

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Sit & Stretch Exercise 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Linda Bracamonte - RR 6:00 Bingo with Terry- RR	2 9:00 Exercise with Weights - RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 POKENO - RR 2:30 Next-Level Bingo - RR <i>20 Dimes & 4 Quarters to Play</i> 3:30 How It's Made Video: Baseballs - RR 6:00 Friday Night Movie - RR6	3 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 2:00 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Yahtzee Hour - RR
4 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 3:00 Chef Talk with Louis - RR 6:00 Bingo with Terry- RR	5 9:00 Exercise with Weights- RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 1:00 Free Hearing Aid Clinic: Gold Country Hearing - LB 2:00 Seated Volleyball - RR 3:00 Horse Races - RR 6:00 Jigsaw Puzzle Hour - RR	6 9:00 Sit & Stretch Exercise 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 12:30 Name that Tune with Piano Man Dan - RR 2:30 Bean Bag Baseball - RR 3:30 Oktoberfest History - RR 6:00 Pencil Color Art - LB	7 9:00 Exercise with Weights- RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	8 9:00 Sit & Stretch Exercise 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Peter Morgan - RR 6:00 Bingo with Terry - RR	9 9:00 Exercise with Weights - RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 POKENO - RR 2:30 Karaoke Hour with Jim & Linda - RR 3:30 Columbus Day History Video - RR 6:00 Friday Night Movie - RR	10 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 2:00 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Yahtzee Hour - RR
11 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise- RR 1:00 Afternoon Movie - RR 6:00 Bingo with Terry- RR	12 *COLUMBUS DAY* 9:00 Exercise with Weights 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball - RR 3:00 Horse Races - RR 4-6 p.m. Columbus Day Dinner 6:00 Jigsaw Puzzle Hour - LB	13 9:00 Sit & Stretch Exercise 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages 2:30 Oktoberfest Celebration with the Moon Glow Band 4:00 p.m. to 6:00 p.m. Oktoberfest Dinner 6:00 Pencil Color Art - LB	14 9:00 Exercise with Weights- RR 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Puzzles - RR	15 9:00 Sit & Stretch Exercise 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Rick Turnage - RR 6:00 Bingo with Terry - RR	16 9:00 Exercise with Weights- RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD 2:30 Fall Harvest New Resident Social - ST 3:30 Autumn in Small Town American Video - RR 6:00 Friday Night Movie	17 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 12:00 to 2:00 Golden Goodies Clothing Sale - RR 2:00 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Yahtzee Hour - RR
18 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie- RR 3:00 Teaching Kitchen with Chef Louis: Squash 6:00 Bingo with Terry	19 9:00 Exercise with Weights 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30/12:00 Wii Bowling - RR 1:00 POKENO - RR 2:00 Seated Volleyball - RR 3:00 Horse Races - RR 5:00 Monday Night Tailgate 49ers vs. Commanders - RR	20 9:00 Sit & Stretch Exercise 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:15 85° Bakery & Bliss Market: Walk & Shop -FL 2:30 Bean Bag Baseball 3:30 Pumpkin Spice History - RR 6:00 Pencil Color Art - LB	21 9:00 Exercise with Weights 9:30 Pumpkin Spice Treats Social 9:45 Sit & Stretch Exercise - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Printable Halloween Find A Word Puzzles - RR	22 9:00 Sit & Stretch Exercise 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Beny & His Singing Sax- RR 6:00 Bingo with Terry- RR	23 BREAST CANCER PINK DAY 9:00 Exercise with Weights- RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Karaoke Hour with Jim & Linda - RR 3:30 How It's Made Video: Candy Corn - RR 6:00 MLB World Series - RR	24 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 2:00 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 MLB World Series - RR
25 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 2:00 Autumn Farmer's Market with Chef Louis 6:00 Bingo with Terry	26 9:00 Exercise with Weights 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Crafts Class w/ Art Instructor Marion 3:00 Horse Races - RR 6:00 MLB World Series	27 9:00 Sit & Stretch Exercise 10:00 Exercise with Weights- RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages - CR 12:30 Name that Tune with Piano Man Dan - RR 2:30 Bean Bag Baseball - RR 3:30 30 Forgotten Old Fashioned Halloween Treats Video 6:00 MLB World Series - RR	28 9:00 Exercise with Weights 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise DVD 1:00 Pumpkin POKENO with Raffle Prizes 2:30 Boo Bingo with Prizes - RR 3:30 Halloween TV Trivia - RR 6:00 Printable Puzzles - RR	29 9:00 Sit & Stretch Exercise 9:00 Catholic Communion - CH 10:00 Exercise with Weights- RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Birthday Party with Mike Ely 6:00 Bingo with Terry- RR	30 9:00 Exercise with Weights- RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD 1:00 Spooky Tunes - RR 2:00 Halloween Party & Costume Contest with Alincia & Jr. 3:30 Halloween History Video 6:00 Friday Night Movie - RR	31 HAPPY HALLOWEEN 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30/12:00 Wii Bowling - RR 2:00 Down Memory Lane - LB 4-6PM Halloween Dinner 6:00 Yahtzee Hour - RR