




October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Caregivers Support Group 10/8 & 10/22 	1 9:30 Exercise 10:30 Entertainer 1:00 Bingo 2:00 Afternoon Stretch 2:45 Coffee & Snack 3:00 Art/ Discussion	2 9:30 Exercise & Karaoke 10:30 Categories 1:00 Teri's Yoga 2:00 History of Rosh Hashanah 2:45 Coffee Klatch 3:00 Nory's Escapades	3 CLOSED 	4 CLOSED
9:30 Exercise & Meditation 7 10:30 Holiday Discussion 1:00 Word Scramble 2:00 PM Stretch 2:45 Café 3:00 Art/Discussion	8 9:30 Exercise 10:30 Entertainer 1:00 Bingo 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art or Discussion	9 9:30 Chair Boxing 10:30 Let's Reminisce 1:00 Clothing-Span. and English 2:00 Chair Yoga 2:45 Coffee Klatch 3:00 Nory's Escapades	10 9:30 Exercise & Meditation 10:45 Luis's Class 1:00 Sport's Day 2:00 Vivian's Class 2:45 Coffee and Snack 3:00 Sam's Stretch & Escapades	11 9:30 Exercise & Positive Affirmation 10:30 Shabbat Entertainment 11:30 Shabbat 1:00 Legendary Places Movie 2:00 PM Stretch 2:45 Coffee Klatch 3:00 Movie/ Games
9:30 Exercise & Meditation 14 10:30 Seasons in Eng. and Spanish 1:00 Boggle 2:00 Yoga Stretch 2:45 Coffee Social 3:00 Art/Discussion	15 9:30 Exercise 10:30 Entertainer 1:00 Bingo 2:00 PM Stretch Class 2:45 Coffee & Snack 3:00 Art/Discussion	16 9:30 Exercise & Karaoke 10:30 Sing Along- Eng. & Spanish 1:00 Teri's Yoga 2:00 Trivia 2:45 Coffee Klatch 3:00 Nory's Escapades	17 9:30 Exercise & Guided Meditation 10:45 Luis's Class 1:00 Sport's Day 2:00 Vivian's Class 2:45 Coffee & Snack 3:00 Sam's Stretch & Escapades	18 9:30 Exercise & Positive Thoughts 10:30 Shabbat Entertainment 11:30 Shabbat 1:00 The Universe Movie 2:00 Afternoon Stretch 2:45 Coffee Social 3:00 Movie/Games
9:30 Exercise & Meditation 21 10:30 Halloween Art Project 1:00 Word Jumble 2:00 PM Stretch Class 2:45 Coffee Klatch 3:00 Art/Discussion	22 9:30 Exercise 10:30 Entertainer 1:00 Bingo 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art/Discussion	23 9:30 Chair Boxing 10:30 100 Fun Facts 1:00 The Story of Halloween 2:00 Afternoon Stretch 2:45 Coffee Social 3:00 Nory's Escapades	24 9:30 Exercise and Meditation 10:45 Luis's Class 1:00 Sport's Day 2:00 Vivian's Class 2:45 Coffee Klatch 3:00 Sam's Stretch & Escapades	25 9:30 Exercise & Positivity 10:30 Shabbat Entertainment 11:30 Shabbat 1:00 World Nicknames Movie 2:00 PM Exercise 2:45 Coffee & Snack 3:00 Movie/ Games
9:30 Exercise & Meditation 28 10:30 Math Fun- Eng. and Spanish 1:00 Word Categories 2:00 Stretch class 2:45 Coffee Social 3:00 Art/Discussion	29 9:30 Exercise 10:30 Entertainer 1:00 Bingo 2:00 Chair Yoga 2:45 Coffee Klatch 3:00 Art/Discussion	30 9:30 Exercise & Karaoke 10:30 Getting to Know You 1:00 Art- Decorate Halloween Cat 2:00 Yoga Stretch 2:45 Coffee & Snack 3:00 Nory's Escapades	31 9:30 Exercise & Meditation 10:45 Luis's Class 1:00 Halloween Celebration 2:00 Vivian's Class 2:45 Coffee Social 3:00 Sam's Stretch & Escapades	Therapy Dog visits & daily garden time. 



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