INDEPENDENT LIVING
Monthly Calendar of Events and Programming

Featured Events this Month:

Outing: Apple Hill
Friday, October 5, 9:00 AM

Fall Festival
Thursday, October 11, 4:00 PM

Trick-or-Treat!
Tuesday, October 30, 3:30 PM
**SUNDAY**

- **Morning Stroll (AR)**
- **Low-Impact Aerobic (CLH)**
- **Chair Exercise (AR)**
- **Scenic Drive (BUS)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**
- **Morning Stroll (AR)**

**MONDAY**

- **Morning Stroll (AR)**
- **Chair Exercise (AR)**
- **Social Skills Group**
- **Coffee Chat (CLH)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**

**TUESDAY**

- **Morning Stroll (AR)**
- **Chair Exercise (AR)**
- **Social Skills**
- **Coffee Chat (CLH)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**

**WEDNESDAY**

- **Morning Stroll (AR)**
- **Chair Exercise (AR)**
- **Social Skills**
- **Coffee Chat (CLH)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**

**THURSDAY**

- **Morning Stroll (AR)**
- **Chair Exercise (AR)**
- **Social Skills**
- **Coffee Chat (CLH)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**

**FRIDAY**

- **Morning Stroll (AR)**
- **Chair Exercise (AR)**
- **Social Skills**
- **Coffee Chat (CLH)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**

**SATURDAY**

- **Morning Stroll (AR)**
- **Chair Exercise (AR)**
- **Social Skills**
- **Coffee Chat (CLH)**
- **Trivia Time! (AR)**
- **Calendar Review (AR)**
- **Engage Life® Programming**

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**Subiect to Change. See Daily Schedule for up-to-date itinerary.**
Featured Events this Month:

**Outing: Apple Hill**
Friday, October 5, 9:00 AM

**Fall Festival**
Thursday, October 11, 4:00 PM

**Trick-or-Treat!**
Tuesday, October 30, 3:30 PM
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:30 AM</strong> Morning Stroll (AR)</td>
<td><strong>11:00 AM</strong> Friends Chat (AR) (RL)</td>
<td><strong>11:00 AM</strong> Church Service (CLH) (PDM)</td>
<td><strong>1:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>3:00 PM</strong> Fitness &amp; Nutrition Challenge (AR)</td>
<td><strong>3:45 PM</strong> TED Talks (Encore)</td>
<td><strong>10:30 AM</strong> Morning Stroll (AR)</td>
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<tr>
<td><strong>11:00 AM</strong> Friends Chat (AR) (RL)</td>
<td><strong>11:00 AM</strong> Medical Discoveries Discussion (AR)</td>
<td><strong>12:00 PM</strong> American Legion Picnic (AR)</td>
<td><strong>1:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>2:00 PM</strong> Relaxation &amp; Meditation (AR)</td>
<td><strong>2:30 PM</strong> TED Talks (Encore)</td>
<td><strong>10:30 AM</strong> Morning Stroll (AR)</td>
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<td><strong>11:00 AM</strong> Medical Discoveries Discussion (AR)</td>
<td><strong>1:00 PM</strong> American Legion Picnic (AR)</td>
<td><strong>1:30 PM</strong> Vietnamese Veterans Visit (PDR) (AR)</td>
<td><strong>2:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>3:00 PM</strong> Relaxation &amp; Meditation (AR)</td>
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<tr>
<td><strong>10:30 AM</strong> Chair Exercise (AR)</td>
<td><strong>11:00 AM</strong> Resident Spotlight (AR) (RL)</td>
<td><strong>12:00 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>10:30 AM</strong> Chair Exercise (AR)</td>
<td><strong>11:00 AM</strong> The Bible Study Group (PDR) (AR)</td>
<td><strong>10:30 AM</strong> Morning Stroll (AR)</td>
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<td><strong>11:00 AM</strong> Resident Spotlight (AR) (RL)</td>
<td><strong>1:00 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>1:30 PM</strong> Bible Study Group (PDR) (AR)</td>
<td><strong>11:00 AM</strong> Chair Exercise (AR)</td>
<td><strong>12:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>11:00 AM</strong> Morning Stroll (AR)</td>
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<td><strong>2:30 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>12:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>3:00 PM</strong> Bridge - $ (CLH) (RL)</td>
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<td><strong>12:30 PM</strong> Chair Exercise (AR)</td>
<td><strong>5:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>12:30 PM</strong> Morning Stroll (AR)</td>
<td><strong>12:30 PM</strong> Chair Exercise (AR)</td>
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<td><strong>1:00 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>4:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>4:30 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>1:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>6:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>1:00 PM</strong> Morning Stroll (AR)</td>
<td><strong>1:00 PM</strong> Chair Exercise (AR)</td>
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<td><strong>1:30 PM</strong> Chair Exercise (AR)</td>
<td><strong>7:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>1:30 PM</strong> Morning Stroll (AR)</td>
<td><strong>1:30 PM</strong> Chair Exercise (AR)</td>
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<td><strong>2:00 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>6:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>6:30 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>2:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>8:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>2:00 PM</strong> Morning Stroll (AR)</td>
<td><strong>2:00 PM</strong> Chair Exercise (AR)</td>
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<td><strong>2:30 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>7:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>7:30 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>2:30 PM</strong> Chair Exercise (AR)</td>
<td><strong>9:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>2:30 PM</strong> Morning Stroll (AR)</td>
<td><strong>2:30 PM</strong> Chair Exercise (AR)</td>
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<td><strong>3:00 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>8:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>8:30 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>3:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>10:00 PM</strong> Bridge - $ (CLH) (RL)</td>
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<td><strong>3:30 PM</strong> Alzheimers Support Group (AR)</td>
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<td><strong>3:30 PM</strong> Chair Exercise (AR)</td>
<td><strong>11:00 PM</strong> Bridge - $ (CLH) (RL)</td>
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<td><strong>10:00 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>10:30 PM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>4:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>12:00 AM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>4:00 PM</strong> Morning Stroll (AR)</td>
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<td><strong>4:30 PM</strong> Alzheimers Support Group (AR)</td>
<td><strong>11:00 PM</strong> Bridge - $ (CLH) (RL)</td>
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<td><strong>4:30 PM</strong> Chair Exercise (AR)</td>
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<td><strong>3:00 AM</strong> Bridge - $ (CLH) (RL)</td>
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<td><strong>6:00 PM</strong> Chair Exercise (AR)</td>
<td><strong>4:00 AM</strong> Bridge - $ (CLH) (RL)</td>
<td><strong>6:00 PM</strong> Morning Stroll (AR)</td>
<td><strong>6:00 PM</strong> Chair Exercise (AR)</td>
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**November 2018**

**Sunday**
- 9:30 AM Morning Stroll (AR)
- 11:00 AM Friends Chat (AR) (RL)
- 11:00 AM Church Service (CLH) (PDM)
- 1:00 PM Chair Exercise (AR)
- 2:30 PM Storyteller's Coffee Club (AR)
- 6:00 PM Crosswords & Coloring (AR) (RL)

**Monday**
- 10:30 AM Chair Exercise (AR)
- 11:00 AM Staff Spotlight (AR)
- 1:00 PM Tai Chi (AR) (RL)
- 3:15 PM Coupon For Our Troops (AR) (RL)
- 5:00 PM Penny Cards (AR) (RL)
- 6:00 PM Crosswords & Coloring (AR) (RL)

**Tuesday**
- 10:30 AM Chair Exercise (AR)
- 11:00 AM Tai Chi (AR) (RL)
- 1:00 PM Tai Chi (AR) (RL)
- 3:15 PM Coupon For Our Troops (AR) (RL)
- 5:00 PM Penny Cards (AR) (RL)
- 6:00 PM Crosswords & Coloring (AR) (RL)

**Wednesday**
- 10:30 AM Chair Exercise (AR)
- 11:00 AM Tai Chi (AR) (RL)
- 1:00 PM Tai Chi (AR) (RL)
- 3:15 PM Coupon For Our Troops (AR) (RL)
- 5:00 PM Penny Cards (AR) (RL)
- 6:00 PM Crosswords & Coloring (AR) (RL)

**Thursday**
- 10:30 AM Chair Exercise (AR)
- 11:00 AM Tai Chi (AR) (RL)
- 1:00 PM Tai Chi (AR) (RL)
- 3:15 PM Coupon For Our Troops (AR) (RL)
- 5:00 PM Penny Cards (AR) (RL)
- 6:00 PM Crosswords & Coloring (AR) (RL)

**Friday**
- 10:30 AM Chair Exercise (AR)
- 11:00 AM Tai Chi (AR) (RL)
- 1:00 PM Tai Chi (AR) (RL)
- 3:15 PM Coupon For Our Troops (AR) (RL)
- 5:00 PM Penny Cards (AR) (RL)
- 6:00 PM Crosswords & Coloring (AR) (RL)

**Saturday**
- 10:30 AM Chair Exercise (AR)
- 11:00 AM Tai Chi (AR) (RL)
- 1:00 PM Tai Chi (AR) (RL)
- 3:15 PM Coupon For Our Troops (AR) (RL)
- 5:00 PM Penny Cards (AR) (RL)
- 6:00 PM Crosswords & Coloring (AR) (RL)
Monthly Calendar of Events and Programming

Fall Fun Day
Monday, October 8, 2:00 PM

LEGATO - Beatles/John Lennon Day
Tuesday, October 9, 11:00 AM

Atria's Across the Nation
Tuesday, October 30, 1:00 PM
Atria Rocklin  
*life guidance*

October 2018

**SUNDAY**

- **Morning Beauty Shop**
- **LEGATO warm-up songs**
- **Sitterscience**
- **LEGATO warm-up songs**
- **Artwork**
- **LEGO with Peaceful Piano**
- **Garden Games**
- **Mandala Thrapy**
- **Farbkle**
- **Breathing Exercises**

- **Morning Beauty Shop**
- **LEGATO warm-up songs**
- **Sitterscience**
- **LEGATO warm-up songs**
- **Artwork**
- **LEGO with Peaceful Piano**
- **Garden Games**
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- **Morning Beauty Shop**
- **LEGATO warm-up songs**
- **Sitterscience**
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- **Artwork**
- **LEGO with Peaceful Piano**
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- **LEGATO warm-up songs**
- **Sitterscience**
- **LEGATO warm-up songs**
- **Artwork**
- **LEGO with Peaceful Piano**
- **Garden Games**
- **Mandala Thrapy**
- **Farbkle**
- **Breathing Exercises**

**MONDAY**

- **Daily Chronicle**
- **Sitterscience**
- **Kitchen Creations**
- **LEGATO - Written with a Purpose**
- **Garden Games**
- **Mandala Therapy**
- **Farbkle**
- **Breathing Exercises**

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**TUESDAY**

- **Daily Chronicle**
- **Sitterscience**
- **Kitchen Creations**
- **LEGATO - Written with a Purpose**
- **Garden Games**
- **Mandala Therapy**
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**WEDNESDAY**

- **Daily Chronicle**
- **Sitterscience**
- **Kitchen Creations**
- **LEGATO - Written with a Purpose**
- **Garden Games**
- **Mandala Therapy**
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**THURSDAY**

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**FRIDAY**

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**Subject to Change. See Daily Schedule for up-to-date itinerary.**