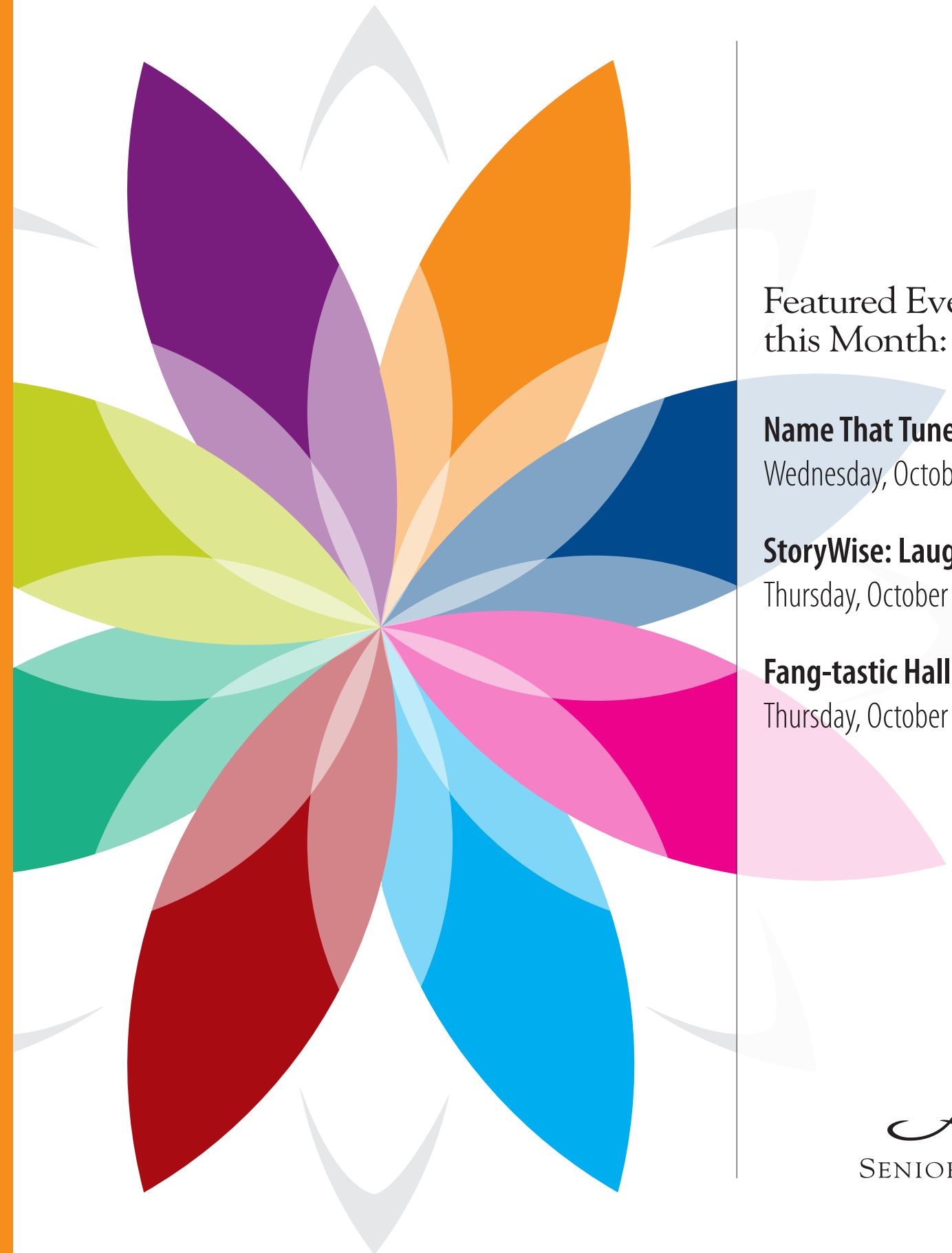


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Name That Tune w/ Fred Jones

Wednesday, October 16, 11:00 AM

StoryWise: Laughter Therapy

Thursday, October 17, 3:30 PM

Fang-tastic Halloween Feast

Thursday, October 31, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

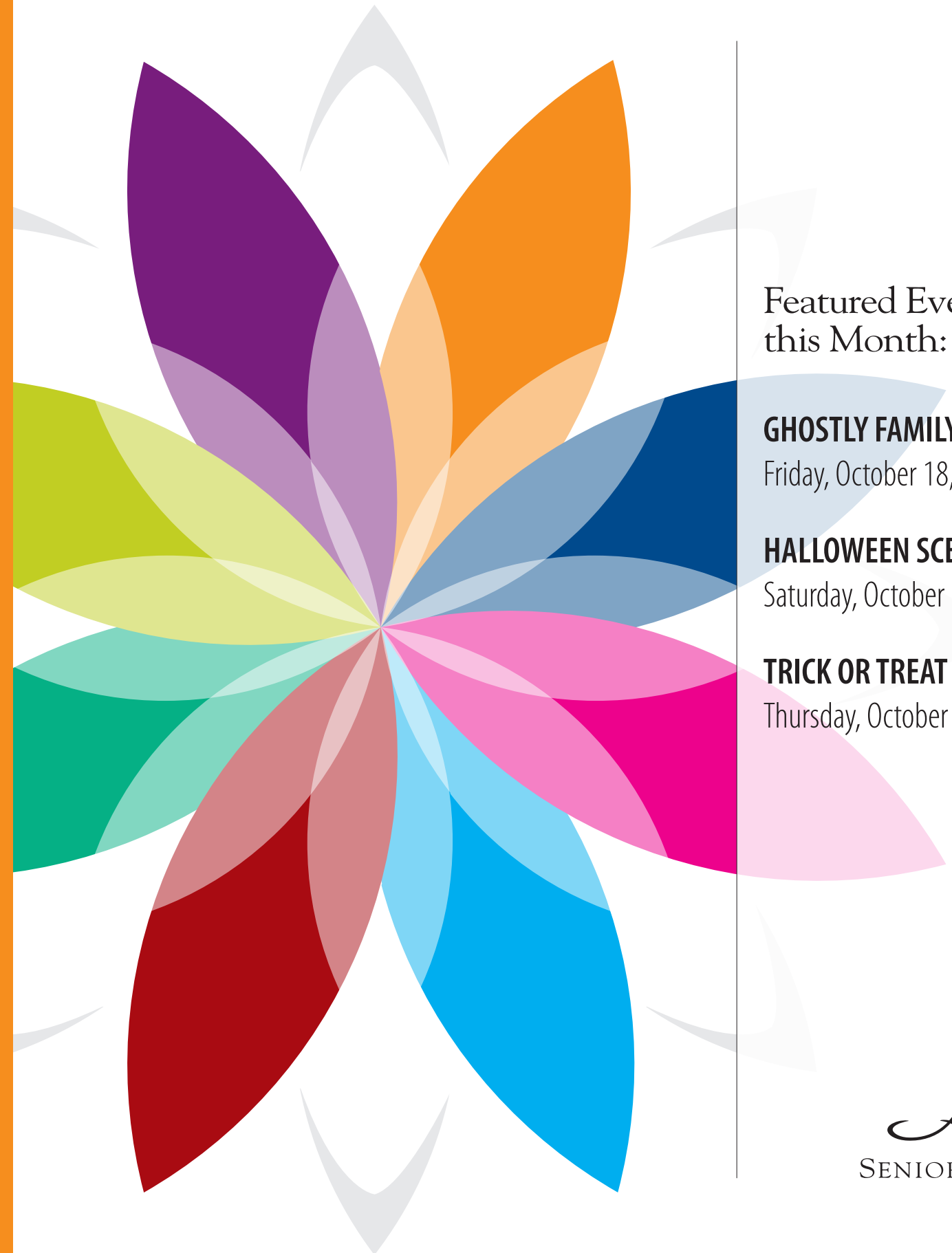
- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- Atria StoryWise**

<p>10:30 IS Devotional w/ Joel Osteen (1)</p> <p>11:00 HF Sunday Stretch (1)</p> <p>1:30 PA Residents Walking Club (1)</p> <p>2:00 LL Cranium® Crunch: Brain Teasers (1)</p> <p>3:00 LL You Be The Judge (1)</p> <p>4:00 EF Buckhead Bucks Bingo (1)</p> <p>4:45 HF Pre-Dinner Fitness (DR)</p> <p>6:15 PA Sunday Cinema: Home Alone (TR)</p> <p>6:30 PA Stories w/ Residents (1) (RLA)</p>	<p>10:00 HF Stretch Band Exercise (1) (ELD)</p> <p>11:00 EF Board Games (1)</p> <p>1:15 HF Walk & Stretch (1)</p> <p>2:00 CE Drama Club (1) (ELA)</p> <p>3:00 LL Word Finds (1) (ELD)</p> <p>4:00 C Monday Mix: Margaritas & Trivia (DR) (ELD)</p> <p>6:15 EF Family Feud™ (1) (ELD)</p>	<p>10:00 HF Goal Setting Fitness Challenge (1) (ELD)</p> <p>11:00 LL TechDesk (1) (ELD)</p> <p>1:30 CV iPad® Charity Miles (1)</p> <p>2:00 PA Ambassador Meeting (2)</p> <p>2:30 HF Gentle Yoga for Seniors (1)</p> <p>4:00 EF Pokemo®! (1) (ELD)</p> <p>6:15 IS Bible Study with Martin-(2)</p> <p>6:30 HF After Dinner Walk & Roll (1)</p>	<p>10:00 HF Platinum Fitness w/Jodi - (1)</p> <p>11:00 C Board Games: Scrabble® (1) (ELD)</p> <p>11:30 EF Lunch Bunch Outing: Longhorn Steakhouse (CO)</p> <p>1:30 CE Art Studio with Ronia (1)</p> <p>2:30 IS Catholic Mass (TR)</p> <p>3:30 LL Book Club (2) (ELD)</p> <p>4:45 HF Pre-Dinner Stretches (DR)</p> <p>6:15 HF Evening Movie: The Crash (TR)</p>	<p>10:00 HF Light Weightlifting 1-2lbs. (1) (ELD)</p> <p>11:00 IS Christ the King Mass & Luncheon (CO)</p> <p>11:00 EF Ring Toss Challenge</p> <p>1:30 CV Newspaper Donations to AHS (DD) (RLA)</p> <p>2:00 PA Food for Thought (DR)</p> <p>3:00 HF Buckhead Bingo! (1)</p> <p>4:00 EF "Elvis" Tribute by Mark Pitt (1)</p> <p>6:30 HF After Dinner Walk & Roll (P)</p>	<p>10:00 HF Bradford Fitness (1) (BBF)</p> <p>11:00 LL This Day in History (1)</p> <p>1:15 PA Shopping at Target (CO)</p> <p>1:30 IS Relax Time (TR)</p> <p>2:00 PA Guess the Profession (1)</p> <p>3:15 LL Brain Game: Finish the Phrase (1) (MD)</p> <p>4:00 PA Fri-YAY Happy Hour: Wine & Trivia (DR)</p> <p>6:15 HF Resident Walking Club (1)</p>	<p>10:00 HF Upper Body Exercises (1)</p> <p>11:00 EF Ring Toss Tournament (1)</p> <p>2:15 C Patio Chat: Weekly Goals (1)</p> <p>3:30 PA Cranium® Crunch- Crosswords (1)</p> <p>4:15 HF Matter of Balance (1)</p> <p>6:15 HF Saturday Showtime: The Lakehouse (TR)</p>
<p>10:30 IS Devotional w/ Joel Osteen (1)</p> <p>11:00 HF Sunday Stretch (1)</p> <p>1:30 PA Residents Walking Club (1)</p> <p>2:00 LL Cranium® Crunch: Brain Teasers (1)</p> <p>3:00 LL You Be The Judge (1)</p> <p>4:00 EF Buckhead Bucks Bingo (1)</p> <p>4:45 HF Pre-Dinner Fitness (DR)</p> <p>6:15 PA Sunday Cinema: Home Alone (TR)</p> <p>6:30 PA Stories w/ Residents (1) (RLA)</p>	<p>10:00 HF Stretch Band Exercise (1) (ELD)</p> <p>11:00 EF Board Games (1)</p> <p>1:15 HF Walk & Stretch (1)</p> <p>2:00 CE Drama Club (1) (ELA)</p> <p>3:00 LL Word Finds (1) (ELD)</p> <p>4:00 C Monday Mix: Margaritas & Trivia (DR) (ELD)</p> <p>6:15 EF Family Feud™ (1) (ELD)</p>	<p>10:00 HF Goal Setting Fitness Challenge (1) (ELD)</p> <p>11:00 LL TechDesk (1) (ELD)</p> <p>1:30 C Nutrition Class (1) (ELD)</p> <p>2:30 HF Gentle Yoga for Seniors (1)</p> <p>4:00 EF Pokemo®! (1) (ELD)</p> <p>6:15 IS Bible Study with Martin (2)</p> <p>6:30 HF After Dinner Walk & Roll (1)</p>	<p>10:00 HF Platinum Fitness w/ Jodi (1)</p> <p>11:00 C Crosswords & Chat w/ Hellana (1)</p> <p>1:15 EF Board Games: Sorry! (1) (ELD)</p> <p>2:00 CE Art Therapy with Ronia (1)</p> <p>3:00 LL Scenic Drive and Hot Cocoa Social (CO) (MD)</p> <p>3:30 LL Book Club (2) (ELD)</p> <p>4:45 HF Pre-Dinner Stretches (1)</p> <p>6:15 HF Evening Movie: Courage Under Fire (TR)</p>	<p>10:00 HF Light Weightlifting 1-2lbs. (1) (ELD)</p> <p>11:00 IS Music Therapy w/ Keith West</p> <p>1:30 CV Newspaper Donation to AHS (DD)</p> <p>2:15 HF Zumba®: Exercise to Latin Music! (2) (CY)</p> <p>3:00 PA Activity Planning Meeting (1)</p> <p>4:00 LL Buckhead Brainiacs Trivia (1)</p> <p>6:15 C Prize Bingo! (1) (ELD)</p>	<p>10:00 HF Bradford Fitness (1) (BBF)</p> <p>11:00 CE Poetry Corner: Selected Readings (1)</p> <p>1:15 PA Shopping at Dollar Tree & Goodwill (CO)</p> <p>1:30 IS Relax Time (TR)</p> <p>3:00 EF Atria Bocce (1) (MD)</p> <p>4:00 PA Fri-YAY Happy Hour: Wine & Trivia (DR)</p> <p>5:00 PA Birthday Dinner w/ Fred Jones (DR)</p> <p>6:15 HF Resident Walking Club (1)</p>	<p>10:00 HF Pump Up Fitness (1)</p> <p>11:00 C Patio Chat w/ Friends (1)</p> <p>2:15 LL World Travelers (1)</p> <p>3:00 CE Jewelry Making (1)</p> <p>4:15 HF Lower Body Strength Training (1)</p> <p>6:15 HF Saturday Showtime: The Impossible Spy (TR)</p> <p>6:30 C What's in a Word? (1)</p>
<p>10:30 IS Positive Affirmations & Thoughts (1)</p> <p>11:00 HF Sunday Stretch (1)</p> <p>2:00 LL Cranium® Crunch Brain Teasers (1)</p> <p>3:00 PA You Be The Judge (1)</p> <p>4:00 EF Buckhead Bucks Bingo (1)</p> <p>4:45 HF Pre-Dinner Fitness (DR)</p> <p>6:15 PA Sunday Cinema: Something's Gotta Give (TR)</p> <p>6:30 PA Stories w/ Residents (1) (RLA)</p>	<p>10:00 HF Stretch Band Exercise (1) (ELD)</p> <p>11:00 PA Resident Council Meeting (1) (RLA)</p> <p>1:30 HF Walk & Stretch (1)</p> <p>2:00 LL Listen & Learn: Robert Schumann (1)</p> <p>3:30 C Group Singing (1)</p> <p>4:00 C Monday Mix: Peach Bellini & Trivia (DR) (ELD)</p> <p>6:15 EF Scrabble® w/ Friends (1)</p>	<p>10:00 HF Goal Setting Fitness Challenge-(1) [ELD]</p> <p>11:00 LL Name 20 Brain Game (1)</p> <p>1:30 CV iPad® Charity Miles (1)</p> <p>2:30 HF Gentle Yoga for Seniors (1)</p> <p>4:00 EF Pokemo® (1)</p> <p>6:15 IS Bible Study with Martin (2)</p> <p>6:30 HF After Dinner Walk & Roll (1)</p>	<p>10:00 HF Platinum Fitness w/ Jodi (1)</p> <p>11:00 C Name That Tune w/ Fred Jones (1)</p> <p>11:30 EF Lunch Bunch Outing: Red Lobster (CO)</p> <p>1:15 EF UNO® w/ Friends (1) (ELD)</p> <p>2:00 CE Art Therapy with Ronia (1)</p> <p>3:30 LL Book Club (2) (ELD)</p> <p>4:45 HF Pre-Dinner Stretches (1)</p> <p>6:15 HF Evening Movie: Yours, Mine, & Ours (TR)</p>	<p>10:00 HF Light Weightlifting 1-2lbs. (1) (ELD)</p> <p>11:00 LL What's in a Word? (1)</p> <p>1:30 CV Newspaper Donation to AHS (DD) (RLA)</p> <p>2:00 CE Crafting w/ "Care"-Painting with Smiles (1)</p> <p>3:30 CE StoryWise™: Laughter Therapy (1)</p> <p>4:30 HF Lower Body Strength Training (1)</p> <p>6:15 HF Buckhead Bingo! (1)</p>	<p>10:00 HF Bradford Fitness (1) (BBF)</p> <p>11:00 CE Poetry Corner: Selective Readings (1)</p> <p>1:15 PA Shopping at Trader Joe's (CO)</p> <p>1:30 IS Relax Tme (TR)</p> <p>2:00 CE StoryWise™: Sharing Your Story (1)</p> <p>3:15 LL Brain Game: Finish the Phrase (1)</p> <p>3:30 EF Atria Bocce (1) (MD)</p> <p>4:00 PA Fri-YAY Happy Hour & Trivia (DR)</p> <p>6:15 HF Resident Walking Club (1)</p>	<p>10:00 HF Pump Up Fitness (1)</p> <p>11:00 C Patio Chat: Weekly Goals (1)</p> <p>2:15 LL World Travelers (1)</p> <p>3:00 CE Jewelry Making (1)</p> <p>4:00 HF Matter of Balance (1)</p> <p>6:15 HF Saturday Showtime: Giant (DR)</p>
<p>10:30 IS Devotional w/ Joel Osteen (1)</p> <p>11:00 HF Sunday Stretch (1)</p> <p>2:00 PA Residents Walking Club (1)</p> <p>3:00 LL You Be The Judge (1)</p> <p>4:00 EF Buckhead Bucks Bingo (1)</p> <p>4:45 HF Pre-Dinner Fitness (DR)</p> <p>6:15 PA Sunday Cinema: The Pianist (TR)</p> <p>6:30 PA Stories w/ Residents (1) (RLA)</p>	<p>10:00 HF Stretch Band Exercise (1)</p> <p>11:00 EF Board Games: Sorry! (the Game) (1)</p> <p>1:30 HF Walk & Stretch (1)</p> <p>2:00 CE Drama Club (1) (ELA)</p> <p>3:00 C Group Sing Along (1) (ELD)</p> <p>4:00 C Monday Mix: Party Mimosas & Trivia (DR) (ELD)</p> <p>6:15 LL Getting to Know: Marvin Gaye (1)</p>	<p>10:00 HF Goal Setting Fitness Challenge (1) (ELD)</p> <p>11:00 LL Tech Desk (1) (ELD)</p> <p>11:00 LL Name 20 Brain Game (1) (ELD)</p> <p>1:30 Bingo Auction (1)</p> <p>2:30 LL World Culture: All About Greece (1) (ELD)</p> <p>4:00 EF Pokemo®! (1)</p> <p>6:15 IS Bible Study with Martin (2)</p> <p>6:30 HF After Dinner Walk & Roll (1)</p>	<p>10:00 HF Platinum Fitness w/ Jodi (1)</p> <p>11:00 C Group Crossword Puzzle (1)</p> <p>2:00 HF Come Exercise w/ Karen (1)</p> <p>2:30 LL Midday Movie: Residents' Choice (2) (RLA)</p> <p>3:00 LL Scenic Drive and Hot Cocoa Social (CO)</p> <p>4:00 C TriviaMania (1)</p> <p>6:15 HF Evening Movie: Sleepless in Seattle (TR)</p>	<p>10:00 HF Light Weightlifting 1-2lbs. (1) (ELD)</p> <p>11:00 IS Music Therapy w/ Keith West (1) (ELD)</p> <p>1:30 CV Newspaper Delivery for Humane Society (CO)</p> <p>2:15 HF Zumba®: Exercise to Latin Music (2) (CY)</p> <p>3:00 LL Buckhead Brainiacs Trivia (1)</p> <p>4:00 EF Swinging Sounds by: Sonny Calo (1)</p> <p>6:15 C Prize Bingo (1) (ELD)</p> <p>7:30 PA Card Night (2) (RLA)</p>	<p>10:00 HF Bradford Fitness (1) (BBF)</p> <p>11:00 CE Poetry Corner: Selected Readings (1)</p> <p>1:15 PA Shopping at Target (CO)</p> <p>1:30 IS Relax Time (TR)</p> <p>4:00 PA Fri-YAY Happy Hour & Trivia (DR)</p> <p>5:00 EF Dinner Hour Music w/ Andra Denslow (DR)</p> <p>6:15 HF Resident Walking Club (1)</p>	<p>10:00 HF Pump Up Fitness (1)</p> <p>11:00 C Cheerful Coffee Chat (1)</p> <p>2:15 LL World Travelers (1)</p> <p>4:15 HF Matter of Balance (1)</p> <p>6:15 HF Saturday Showtime: King Kong (TR)</p> <p>6:30 PA Cranium® Crunch- Word Finds (1)</p>
<p>10:30 IS Positive Affirmations & Thoughts (1)</p> <p>11:00 HF Sunday Stretch (1)</p> <p>1:30 PA Residents Walking Club (P) (RLA)</p> <p>2:00 LL Cranium® Crunch Brain Teasers (1)</p> <p>3:00 EF Classical/Jazz Pianist Etsuko Tomeda (1)</p> <p>4:00 EF Buckhead Bucks Bingo (1)</p> <p>4:45 HF Pre-Dinner Fitness (DR)</p> <p>6:15 Movie: The Queen (TR)</p> <p>6:30 PA Stories w/ Residents (1) (RLA)</p>	<p>10:00 HF Stretch Band Exercise (1) (ELD)</p> <p>11:00 EF Bingo with Friends (1) (ELD)</p> <p>1:30 HF Walk & Stretch (1)</p> <p>2:00 LL Listen & Learn: Maria Callas (1)</p> <p>3:00 CE Songs to Make you Smile (1)</p> <p>4:00 C Monday Mix: Sangrias & Trivia (DR) (ELD)</p> <p>6:15 LL Wheel of Fortune® (1)</p>	<p>10:00 HF Goal Setting Fitness Challenge (1) (ELD)</p> <p>11:00 LL Tech Desk (TR) (ELD)</p> <p>1:30 CV iPad® Charity Miles (1)</p> <p>2:00 HF Gentle Yoga for Seniors (1)</p> <p>4:00 EF Pokemo® (1) (ELD)</p> <p>6:15 IS Bible Study with Martin (2)</p>	<p>10:00 HF Pump Up Fitness (1)</p> <p>11:00 EF Scrabble® with Friends (1) (ELD)</p> <p>2:00 CE Art Therapy w/ Ronia (1) (ELD)</p> <p>3:00 LL Scenic Drive and Hot Cocoa Social (CO)</p> <p>4:45 HF Pre-Dinner Stretches (1)</p> <p>6:15 EF Evening Movie: Crash (TR)</p>	<p>10:00 HF Lightweight Lifting 1-2 lbs. (1) (ELD)</p> <p>11:00 C Who Am I Riddle? (1) (MD)</p> <p>1:30 PA Group Sing Along (1) (MD)</p> <p>3:00 EF Fang-tastic Halloween Feast (1)</p> <p>3:00 EF FangTastic Halloween Feast (1)</p> <p>4:30 HF Lower Body Strength Training (1)</p> <p>6:15 C Prize Bingo (1) (ELD)</p>	<p>ROOM LOCATION KEY:</p> <p>Dining Room DR</p> <p>1st Floor 1</p> <p>1st Floor Patio P</p> <p>2nd Floor 2</p> <p>Community Outing CO</p> <p>Door to Door DD</p> <p>Theater Room TR</p>	<p>STAFF KEY:</p> <p>Resident Lead Activity RLA</p> <p>Leiana Santifer CY</p> <p>Bradford Bailey BBF</p> <p>Ronia Ward ELD</p> <p>Markia Dallas MD</p>

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

GHOSTLY FAMILY NIGHT
Friday, October 18, 5:00 PM

HALLOWEEN SCENIC DRIVE
Saturday, October 19, 2:00 PM

TRICK OR TREAT WALK
Thursday, October 31, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

- PA **Personal Achievement**
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- IS **Inspiration & Spirituality**
- C **Connection**
- A **Atria StoryWise**
- ♪ **Legato**

<p>10:00 HF Strength Training</p> <p>10:30 LL Sunday Paper</p> <p>11:00 IS Count Your Blessings</p> <p>1:00 C Gentle Touch</p> <p>2:30 HF Chair Yoga</p> <p>3:00 C Sundae Social</p> <p>4:00 CE Music Therapy- Sunday Hymns</p> <p>6:00 EF Sunday Movie & Buttery Popcorn</p>	<p>6</p> <p>World Prevent Bullying Day</p> <p>10:00 HF Range of Motion</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 EF Game Of Checkers</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 HF Walking Club</p> <p>3:00 PA Spelling Bee</p> <p>4:00 CE Music Therapy- Jazz Music</p> <p>6:00 IS Call it a Day</p>	<p>7</p> <p>10:00 HF Conductorcise®</p> <p>11:00 LL Today In History</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 HF Stretch And Flex</p> <p>3:00 CE Music Therapy-Scat Music</p> <p>4:00 C Book Club</p> <p>6:00 EF Movie & Popcorn</p>	<p>1</p> <p>10:00 HF Get in Shape</p> <p>10:30 LL What's Going on Review</p> <p>11:00 CE Music Therapy-1960's Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Volleyball</p> <p>4:00 HF Walking Club</p> <p>6:00 IS Relax & Remember</p>	<p>2</p> <p>10:00 HF Chair Yoga</p> <p>11:00 CE Music Therapy- Disco Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE MARKIA'S HOUR</p> <p>3:00 C Trivia</p> <p>4:00 HF Pump It Up Fitness</p> <p>6:00 IS Watching the Sunset</p>	<p>3</p> <p>National Taco Day</p> <p>10:00 HF Fun Fitness</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 CE Music Therapy- Patriotic Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Ring Toss</p> <p>3:00 PA READING ALOUD</p> <p>4:00 HF Lets Get Charged Up</p> <p>6:00 IS Wind Down Relaxation</p>	<p>4</p> <p>Do Something Nice Day</p> <p>10:00 HF Movin & Groovin</p> <p>10:30 LL News & Views</p> <p>11:00 CE Music Therapy- Country Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Let's Dance</p> <p>3:30 LL Everyday Trivia</p> <p>4:00 HF Conductorcise®</p> <p>6:00 EF Saturday Night Movie</p>
<p>10:00 HF Strength Training</p> <p>10:30 LL Sunday Paper</p> <p>11:00 IS Count Your Blessings</p> <p>1:00 C Gentle Touch</p> <p>2:30 HF Chair Yoga</p> <p>3:00 C Sundae Social</p> <p>4:00 CE Music Therapy- Sunday Hymns</p> <p>6:00 EF Sunday Movie & Buttery Popcorn</p>	<p>6</p> <p>World Prevent Bullying Day</p> <p>10:00 HF Range of Motion</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 EF Game Of Checkers</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 HF Walking Club</p> <p>3:00 PA Spelling Bee</p> <p>4:00 CE Music Therapy- Jazz Music</p> <p>6:00 IS Call it a Day</p>	<p>7</p> <p>10:00 HF Hands Up!!!</p> <p>11:00 CE Music Therapy- R&B Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 HF Keep It Rolling</p> <p>3:00 CE Poetry</p> <p>4:00 EF Perplex Puzzles</p> <p>6:00 IS Movie & Popcorn</p>	<p>8</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Today in History</p> <p>11:00 CE Music Therapy- Big Band Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Keep Your Eye On The Ball</p> <p>3:00 CE Drawing And Painting To Music</p> <p>4:00 HF Walking Club</p> <p>6:00 IS Relax & Remember</p>	<p>9</p> <p>10:00 HF Conductorcise®</p> <p>10:30 LL USA Today</p> <p>11:00 HF Walking Club</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE MARKIA'S HOUR</p> <p>3:00 CE Music Therapy- Pop Music</p> <p>3:30 EF Group Dancing</p> <p>4:00 HF Chair Yoga</p> <p>6:00 C Call It A Day</p>	<p>10</p> <p>10:00 HF Low-Impact Exercise</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 EF RHODES HALL MUSEUM</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Name Ten</p> <p>4:00 LL Music Therapy- Jazz Music</p> <p>6:00 IS Wind Down Relaxation</p>	<p>11</p> <p>10:00 HF Strength And Flex</p> <p>10:30 LL News & Views</p> <p>11:00 CE Music Therapy- Salsa Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Card Game</p> <p>3:00 LL Everyday Trivia</p> <p>4:00 HF Chair Zumba®</p> <p>6:00 IS Last But Not Least</p>
<p>10:00 HF Strength training</p> <p>10:30 C News & Views</p> <p>11:00 EF Laugh Out Loud</p> <p>1:00 IS Pretty Nails</p> <p>2:30 HF Chair Yoga</p> <p>3:00 C Tasty Pie Social</p> <p>4:00 CE Music Therapy- Sunday Hymns</p> <p>6:00 EF Sunday Movie & Buttery Popcorn</p>	<p>13</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 EF Puzzles</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 HF Group Dancing</p> <p>3:00 CE Poetry</p> <p>4:00 CE Music Therapy- Mozart Classics</p> <p>6:00 IS Call it a Day</p>	<p>14</p> <p>10:00 HF Conductorcise®</p> <p>11:00 CE Music Therapy- Around The World Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 EF Table Games</p> <p>3:00 EF Keep It Rolling</p> <p>4:00 HF Chair Dancing</p> <p>6:00 EF Movie & Popcorn</p>	<p>15</p> <p>10:00 HF Chair Jazzercise</p> <p>10:30 LL Today in History</p> <p>11:00 C Book Club</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE Sip & Paint</p> <p>2:30 HF Laugh Therapy</p> <p>3:00 CE Music Therapy- Asian Music</p> <p>4:00 HF Walking Club</p> <p>6:00 IS Relax & Remember</p>	<p>16</p> <p>10:00 HF Conductorcise®</p> <p>11:00 CE Music Therapy- Folk Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE MARKIA'S HOUR</p> <p>3:00 EF Pumpkin Painting</p> <p>3:30 HF Chair Yoga</p> <p>4:00 EF The Brain Game</p> <p>6:00 IS Watching the Sunset</p>	<p>17</p> <p>10:00 HF Shake It</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 CE Music Therapy- Show Tunes</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 EF TABLE GAMES</p> <p>3:00 HF Laugh Therapy</p> <p>4:00 CE Sing Along</p> <p>5:00 C GOHSTLY FAMILY NIGHT</p> <p>6:00 IS Guided Meditation</p>	<p>18</p> <p>10:00 HF Chair Yoga</p> <p>10:30 LL News & Views</p> <p>11:00 CE Music therapy- The Blues</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 EF HALLOWEEN SCENIC DRIVE</p> <p>3:00 PA Spelling Bee</p> <p>4:00 HF Low Impact Toss</p> <p>6:00 EF Saturday Night Movie</p>
<p>10:00 HF STRENGTH TRAINING</p> <p>10:30 LL Sunday Paper</p> <p>11:00 C Favorite Verses</p> <p>1:00 IS Gentle Touch</p> <p>2:30 HF COLORFUL WEIGHTS</p> <p>3:00 EF Checkers</p> <p>4:30 CE Music Therapy- Sunday Hymns</p> <p>6:00 EF Sunday Movie & Buttery Popcorn</p>	<p>20</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Trivia</p> <p>11:00 EF Group Gaming</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 HF Walking Club</p> <p>3:00 PA Spelling Bee</p> <p>4:00 CE Music Therapy-Piano Classics</p> <p>6:00 IS Call it a Day!</p>	<p>21</p> <p>10:00 HF Chair Jazzercise</p> <p>11:00 CE Music Therapy- Harp Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 HF GROUP DANCING</p> <p>3:00 PA BAKING CLASS</p> <p>4:00 EF Bingo</p> <p>6:00 IS Here's Looking At You</p>	<p>22</p> <p>Welcome To The Neighborhood Party!</p> <p>10:00 HF Shake It</p> <p>10:30 LL Today in History</p> <p>11:00 CE Music Therapy- Swing Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:30 EF Keep It Rolling</p> <p>3:00 CE DRAWING AND PAINTING TO MUSIC</p> <p>4:00 HF Dance Class</p> <p>6:00 IS Relax & Remember</p>	<p>23</p> <p>National Bologna Day</p> <p>10:00 HF Low Impact - Toss</p> <p>10:30 LL USA Today</p> <p>11:00 EF Movie Outing</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE MARKIA'S HOUR</p> <p>3:00 HF Conductorcise®</p> <p>4:00 CE Music Therapy- Conga Music</p> <p>6:00 IS Watching the Sunset</p>	<p>24</p> <p>10:00 HF Dance Class</p> <p>10:30 LL Arts And Crafts</p> <p>11:00 CE Music Therapy- Beethoven Classics</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 EF Table Games</p> <p>3:00 CE Poetry</p> <p>4:00 HF Walking Club</p> <p>6:00 IS Wind Down Relaxation</p>	<p>25</p> <p>10:00 HF Movin & Groovin</p> <p>10:30 LL News & Views</p> <p>11:00 CE Music Therapy- Caribbean Tunes</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE Color Creation</p> <p>3:00 EF Karaoke</p> <p>4:00 HF Walking Club</p> <p>6:00 IS Guided Meditation</p>
<p>10:00 HF STRENGTH TRAINING</p> <p>10:30 LL Sunday Paper</p> <p>11:00 C Heart To Heart Chat</p> <p>1:00 IS Relaxation Hour</p> <p>2:30 HF Chair Yoga</p> <p>3:00 IS Gentle Touch</p> <p>4:00 CE Music Therapy- Sunday Hymns</p> <p>6:00 EF Sunday Movie & Buttery Popcorn</p>	<p>27</p> <p>10:00 HF Flex and Stretch</p> <p>10:30 LL Daily Chronicle</p> <p>11:00 EF Group Puzzles</p> <p>1:00 IS RELAXATION HOUR</p> <p>3:00 C StoryWise™:Sharing Your Story</p> <p>4:00 CE Music Therapy- Rock And Roll</p> <p>6:00 IS Call it a Day</p>	<p>28</p> <p>10:00 HF Keep It Moving</p> <p>11:00 CE Music Therapy- Country Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 HF Chair Jazzercise</p> <p>3:00 CE Color Creations</p> <p>4:00 LL Trivia</p> <p>6:00 IS Watching The Sunset</p>	<p>29</p> <p>10:00 HF Chair Yoga</p> <p>10:30 C Daily Chronicle</p> <p>11:00 CE Music Therapy- Scat Music</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE Table Puzzles</p> <p>3:00 IS Guided Meditation</p> <p>4:00 HF Group Dancing</p> <p>6:00 EF Featured Movie</p>	<p>30</p> <p>10:00 HF Conductorcise®</p> <p>11:00 CE Music Therapy- Music Around The World</p> <p>1:00 IS RELAXATION HOUR</p> <p>2:00 CE MARKIA'S HOUR</p> <p>2:30 LL Scrabble Game</p> <p>3:00 EF TRICK OR TREAT WALK</p> <p>4:00 HF Walking Club</p> <p>6:00 IS Guided Meditation</p>	<p>31</p>	