

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 Chair Exercises 2:00 Bingo 7:00 Movie and Popcorn	10:00 Morning Stretches 2:00 "National Play Outside Day" Party 7:00 Tea Party
3 10:00 Gospel Sing-A-Long 2:00 1:1 Nifty Nails 7:00 Ice Cream Social	4 10:00 Morning Walk 2:00 Bingo 7:00 Calming Meditation	5 10:00 Chair Yoga 2:00 Puzzles 7:00 Movie and Popcorn	6 10:00 Bean Bag Toss 2:00 Peanut Butter Fudge 7:00 Card Games	7 10:00 Morning Stretches 2:00 Fall Themed Coloring 7:00 Story Time	8 10:00 Fly Swat Tennis 2:00 Fall Picnic 7:00 Movie and Popcorn	9 10:00 Chair Yoga 2:00 "National Teddy Bear Day" Party 7:00 Past Times
10 10:00 Gospel Sing-A-Long 2:00 1:1 Hair Care 7:00 Oldies Karaoke	11 10:00 Bowling 2:00 Bingo 7:00 Story Time	12 10:00 Morning Stretches 2:00 Trivia 7:00 Movie and Popcorn	13 10:00 Basketball 2:00 Caramel Apple Bar 7:00 Spa Night	14 10:00 Chair Yoga 2:00 Autumn Tree Painting 7:00 Calming Meditation	15 10:00 Morning Walk 2:00 Bingo 7:00 Movie and Popcorn	16 10:00 Morning Stretches 2:00 "National Dance Day" Party 7:00 Ice Cream Social
17 10:00 Gospel Sing-A-Long 2:00 1:1 Nifty Nails 7:00 Past Times	18 10:00 Balloon Toss 2:00 Bingo 7:00 Calming Meditation	19 10:00 Chair Yoga 2:00 Board Games 7:00 Movie and Popcorn	20 10:00 Chair Soccer 2:00 Coffee and Donuts 7:00 Card Games	21 10:00 Morning Stretches 2:00 Fall Door Decorations 7:00 Story Time	22 10:00 Bowling 2:00 National Ice Cream Cone Day 7:00 Movie and Popcorn	23 10:00 Chair Yoga 2:00 First Day of Fall Party 7:00 Oldies Karaoke
24 10:00 Gospel Sing-A-Long 2:00 1:1 Hair Care 7:00 Tea Party	25 10:00 Fly Swat Tennis 2:00 Bingo 7:00 Story Time	26 10:00 Morning Stretches 2:00 I Spy 7:00 Movie and Popcorn	27 10:00 Dance Party 2:00 Taste of Autumn Social 7:00 Spa Night	28 10:00 Chair Yoga 2:00 Fall Flower Arrangements 7:00 Calming Meditation	29 10:00 Balloon Toss 2:00 Bingo 7:00 Movie and Popcorn	30 10:00 Morning Stretches 2:00 "Chewing Gum Day" Party 7:00 Past Times

