

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:45 Exercise 11:00 Polish Church Livestream Mass 11:00 Walking Program 11:45 Room visits 1:45 Bible Believers 3:15 1:1 Sit to Stand & Garden Walks	2 9:45 Exercise 11:45 Walking program 11:45 Room visits 1:45 Entertainment by Koro 3:15 1:1 Sit to Stand & Garden Walks	3 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Reading Club 3:15 1:1 Sit to Stand & Garden Walks	4 9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:30 Magic in Words 1:45 Balloon Tennis 3:15 1:1 Sit to Stand & Garden Walks 5:30 Nail & Hand Care 6:30 1:1 Connection	5 9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection 	6 9:45 Exercise 11:00 Music Therapy 11:00 Walking Program 1:45 Thanksgiving Reminiscing Program 3:15 1:1 Sit to Stand & Garden Walks 5:30 Art Therapy 6:30 1:1 Connection	7 9:45 Exercise 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connection
8 9:45 Exercise 11:00 Polish Church Livestream Mass 11:00 Walking Program 1:45 Movie/ Popcorn "A Jazzman's Blues" 3:15 1:1 Sit to Stand & Garden Walks	9 THANKSGIVING 9:45 Exercise 11:45 Walking program 11:45 Room visits 1:45 Thanksgiving Social Tea  3:15 1:1 Sit to Stand & Garden Walks	10 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Lawless Firm Band 3:15 1:1 Sit to Stand & Garden Walks	11 9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:30 Magic in Words 1:45 Balloon Tennis 3:15 1:1 Sit to Stand & Garden Walks	12 9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	13 9:45 Exercise 11:00 Music Therapy 11:00 Walking Program 1:30 Baking Program 1:45 Karaoke 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	14 9:45 Exercise 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Social Tea 3:15 1:1 Sit to Stand & Garden Walks 5:30 Crafts 6:30 1:1 Connection
15 9:45 Exercise 11:00 Polish Church Livestream Mass 11:00 Walking Program 11:45 Room visits 1:45 Bible Believers 3:15 1:1 Sit to Stand & Garden Walks	16 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Timeliners 3:15 Sit to Stand & Garden Walks	17 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Discussion Group 3:15 1:1 Sit to Stand & Garden Walks	18 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:30 Magic in Words 1:45 Balloon Tennis 3:15 1:1 Sit to Stand & Garden Walks 5:30 Pizza Night 6:30 1:1 Connection	19 9:45 Exercise 11:00 Catholic Mass 1:30 Nail & Hand Care 1:45 Entertainment by Mike 3:15 1:1 Sit to Stand & Garden Walks 5:30 Busy Hands 6:30 1:1 Connection	20 9:45 Exercise 11:00 Music Therapy 11:00 Walking Program 1:30 Outdoor Walks 1:45 Reminiscing Program 3:15 1:1 Sit to Stand & Garden Walks 5:30 Crafts 6:30 1:1 Connection	21 9:45 Exercise 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Happy Hour 3:15 1:1 Sit to Stand & Garden Walks 
22 9:45 Exercise 11:00 Polish Church Livestream Mass 1:45 Bible Believers 3:15 1:1 Sit to Stand & Garden Walks 	23 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Slava 3:15 1:1 Sit to Stand & Garden Walks	24 9:45 Exercise 10:45 Walking Program 11:45 Room Visits 1:30 Outdoor Walk 1:45 Reading Club 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	25 9:45 Exercise 10:45 Walking Program 1:30 Magic in Words 1:45 Balloon Tennis 3:15 1:1 Sit to Stand & Garden Walks 5:30 Pizza Night 6:30 1:1 Connection	26 9:45 Exercise 11:00 Catholic Mass 1:45 Nail & Hand Care 1:45 Bingo 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	27 9:45 Exercise 11:00 Music Therapy 11:00 Walking Program 1:30 Baking Program 1:45 Karaoke 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	28 9:45 Exercise 11:00 Catholic Mass on Tv 11:45 Room visits 1:45 Social Tea 3:15 1:1 Sit to Stand & Garden Walks
29 9:45 Exercise 11:00 Polish Church Livestream Mass 1:45 Movie/ Popcorn "Persuasion" 3:15 1:1 Sit to Stand & Garden Walks	30 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Entertainment by Lory 3:15 1:1 Sit to Stand & Garden Walks	31 9:45 Exercise 10:45 Walking Program 11:45 Room visits 1:45 Halloween  Costume Contest 3:15 1:1 Sit to Stand & Garden Walks 5:30 Fly Ball 6:30 1:1 Connection	 <b>OCTOBER</b> 			

\*\* DAILY CHRONICLES 2023 ARE PROVIDED EACH MORNING \*\* ACTIVITIES SUBJECT TO CHANGE

**THERE IS ALWAYS SOMETHING TO BE GRATEFUL FOR**