

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>1</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Exercise Bingo Lunch &amp; Relaxation Chair Yoga Cranium Crunches Dinner &amp; Music</p>	<p><b>2</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Lug a Mug Colored Candy Go Round Exercise in the Garden Lunch &amp; Relaxation Jeopardy! Chair Yoga Monday Movie Madness: The Addams Family Table Tennis Dinner &amp; Music</p>	<p><b>3</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Worth the Weight - Exercise Bingo "Yes, I have..." Game Lunch &amp; Relaxation Music in the Garden Button Sorting Let's Bake: Apple Hand Pies Wii Bowling League Dinner &amp; Music</p>	<p><b>4</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Hymns &amp; Devotions Manicures &amp; Hand Massages Resistance Band Exercise Short Stories in the Garden Lunch &amp; Relaxation Life Long Learning: Destination- New Mexico Shut the Box Chair Yoga Loop Yarn Dinner &amp; Music</p>	<p><b>5</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Scenic Drive with Life Enrichment Chair Tai Chi Lunch &amp; Relaxation Exercise: Upper Body Jokes in the Garden Halloween Bingo The Magic of Music Hallway Walks Dinner &amp; Music</p>	<p><b>6</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise: Lower Body Laughing Basket Looming Craft Arm Chair Travels Lunch &amp; Relaxation Chair Exercise Pumpkin Tic Tac Toe Happy Hour &amp; Entertainment Autumn Stories Dinner &amp; Music</p>	<p><b>7</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise Saturfay Shuffle (board) Lunch &amp; Relaxation Chair Yoga Adult Coloring Picture Puzzles Dinner &amp; Music</p>	
<p><b>8</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Exercise Bingo Lunch &amp; Relaxation Chair Yoga Cranium Crunches Dinner &amp; Music</p>	<p><b>9</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Lug a Mug Types of Personalities Exercise in the Garden Lunch &amp; Relaxation Minute to Win It! Chair Yoga Monday Movie Madness: The Sixth Sense Velcro Ball Dinner &amp; Music</p>	<p><b>10</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Worth the Weight - Exercise Bingo Hitchcock Scavenger Hunt Lunch &amp; Relaxation Music in the Garden Halloween Picture Puzzles Let's Bake: Rolo Drop Cookies Wii Bowling League Dinner &amp; Music</p>	<p><b>11</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Hymns &amp; Devotions Manicures &amp; Hand Massages Resistance Band Exercise Short Stories in the Garden Lunch &amp; Relaxation Life Long Learning: Destination- Fortunes &amp; Facts Left, Right, Center Chair Yoga Loop Yarn Dinner &amp; Music</p>	<p><b>12</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Scenic Drive with Life Enrichment Chair Tai Chi Lunch &amp; Relaxation Exercise: Upper Body Jokes in the Garden Pin the Spider on the Web Remembering Julie Andrews Songs Hallway Walks Dinner &amp; Music</p>	<p><b>13</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise: Lower Body Laughing Basket Looming Craft Arm Chair Travels Lunch &amp; Relaxation Chair Exercise Candy Corn Toss Happy Hour &amp; Entertainment Autumn Stories Dinner &amp; Music</p>	<p><b>14</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise Saturfay Shuffle (board) Lunch &amp; Relaxation Chair Yoga Adult Coloring Picture Puzzles Dinner &amp; Music</p>	
<p><b>15</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Exercise Bingo Lunch &amp; Relaxation Chair Yoga Cranium Crunches Dinner &amp; Music</p>	<p><b>16</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Lug a Mug Music &amp; Movement: Square Dance Exercise in the Garden Lunch &amp; Relaxation Pictionary! Chair Yoga Monday Movie Madness: Frankenstein Pong Toss Dinner &amp; Music</p>	<p><b>17</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Worth the Weight - Exercise Bingo Magic Eye: Paint by Number Lunch &amp; Relaxation Music in the Garden October Junk Drawer Detective Let's Bake: Pumpkin Bars Wii Bowling League Dinner &amp; Music</p>	<p><b>18</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Hymns &amp; Devotions Manicures &amp; Hand Massages Resistance Band Exercise Short Stories in the Garden Lunch &amp; Relaxation Life Long Learning: Destination- The Obijwe People Pass the Pgs Chair Yoga Loop Yarn Dinner &amp; Music</p>	<p><b>19</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Scenic Drive with Life Enrichment Chair Tai Chi Lunch &amp; Relaxation Exercise: Upper Body Jokes in the Garden Pumpkin Memory Guess the Songs Hallway Walks Dinner &amp; Music</p>	<p><b>20</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise: Lower Body Laughing Basket Looming Craft Arm Chair Travels Lunch &amp; Relaxation Chair Exercise Pumpkin Painting Party Happy Hour &amp; Entertainment Autumn Stories Dinner &amp; Music</p>	<p><b>21</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise Saturfay Shuffle (board) Lunch &amp; Relaxation Chair Yoga Adult Coloring Picture Puzzles Dinner &amp; Music</p>	
<p><b>22</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Exercise Bingo Lunch &amp; Relaxation Chair Yoga Cranium Crunches Dinner &amp; Music</p>	<p><b>23</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Lug a Mug What's in the Box? Exercise in the Garden Lunch &amp; Relaxation Family Fued! Chair Yoga Monday Movie Madness: Hocus Pocus Witch Hat Ring Toss Dinner &amp; Music</p>	<p><b>24</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Worth the Weight - Exercise Bingo Remembering Picking Pumpkins &amp; Apples Lunch &amp; Relaxation Music in the Garden You Can Puzzle Too Let's Bake: Oero Cheesecake Bites Wii Bowling League Dinner &amp; Music</p>	<p><b>25</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Hymns &amp; Devotions Manicures &amp; Hand Massages Resistance Band Exercise Short Stories in the Garden Lunch &amp; Relaxation Life Long Learning: Destination- Star of the Month: Penny Marshall Memory Match Chair Yoga Loop Yarn Dinner &amp; Music</p>	<p><b>26</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Scenic Drive with Life Enrichment Chair Tai Chi Lunch &amp; Relaxation Exercise: Upper Body Jokes in the Garden Watercolor Web Doo Wop Gold Hallway Walks Dinner &amp; Music</p>	<p><b>27</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise: Lower Body Laughing Basket Looming Craft Arm Chair Travels Lunch &amp; Relaxation Chair Exercise Ghost Blast Happy Hour &amp; Entertainment Autumn Stories Dinner &amp; Music</p>	<p><b>28</b> Breakfast &amp; Coffee Daily News &amp; Chronicles Exercise Saturfay Shuffle (board) Lunch &amp; Relaxation Chair Yoga Adult Coloring Picture Puzzles Dinner &amp; Music</p>	
<p><b>29</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Exercise Bingo Lunch &amp; Relaxation Chair Yoga Cranium Crunches Dinner &amp; Music</p>	<p><b>30</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Lug a Mug Music &amp; Movement : Drum Circle Exercise in the Garden Lunch &amp; Relaxation Name 5 Chair Yoga Monday Movie Madness: Practical Magic Pumpkin Races Dinner &amp; Music</p>	<p><b>31</b> Breakfast &amp; Coffee Daily News &amp; Chronicle Worth the Weight - Exercise Bingo Gourd Decorating Lunch &amp; Relaxation Music in the Garden October Trivia Let's Bake: Muffin Tin Pizza Bites Wii Bowling League Dinner &amp; Music</p>	<h1>October 2023</h1> <h2>Memory Care</h2>				