

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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 Strength 10:30 Roll and Cover 11:30 Table Talk 1:30 Cooking Show 3:00 On This Day in History <small>Rosh Hashanah Begins</small>	9:00 Chair Cardio 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:00 Sit and be Fit 9:30 Color Me Happy 10:30 Creative Crafts 1:30 Bingo 4:00 Past and Present	9:00 Keeping Fit 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 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 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 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:00 Sit and be Fit 9:30 Color Me Happy 10:30 Creative Crafts 1:30 Bingo 4:00 Past and Present <small>Yom Kippur Begins</small>	9:00 Keeping Fit 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 9:30 Cranium Crunches 10:30 Empty Pockets 2:00 Yahtzee 4:00 Fun Facts <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	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 Strength 10:30 Roll and Cover 11:30 Table Talk 1:30 Cooking Show 3:00 On This Day in History <small>Sukkot Begins</small>	9:00 Chair Cardio 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News	9:00 Sit and be Fit 9:30 Color Me Happy 10:30 Creative Crafts 1:30 Bingo 4:00 Past and Present	9:00 Keeping Fit 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 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 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 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News <small>Simchat Torah Begins</small>	9:00 Sit and be Fit 9:30 Color Me Happy 10:30 Creative Crafts 1:30 Bingo 4:00 Past and Present	9:00 Keeping Fit 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 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 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 10:00 Karaoke 11:30 Table Trivia 2:00 Movie Matinee 4:00 Daily News <small>Halloween</small>		