

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 Casino Outing [FD] 9:00 Morning News [WAR] 9:30 Sittercise [WAR] 11:00 New Resident Luncheon (PDR) 1:30 Left, Right, Center [WAR] 2:45 Afternoon Film ("Frankweenie") [WAR] 6:00 Bingo Night w/ Sommer! [AUD] Yom Kippur Begins	9:00 Morning News [WAR] 9:30 Morning Exercise [WAR] 10:00 Balloon Volleyball [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 Improv Theatre Class [AUD] 3:00 Marilyn Bierer's Celebration of Life [AUD]	9:30 Walmart Marketplace Outing 9:30 Current Events(LIB) 10:00 Exercise(AUD) 10:45 Five Crowns(AUD) 1:30 Ross Outing 3:00 Karaoke Happy Hour(AUD)	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)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	9:00 Morning News [WAR] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:30 BINGO! [WAR] 1:30 Liberty Station Scenic Tour [FD] 3:00 Apples to Apples [WAR] Sukkot Begins	9:00 Morning News [WAR] 9:30 Sit & Get Fit [WAR] 10:00 Unlucky Seven [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 Skip- Bo [WAR] 3:00 Activity Planning Meeting [WAR]	9:00 Morning News [WAR] 10:00 Resident Council Meeting [WDR] 11:00 Golden Corral Outing [FD] 1:30 Afternoon Sittercise [WAR] 3:00 Left, Right, Center [WAR] 6:00 Bingo Night w/ Shannon! [AUD]	9:00 Morning News [WAR] 9:30 Morning Exercise [WAR] 10:00 Balloon Volleyball [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour & Peggy's Porch Sing Along [WDR]	9:30 Sprouts Grocery Outing 9:30 Current Events(LIB) 10:00 Exercise(AUD) 10:45 Five Crowns(AUD) 1:30 CVS Outing 3:00 Happy Hour(AUD)	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)
9:00 Shadow Mountain Church Livestream [SL] 9:00 Friends w/ God [WAR] 9:30 Catholic Mass [AUD] 10:30 Sittercise [AUD] 1:30 Documentary [SL] 3:00 Unlucky Seven [AUD]	9:00 Morning News [WAR] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:30 Loteria! [WAR] 1:30 La Jolla Scenic Tour [FD] 3:00 Apples to Apples [WAR] Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00 Morning News [WAR] 9:30 Sit & Get Fit [WAR] 10:00 Unlucky Seven [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 Skip- Bo [WAR] 3:00 Mobility Wipe Down [PL] Simchat Torah Begins	9:30 Goff Family Pumpkin Patch Outing [FD] 9:30 Current Events [LIB] 10:00 Sittercise [AUD] 10:45 Unlucky Seven [AUD] 1:30 Left/ Right/ Center [WAR] 2:45 Oktoberfest Documentary [WAR] 6:00 Bingo Night w/ Olivia! [AUD]	9:00 Morning News [WAR] 9:30 Current Events [LIB] 10:00 Sit & Stretch [AUD] 11:30-1:00 Oktoberfest Birthday Celebration! [MDR] 3:00 BINGO! [WAR]	9:30 Grossmont Walmart Outing 9:30 Current Events(LIB) 10:00 Exercise(AUD) 10:45 Five Crowns(AUD) 1:30 Marshalls Outing 3:00 Happy Hour(AUD)	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)
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 Documentary [SL] 3:00 Unlucky Seven [AUD]	9:00 Morning News [WAR] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:30 BINGO! [WAR] 1:30 Balboa Park Scenic Tour [FD] 3:00 Apples to Apples [WAR]	9:00 Morning News [WAR] 9:30 Sit & Get Fit [WAR] 10:00 Unlucky Seven [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 Skip- Bo [WAR] 3:00 Nails by Olivia [WAR]	9:00 Morning News [WAR] 9:30 Sittercise [WAR] 10:45 Unlucky Seven(AUD) 11:00 Balboa Park Railroad Museum(Senior Discount \$12) 1:30 Left/Right/Center(AUD) 3:00 Afternoon Stroll w/ Sommer(FD) 6:00 Bingo Night w/ Sommer!(AUD)	9:00 Morning News [WAR] 9:30 Morning Exercise [WAR] 10:00 Balloon Volleyball [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour & Peggy's Porch Sing Along [WDR]	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 4:00 Trunk or Treat Halloween Party(Main Lot)	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)
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 Documentary [SL] 2:30 Afternoon Sittercise [AUD] 3:00 Unlucky Seven [AUD]	9:00 Morning News [WAR] 9:30 Chair Exercise [WAR] 10:45 Blackjack [AUD] 1:30 Loteria! [WAR] 1:30 Mission Trails Scenic Tour [FD] 3:00 Apples to Apples [WAR]	9:00 Morning News [WAR] 9:30 Sit & Get Fit [WAR] 10:00 Unlucky Seven [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 2:00 GG Store [AUD]	9:00 Morning News [WAR] 9:30 Sittercise [WAR] 10:00 Blackjack [WAR] 1:30 Left, Right, Center [WAR] 3:00 Halloween Candy Grams [WAR] 6:00 Bingo Night w/ Shannon! [AUD]	9:00 Morning News [WAR] 9:30 Morning Exercise [WAR] 10:00 Balloon Volleyball [WAR] 11:00-12:00 Online Shopping Assistance [WAR] 1:30 BINGO! [WAR] 3:00 Happy Hour & Name That Tune [WDR]	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) Halloween	WAR= West Activity Room WDR= West Dining Room WL= West Lobby AUD= Auditorium MDR= Main Dining Room LIB= Library PL= Pool SDR= South Dining Room SL= South Lounge

