit & Get Fit (SL) 10:30 Remember When (SL) 2:00 GG Store (AUD) 5:00 Comedy Movie(AUD)	29 9:30 Current Events (LIB) 10:00 Sittercise(AUD) 10:45 Phase 10(AUD) 1:30 Movie & Beverage (SL) 3:00 Peggy's Porch Sing Along (SDR)  6:00 w/ Shannon [AUD]	30 9:30 Current Events (LIB) 10:00 Seated Wellness Workout (SL) 10:30 Brain Games 1:30 Bible Study (SL) 2:00 Memory Box Decorating (1 to 1) 3:00 Brain Games (SL)	31 9:30 ALDI Outing 9:30 Current Events(LIB) 10:00 Exercise(AUD) 10:45 Five Crowns(AUD) 1:30 Frazier Farms Outing 1:30 Halloween Game(AUD) 4:00 Halloween Dinner Party (MDR)	.SL=South Lounge SDR=South Dining Room AUD=Auditorium PDR=Private Dining Room LIB=Library MDR=Main Dining Room FD=Front Desk PL=Pool