

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 Low Impact Cardio ¹ 9:30 Chronicle/Gram 10:30 Woodland Walkers/I Spy Fall game 1:00 Indoor Bowling 3:00 Color by Number 6:00 Golden Girls (YT)	9:00 Chair Zumba ² 9:30 Chronicle/Gram 10:30 Bean Bag Toss/lets Count fall 1:00 Sticker Puzzles/ 1on1 3:00 Dreamer Tubi 6:00 Candid camera (YT)	9:00 Seated Cardio ³ 9:30 Chronicle/CW 10:30 Woodland walkers 1:00 Pumpkin White chocolate chip cookies 3:00 Highway to Heaven Tubi 6:00 Mash (YT)
9:00 Exercise w/Paul Eugene 9:30 Chronicle/CW 10:30 Worship Service /1on1 1:00 Autumn sensory Poem/Fantastic fall 3:00 Bewitched on Tubi 6:00 I Love Lucy (YT) ⁴	9:00 Full Body Exercise ⁵ 9:30 Chronicle/Gram 10:30 Corn Hole Game 1:00 Visit with "Bella" 3:00 Charlies Angels Tubi 6:00 Dean Martin Celeberty Roast (YT)	9:00 Pool Noodle Ex ⁶ 9:30 Chronicle/Gram 10:30 Music with Dan 1:00 Visit with "Rex" 1:30 Fryeburg Fair 3:00 Where the Red Fern Grows Tubi 6:00 Bonanza (YT)	9:00 Gentle Exercise ⁷ 9:30 Chronicle/Gram 10:30 Jeopardy Trivia Q/A 1:00 Leaf Peeping Rides 3:00 Bingo 6:00 Little Big Shots (YT)	9:00 Beginner Chair Ex ⁸ 9:30 Chronicle/Gram 10:30 Music with Lindsey 1:00 Woodland Walkers 3:00 The Temptations Tubi 6:00 Funny Kid Video (YT)	9:00 Music & Movement ⁹ 9:30 Chronicle/Gram 11:00 Music with Anne 1:00 Library 3:00 Remarkably Bright Creatures Netflix 6:00 70's Trivia (YT)	9:00 Turbo Exercise ¹⁰ 9:30 Chronicle/CW 10:30 Finish the phrase 1:00 Group Hangman Game 3:00 Pink Panther Tubi 6:00 Little House on the Prairie (YT)
9:00 Aerobics ¹¹ 9:30 Chronicle/CW 10:30 Worship Service/ 1on1 1:00 Finish the Line Book 3:00 Faith of Angles Tubi 6:00 Dick Van Dyke Show Tubi	9:00 Dance Fitness ¹² 9:30 Chronicle/Gram 10:30 Autumn Leaf Hunt 1:00 Visit with "Bella" 3:00 Rez Ball Netflix 6:00 The Monkees Tubi	9:00 Chair Zumba ¹³ 9:30 Chronicle/Gram 10:30 Memory Lane with Eric 1:00 Visit with "Rex" 1:30 Woodland Walkers 3:00 Yours Mine and Ours Tubi 6:00 Andy Griffith Show	9:00 Ab Workout ¹⁴ 9:30 Chronicle/Gram 10:30 Music with Terry 1:00 Who am I? 3:00 Bingo 6:00 Animal Bloopers	9:00 Full Body Workout ¹⁵ 9:30 Chronicle/Gram 10:30 Woodland Walkers 1:00 Finish the Line Book 3:00 Cowgirls Song Tubi 6:00 Green Acres Tubi	9:00 Exercise w/Paul Eugene ¹⁶ 9:30 Chronicle/Gram 10:30 Autumn color by number/ 1on1 1:00 Group Puzzle Making 3:00 The Jazz Singer Tubi 6:00 I Dream of Jeannie	9:00 Chair Fitness ¹⁷ 9:30 Chronicle/CW 10:30 Finish the Phrase 1:00 Pumpkin Fluff Dip 3:00 Fiddler on the Roof Tubi 6:00 Columbo Tubi
9:00 Tone Your Core Ex ¹⁸ 9:30 Chronicle/CW 10:30 Worship Service/ 1on 1 1:00 Finish the Line Book 3:00 Broken Road Tubi 6:00 Little Big Shots	9:00 Low Impact Cardio ¹⁹ 9:30 Chronicle/Gram 10:30 Halloween Art Craft/ 1on 1 1:00 Visit with "Bella" 3:00 Comedy show Netflix 6:00 Baby Animal Shows	9:00 Chair Zumba ²⁰ 9:30 Chronicle/Gram 10:30 Music with Dan 1:00 Visit with "Rex" 1:45 Karaoke with John 3:00 Lizzy for the Birds 6:00 Highway to Heaven	9:00 Chair Yoga ²¹ 9:30 Chronicle/Gram 10:30 Random Trivia Q/A 1:00 Apple Picking/Leaf Peeping 3:00 Bingo 6:00 Dick Van Dyke Show	9:00 Sit and Get Fit Ex ²² 9:30 Chronicle/Gram 10:30 Fall Craft/ 1on 1 1:00 Leaf Peeping Rides 3:00 Karaoke 6:00 Sanford and Son Tubi	9:00 Pool Noodle Ex ²³ 9:30 Chronicle/Gram 11:00 Andwell Virtual Reality 1:00 Library 3:00 Who am I? 3:30 Billy Joel Music Man Tubi 6:00 Bonanza	9:00 Exercise w/Paul Eugene ²⁴ 9:30 Chronicle/CW 10:30 Small group Card Game 1:00 Table Tennis 3:00 Johnny Cash Live Tubi 6:00 Bloopers
9:00 Full body Workout ²⁵ 9:30 Chronicle/CW 10:30 Worship Service/ 1on1 1:00 Indoor yard games 3:00 Handyman Hal's Halloween Tubi 6:00 Little House on the Prairie	9:00 Music & Movement ²⁶ 9:30 Chronicle/Gram 10:30 Trivia Q/A 1:00 Visit with "Bella" 3:00 Natalie Cole Story Tubi 6:00 Music Trivia 60's & 70's	9:00 Seated Cardio ²⁷ 9:30 Chronicle/Gram 10:30 Music with Mary 1:00 Visit with "Rex" 1:30 Woodland Walkers 3:00 Mini Pumpkin Painting 6:00 Bonanza	9:00 Power Chair Ex ²⁸ 9:30 Chronicle/Gram 10:30 Woodland Walkers 1:00 Web Toss Game 3:00 Bingo 6:00 Dean Martin	9:00 Ex w/Paul Eugene ²⁹ 9:30 Chronicle/Gram 10:30 Scary Movies W/S 1:00 Halloween Night W/S 3:00 Halloween Baking Championship Tubi 6:00 I Love Lucy	9:00 Chair Zumba ³⁰ 9:30 Chronicle/Gram 10:30 Cider and Cookies 1:00 Sensory Questions 3:00 The Dog who saved Halloween Tubi 6:00 Candid Camera	9:00 Pool Noodle Workout ³¹ 9:30 Chronicle/CW Halloween Jokes 10:30 Sweet Touch Q/A 1:00 Carmel Apple Dip 3:00 The Twilight Zone Tubi 6:00 Golden Girls

