

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
2DR 2nd Floor Dining Room AR Activity Room BIS Bistro BTV Bistro Television Lounge LIB Library ML Main Lobby MR Theater Room REM Reminiscence WC Wellness Center		9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:30 Morning Meditation & Affirmation (WC) 10:45 Go4Life® Walking Club 1:15 Net Volley 2:00 Flower Arranging (BIS) 3:00 Violinist Yakov Performs (BIS) 4:00 This Day in History (BIS) 6:30 Tuesday Night Documentaries (MR)	10:00 Balance in Action (WC) 10:45 Go4Life® Walking Club 11:00 News Currents (MR) 1:15 Scrabble (BIS) 2:30 Who Am I? (BIS) 3:00 Oktoberfest Social (BIS) 4:00 Balloon Volley (BIS) 6:30 Caregiver Support Group (Spiritual Focus) 6:30 MEGA Bingo (BIS)	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Card Games (BIS) 1:15 Trivia for Charity (BTV) 2:00 SingFit® (2DR) 3:00 Wine & Cheese Social (2DR) 4:00 Celebrity Profiles (BIS) 4:30 Evening Meditation (MR) 6:30 Brookdale Bonus Bingo (BIS)	10:00 Tai Chi w/Gini (WC) 10:30 Blanket Making for Charity (2DR) 10:45 YouTube Documentaries (MR) 10:45 Go4Life® Walking Club 1:45 T.G.I.F. Social w/Bingo (BIS) 3:00 Sing Along w/Ed Davin (BIS) 4:15 Group Crossword (BIS) 6:30 Friday Night Funnies (MR)	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Words From A Word (BTV) 1:15 Get the Picture? 2:00 Meet Me at MOMA (BIS) 3:00 Gingerbread Cookie Social (BIS) 4:00 Balloon Volley 4:30 Evening Meditation 6:30 Action Packed Movie Saturdays (MR)							
10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:45 Sunday Morning Matinee (MR) 10:45 Go4Life® Walking Club 1:00 Christian Service w/Becky (REM) 1:30 Scenic Drive 2:00 Sentimental Sing Along (BTV) 3:30 Sunday Afternoon Bingo (BIS) 4:30 Baseball Aim & Toss 6:30 Sunday Night at the Movies (MR)	6	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:15 Carol Burnett Comedy (BTV) 11:30 Lunch Bunch 2:15 Who Said It? (BIS) 3:00 Pumpkin Spice Social (BIS) 4:00 Bean Bag Toss 6:30 Evening Cinema: Crime & Mystery Monday (MR)	7	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:30 Morning Meditation & Affirmation (WC) 10:45 Go4Life® Walking Club 1:30 Dining Services Meeting (BIS) 2:00 Flower Arranging (BIS) 3:00 Word Game Social (BIS) 4:00 This Day in History (BIS) 6:30 Tuesday Night Documentaries (MR)	8	10:00 Balance in Action (WC) 10:45 Go4Life® Walking Club 11:00 Fabulous Nails (BIS) 11:00 News Currents (MR) 11:30 ROMEO Men's Club 1:15 Scrabble (BIS) 2:30 Who Am I? (BIS) 3:00 Name That Tune Social w/Vicky (BIS) 4:00 Left Center Right Dice Game (BIS) 6:30 MEGA Bingo (BIS)	9	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Card Games (BIS) 1:15 Trivia for Charity (BTV) 2:00 Let's Talk Cannabis (WC) 2:00 SingFit® (2DR) 3:00 Accordion Mike Performs (BIS) 4:00 Celebrity Profiles (BIS) 4:30 Evening Meditation (MR) 6:30 Romantic Movie Thursdays	10	10:00 Tai Chi w/Gini (WC) 10:30 Blanket Making for Charity (2DR) 10:45 YouTube Documentaries (MR) 10:45 Go4Life® Walking Club 1:15 Concentration Card Game (BIS) 2:00 Activity Planning Meeting (2DR) 3:00 T.G.I.F. Social w/Bingo (BIS) 4:00 Group Crossword (BIS) 6:30 Friday Night Funnies (MR)	11	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Fabulous Nails (BIS) 11:00 Seven Little Words (BTV) 1:15 Get the Picture? 2:00 Yahtzee Dice Game (BIS) 3:00 Afternoon Social w/Harpist Angel (BIS) 4:00 Balloon Volley 4:30 Evening Meditation 6:30 Girls' Night Out Movie (MR)	12
10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:45 Sunday Morning Matinee (MR) 10:45 Go4Life® Walking Club 1:30 Outing: Farmer's Market 2:00 Sentimental Sing Along (BTV) 3:30 Sunday Afternoon Bingo (BIS) 4:30 Ring Toss (BIS) 6:30 Sunday Night at the Movies (MR)	13	INDIGENOUS PEOPLES' DAY 10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:15 Victor Borge Comedy (BTV) 11:30 Lunch Bunch 2:00 Jewelry Making (AR) 3:00 Musical Monday Social w/Hank Holmes (BIS) 4:00 Who Were America's Indigenous Peoples? (BTV) 6:30 Evening Cinema: Crime & Mystery Monday (MR)	14	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:30 Morning Meditation & Affirmation (WC) 10:45 Go4Life® Walking Club 1:15 Net Volley 2:00 Flower Arranging (BIS) 3:00 Sing Along Social (BIS) 4:00 This Day in History (BIS) 6:30 Tuesday Night Documentaries (MR)	15	10:00 Balance in Action (WC) 10:45 Go4Life® Walking Club 11:00 News Currents (MR) 1:15 Scrabble (BIS) 2:30 Who Am I? (BIS) 3:00 Wacky Wednesday Social (BIS) 4:00 Balloon Volley (BIS) 6:30 MEGA Bingo (BIS)	16	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Card Games (BIS) 1:15 Trivia for Charity (BTV) 2:00 Pleasanton Mommies' Group Visit (BIS) 3:00 Wine & Cheese Social 4:00 Celebrity Profiles (BIS) 4:30 Evening Meditation (MR) 6:30 Romantic Movie Thursdays	17	9:30 Catholic Mass (2DR) 10:00 Tai Chi w/Gini (WC) 10:30 Blanket Making for Charity (2DR) 10:45 YouTube Documentaries (MR) 10:45 Go4Life® Walking Club 1:15 Concentration Card Game (BIS) 2:00 Horse Racing at Pleasanton Downs (BIS) 3:00 T.G.I.F. Social w/Bingo (BIS) 4:00 Group Crossword (BIS) 6:30 Friday Night Funnies (MR)	18	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Words From A Word (BTV) 1:15 Get the Picture? 2:00 Meet Me at MOMA (BIS) 3:00 Pumpkin Spice Social (BIS) 4:00 Balloon Volley 4:30 Evening Meditation 6:30 Action Packed Movie Saturdays (MR)	19
10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:45 Sunday Morning Matinee (MR) 10:45 Go4Life® Walking Club 1:00 Christian Service w/Becky (REM) 1:30 Scenic Drive 2:00 Sentimental Sing Along (BTV) 3:30 Sunday Afternoon Bingo (BIS) 4:30 Baseball Aim & Toss 6:30 Sunday Night at the Movies (MR)	20	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:15 Carol Burnett Comedy (BTV) 11:30 Lunch Bunch 2:15 Who Said It? (BIS) 3:00 Coffee & Latte Social 4:00 Bean Bag Toss 6:30 Evening Cinema: Crime & Mystery Monday (MR)	21	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:30 Morning Meditation & Affirmation (WC) 10:45 Go4Life® Walking Club 1:15 Net Volley 2:00 Flower Arranging (BIS) 3:00 Word Game Social (BIS) 4:00 This Day in History (BIS) 6:30 Tuesday Night Documentaries (MR) 6:30 Caregiver Support Group (Psychological Focus)	22	10:00 Balance in Action (WC) 10:45 Resident Council (2DR) 11:00 Pet Therapy 1:15 Scrabble (BIS) 2:30 Who Am I? (BIS) 3:00 Andrew Stroud Sings 4:00 Left Center Right Dice Game (BIS) 6:30 MEGA Bingo (BIS)	23	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Card Games (BIS) 1:15 Trivia for Charity (BTV) 2:00 Blackjack 3:00 Birthday Blast w/Alligator Man (BIS) 4:00 Celebrity Profiles (BIS) 4:30 Evening Meditation (MR) 6:30 Pleasanton Concert Series 3 (2DR)	24	10:00 Tai Chi w/Gini (WC) 10:30 Blanket Making for Charity (2DR) 10:45 YouTube Documentaries (MR) 10:45 Go4Life® Walking Club 1:15 Concentration Card Game (BIS) 2:00 Let's Talk (Discussion Game) (BIS) 3:00 T.G.I.F. Social w/Bingo (BIS) 4:00 Group Crossword (BIS) 6:30 Friday Night Funnies (MR)	25	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Seven Little Words (BTV) 1:15 Get the Picture? 2:00 Yahtzee Dice Game (BIS) 3:00 Hot Chocolate Social 4:00 Balloon Volley 4:30 Evening Meditation 6:30 Action Packed Movie Saturdays (MR)	26
10:00 Shuttle to St. Raymond Catholic Church 10:00 Exercise Essentials 10:45 Sunday Morning Matinee (MR) 10:45 Go4Life® Walking Club 1:30 Scenic Drive 2:00 Sentimental Sing Along (BTV) 3:00 Piano Recital w/Lauren's Students (BIS) 4:30 Ring Toss (BIS) 6:30 Sunday Night at the Movies (MR)	27	10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:15 Victor Borge Comedy (BTV) 11:30 Lunch Bunch 1:00 Art Healing w/Bahran (BIS) 2:00 Jewelry Making (AR) 3:00 Hot Apple Cider & Ginger Snaps Social (BIS) 4:00 Bean Bag Toss 6:30 Evening Cinema: Crime & Mystery Monday (MR)	28	9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:30 Morning Meditation & Affirmation (WC) 10:45 Go4Life® Walking Club 1:15 Net Volley 2:00 Flower Arranging (BIS) 3:00 Sing Along Social (BIS) 4:00 This Day in History 6:30 Pleasanton Pumpkin Painting Party (BIS)	29	10:00 Balance in Action (WC) 10:45 Go4Life® Walking Club 11:00 News Currents (MR) 1:15 Scrabble (BIS) 2:30 Who Am I? (BIS) 3:00 Price is Right Social (BIS) 4:00 Pleasanton Mommies' Group Trick-or-Treat (BIS) 6:30 MEGA Bingo (BIS)	30	HAPPY HALLOWEEN 9:30 Gardening Club (ML) 10:00 Exercise Essentials 10:45 Go4Life® Walking Club 11:00 Card Games (BIS) 1:15 Trivia for Charity (BTV) 2:00 SingFit® (2DR) 3:00 Happy Halloween Hullabaloo (BIS) 4:00 Celebrity Profiles (BIS) 4:30 Evening Meditation (MR) 6:30 Romantic Movie Thursdays	31	Happy Birthday! Betty P. ~ 10/1 Elizabeth F. ~ 10/4 Eloy E. ~ 10/14 Harriet L. ~ 10/14		Delores F. ~ 10/18 Janet W. ~ 10/19 Lucille L. ~ 10/22 Betty K. ~ 10/24 Frances B. ~ 10/25	

OCTOBER 2019
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LIVE WITH PURPOSE

