Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCT	COBER 2024 py Halloween!!	9:00 Music and Movement 10:00 Church Service 10:30 Pretty Nails 1:30 Chair Volleyball 2:30 Bingo 4:00 Tuesday Trivia	9:00 Stretch and 2 Strength 10:30 Roll and Cover 11:30 Table Talk 1:30 Cooking Show 3:00 On This Day in History Rosh Hashanah Begins	9:00 Chair Cardio 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:30 Color Me Happy	9:00 Keeping Fit 5 10:30 Puzzles 11:30 Musical Melody 1:30 World of Color 3:00 Word Puzzles 4:00 Spot the Difference
9:00 Stretch it out 10:00 Connect the dot art 11:30 World of Music 1:30 Word Puzzles 3:00 Color me Happy 4:00 Daily Chronicle	9:00 Morning Stretch 7 9:30 Cranium Crunches 10:30 Empty Pockets 2:00 Yahtzee 4:00 Fun Facts	9:00 Music and Movement 10:00 Church Service 10:30 Pretty Nails 1:30 Chair Volleyball 2:30 Bingo 4:00 Tuesday Trivia	9:00 Stretch and 9 Strength 10:30 Roll and Cover 11:30 Table Talk 1:30 Cooking Show 3:00 On This Day in History	9:00 Chair Cardio 10 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:30 Color Me Happy	9:00 Keeping Fit 12 10:30 Puzzles 11:30 Musical Melody 1:30 World of Color 3:00 Word Puzzles 4:00 Spot the Difference
9:00 Stretch it out 13 10:00 Connect the dot art 11:30 World of Music 1:30 Word Puzzles 3:00 Color me Happy 4:00 Daily Chronicle	9:00 Morning Stretc 14 9:30 Cranium Crunches 10:30 Empty Pockets 2:00 Yahtzee 4:00 Fun Facts Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)	9:00 Music and 15 Movement 10:00 Church Service 10:30 Pretty Nails 1:30 Chair Volleyball 2:30 Bingo 4:00 Tuesday Trivia	9:00 Stretch and 16 Strength 10:30 Roll and Cover 11:30 Table Talk 1:30 Cooking Show 3:00 On This Day in History	9:00 Chair Cardio 17 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:00 Sit and be Fit 18 9:30 Color Me Happy	10:30 Puzzles 11:30 Musical Melody 1:30 World of Color
9:00 Stretch it out 10:00 Connect the dot art 11:30 World of Music 1:30 Word Puzzles 3:00 Color me Happy 4:00 Daily Chronicle		9:00 Music and 22 Movement 10:00 Church Service 10:30 Pretty Nails 1:30 Chair Volleyball 2:30 Bingo 4:00 Tuesday Trivia	9:00 Stretch and 23 Strength 10:30 Roll and Cover 11:30 Resident Council 1:30 Cooking Show 3:00 On This Day in History	9:00 Chair Cardio 24 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:00 Sit and be Fit 25 9:30 Color Me Happy 10:30 Creative Crafts 1:30 Bingo 4:00 Past and Present	10:30 Puzzles 11:30 Musical Melody 1:30 World of Color
10:00 Connect the dot art 11:30 World of Music 1:30 Word Puzzles 3:00 Color me Happy 4:00 Daily Chronicle	9:00 Morning Stret 28 9:30 Cranium Crunches 10:30 Empty Pockets 2:00 Yahtzee 4:00 Fun Facts	Movement 10:00 Church Service 10:30 Pretty Nails 1:30 Chair Volleyball 2:30 Bingo 4:00 Tuesday Trivia	9:00 Stretch and 30 Strength 10:30 Roll and Cover 11:30 Halloween Party 1:30 Cooking Show 3:00 On This Day in History	9:00 Chair Cardio 31 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News		

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