

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted * Escort required to AL 9:15 Uplifting News/Events 10:15 Stroll/Feed the Fish 10:30 AM Snack & Refresh 2:30 Snack & Social 3:00 Daily Chronicles 5:15 Mindful Unwind 5:30 Movie/Classic Series	ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social			Waffle Breakfast 1 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 Word Associations 1:00 High Rollers 1:30 Corn Hole Music & Scenery 3:45 Throwback Exercise Table Games	2 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:00 Roll All Six 1:30 Exercise w/ Danielle M. 2:00 Name that Tune 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	3 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:00 Armchair Travel/Discuss Color Artistry/Puzzles 1:30 Prize Bingo Sounds & Meditation 3:45 Seated Yoga Virtual Rosary (AP)
4 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:00 Conversation Starters 1:30 Scenic Ride Table Games/Puzzles 3:45 Sunday Stretch	5 9:15 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:00 Finish the Phrase 1:30 Bowling Kitchen Creations 3:00 Live Music w/ Steve Jordan 4:00 Stretch & Stroll Virtual Rosary	6 9:45 Wake-up & Workout 11:00 Baseball Target Toss 11:30 Did You Know...Trivia 1:00 Sing Along 1:30 Scenic Ride Nail/Hand Care 3:45 Chicken Target Toss	7 9:45 Morning Zumba 11:00 Balloon Volley Puzzles 1:00 Sensory...What Is It? 1:30 Crafting Circle Roll & Reminisce 3:45 Seated Yoga Virtual Rosary	8 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 Word Associations 1:00 High Rollers 1:30 Live Music w/ Chris Monte 3:45 Throwback Exercise Table Games	9 9:45 AM Exercise 10:15 Scenic Ride & Treat 10:50 Mani-Cares & Chat 1:00 Roll All Six 1:30 Putting Practice 2:00 Name that Tune 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	10 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:00 Armchair Travel/Discuss Color Artistry/Puzzles 1:30 Prize Bingo Sounds & Meditation 3:45 Seated Yoga Virtual Rosary (AP)
11 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:00 Conversation Starters 1:30 Scenic Ride Table Games/Puzzles 3:45 Sunday Stretch	INDIGIDOUS PERSONS/ COLUMBUS DAY 9:30 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:00 Nails & Mani-cares 2:00 Live Music (Munchies) w/ Don & Dave 3:00 Finish the Phrase 3:45 Stretch & Stroll Virtual Rosary	13 9:45 Wake-up & Workout 11:00 Baseball Target Toss 11:30 Did You Know...Trivia 1:00 Sing Along 1:30 Scenic Ride Nail/Hand Care 3:45 Faith & Friends w/ Min. Shakera	14 9:45 Morning Zumba 10:30 Music and Munchies w/ Steve Lyon 1:00 Sensory...What Is It? 1:30 Crafting Circle Roll & Reminisce 3:45 Seated Yoga Virtual Rosary	Waffle Breakfast 15 9:45 Morning Cardio 10:30 Coffee & Comradery (men's group) 11:00 Knock "Em" Down 11:30 Word Associations 1:00 High Rollers 1:30 Corn Hole Music & Scenery 3:45 Throwback Exercise Table Games	16 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 11:30 Brain Games 1:00 Roll All Six 1:30 Exercise w/ Danielle M. 2:00 Name that Tune 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	17 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:00 Armchair Travel/Discuss Color Artistry/Puzzles 1:30 Prize Bingo Sounds & Meditation 3:45 Seated Yoga Virtual Rosary (AP)
18 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:00 Conversation Starters 1:30 Armchair Travel Table Games/Puzzles 3:45 Sunday Stretch	PM-Flu/Covid Vaccine Clinic 9:15 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:00 Finish the Phrase 1:30 Bowling Kitchen Creations 3:45 Stretch & Stroll Virtual Rosary	20 9:45 Wake-up & Workout 11:00 Baseball Target Toss 11:30 Did You Know...Trivia 1:00 Sing Along 1:30 Craft & Chat w/ AL 2:30 Mocktails and Munchies 3:45 Chicken Target Toss	21 9:45 Morning Zumba 11:00 Balloon Volley Puzzles 1:00 Sensory...What Is It? 1:30 Crafting Circle Roll & Reminisce 3:15 Men's Group-tasting 3:45 Seated Yoga Virtual Rosary	22 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 Word Associations 1:00 High Rollers 1:30 Corn Hole Music & Scenery 3:30 Live Music w/ Lady D	23 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:00 Roll All Six 1:30 Putting Practice 2:00 Name that Tune 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	24 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:00 Armchair Travel/Discuss Color Artistry/Puzzles 1:30 Prize Bingo Sounds & Meditation 3:45 Seated Yoga Virtual Rosary (AP)
25 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:00 Conversation Starters 1:30 Scenic Ride Table Games/Puzzles 3:45 Sunday Stretch	26 9:15 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:00 Finish the Phrase 1:30 Bowling Kitchen Creations 1:30 OLM Mass (Healey)* 3:45 Stretch & Stroll Virtual Rosary	27 9:45 Wake-up & Workout 11:00 Baseball Target Toss 11:30 Did You Know...Trivia 12:00 Birthday Luncheon 1:00 Sing Along 1:30 Scenic Ride Nail/Hand Care 3:45 Faith & Friends w/ Min. Shakera	28 9:45 Morning Zumba 11:00 Balloon Volley Puzzles 1:00 Sensory...What Is It? 1:30 C.H.I.M.E (interactive handbells program) 3:45 Seated Yoga Virtual Rosary	Waffle Breakfast 29 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 Word Associations 1:00 High Rollers 1:30 Corn Hole Music & Scenery 2:00 Music & Spooky Fun w/ Bud Pistachio 3:45 Throwback Exercise Table Games	30 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:00 Roll All Six 1:30 Exercise w/ Danielle M. 2:00 Name that Tune --Vote for your favorite Pumpkin* 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	HALLOWEEN 31 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:00 Armchair Travel/Discuss Color Artistry/Puzzles 1:30 Prize Bingo Sounds & Meditation 3:45 Seated Yoga Virtual Rosary (AP)

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

Lunch 12:00-1:00p /Dinner 4:30-5:30p