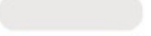


Hot Breakfast: Mon, Wed, Fri 7:30A-10A 	 Resident Led  Dining Room  Vendor Led  Fitness Center  Craft Room *Programs are subject to change*	Tue 1 10:30AM - Stretch & Strength 2PM - Foot & Ankle Health w/ Nevin J. 4PM - Arts & Crafts: Vase Glass/Jar Etching	Wed 2 10:30AM - ZenDen Yoga 12PM - Aqua Fitness 2PM - A game of Guess Who	Thu 3 10AM- Coffee & Donut Seminar w/ Jessica B. 1PM - 1950s Trivia 3PM - BINGO	Fri 4 10AM- Fearless Fitness 12PM- Aqua Fitness 1PM - Neck & Shoulder Mini Massage Clinic 2PM - Community Chat 3:30PM- Poker	Sat 5 10AM - South Pacific Rehearsal w/ Joan 10:45AM- Chair Yoga 2PM- Movie Matinee & Popcorn
Sun 6 11AM- Poolside Relaxation 2PM- Sundae on Sunday	Mon 7 *Office Closed* 	Tue 8 10:30AM- Stretch & Strength 2PM- Appraisal Roadshow 4PM- Arts & Crafts: Wood Burn Coasters (No hot tools will be used)	Wed 9 10:30AM- ZenDen Yoga 12PM- Aqua Fitness 2PM- Fall Prevention & Cognitive Decline w/ Michael C.	Thu 10 10AM: Coffee and Pastries w/ Jamie 3PM- BINGO 7PM- Think Tank	Fri 11 8:40AM - Moment of Silence at Flag 9/11 Tribute 10AM- Fearless Fitness 12PM- Aqua Fitness 2PM- National Chocolate Milkshake Day Social 3:30PM- Poker	Sat 12 10AM - South Pacific Rehearsal w/ Joan 10:45AM- Chair Yoga 2PM- Movie Matinee & Popcorn
Sun 13 11AM- Poolside Relaxation 2PM- Sundae on Sunday	Mon 14 10AM- Fearless Fitness 2PM- Archwell Seminar w/ Debbie B. 3:30PM- Poker	Tue 15 10:30AM- Stretch & Strength 1PM- Living Healthy Seminar w/ Conviva 4PM- Arts & Crafts: Glitter Wine Glasses	Wed 16 10:30AM- ZenDen Yoga 12PM- Aqua Fitness 4PM- Wine Down Wednesday w/ Resident Entertainment	Thu 17 1PM: Fall Word Search Puzzles 3PM- BINGO 7PM- Book Club Meeting	Fri 18 10AM- Fearless Fitness 12PM- Aqua Fitness 3PM- Shabbat 4:15PM- Poker	Sat 19 10:45AM- Chair Yoga 12PM - D.N.A. Wellness Solutions w/ Avery 2PM- Movie Matinee & Popcorn 6PM- Resident Potluck
Sun 20 11AM- Poolside Relaxation 2PM- Sundae on Sunday	Mon 21 10AM- Fearless Fitness 1:30PM- Art w/ Patti 3:30PM- Poker	Tue 22 10:30AM- Stretch & Strength 2PM- Arts & Crafts: Tie Dye T-Shirts 4PM- Fall Harvest Open House w/ Entertainment	Wed 23 10:30AM- ZenDen Yoga 12PM- Aqua Fitness 2:00PM: Rhythm, Roots & Flavor Hispanic Heritage Celebration	Thu 24 10AM- Flu Clinic w/ Blue Swan Pharmacy 1PM: Meet and Greet w/ Juley our new Manager 3PM- BINGO 7PM- Think Tank	Fri 25 10AM- Fearless Fitness 12PM- Aqua Fitness 12PM- Lunch & Learn: Legacy Healthcare Services 3:30PM- Poker 6:30P- Sound Bath	Sat 26 10:45AM- Chair Yoga 2PM- Movie Matinee & Popcorn
Sun 27 11AM- Poolside Relaxation 2PM- Sundae on Sunday 2:30PM - Singalong with Joan	Mon 28 10AM- Fearless Fitness 1:30PM- Art w/ Patti 3:30PM- Poker	Tue 29 10:30AM- Stretch & Strength 2:00PM Amada Senior Care 4PM- Arts & Crafts: Fall Wreaths	Wed 30 10:30AM- ZenDen Yoga 12PM- Aqua Fitness 4PM- Birthday Celebration w/ Entertainment			