

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CA</b> TC Common Area <b>PCA</b> Personal Care Activity Room <b>PCB</b> Personal Care Bistro <b>RAR</b> REM Activity Room <b>RTR</b> Rem TV Room <b>TCK</b> TC Kitchen		10:00 Word Games and Puzzles (PCA) <b>1</b> 11:00 <b>Musical Yoga with Susan (1st Floor) (PCA)</b> 11:00 Go4Life@ Walking Club 1:30 News Currents Sr. (PCA) 3:00 <b>Choir Rehearsal (PCB)</b> 3:30 Taco Tuesday 4:00 Mystery Social (PCA) 6:30 Musical Bingo (PCB) 6:30 Evening Trivia with Pisay (PCB)	10:00 Mnd Body Spirit Exercise (PCA) <b>2</b> 10:30 Morning News (CA) 11:00 Go4Life@ Walking Club 11:00 Live with Generosity: No-Sew Blankets (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:00 Live Piano Entertainment with Bernie & Happy Hour (PCB) 3:30 Reflection and Meditation Social 6:30 Wild Card Wednesday Movie: "The Notebook" (PCA)	10:00 Full Body Chair Exercise (PCA) <b>3</b> 10:00 Journaling with Elaine (PCB) 10:30 Morning Warm-Ups with a Care Mngaer (CA) 11:00 Go4Life@ Walking Club 1:30 Card Shark Club (PCB) 3:30 Painting with a Twist 6:30 Brain Games Evening Social (PCB)	10:00 <b>First Friday Club with YMCA Youth (PCA)</b> <b>4</b> 10:00 Exercise Essentials with Weights (PCA) 10:30 Trivia and Word Games (CA) 11:00 History Highlights: Sputnik (PCA) 11:00 Go4Life@ Walking Club 11:00 <b>Hymnsing with St. Paul's of Glenside (PCA)</b> 1:30 SingFit@ (PCA) 2:30 Tea, Coffee, and Conversation (PCB) 3:30 Coloring for Calmness Social (CA) 4:00 <b>Shabbat (PCA)</b> 6:30 History Movie Night: "October Sky" (PCA)	10:00 Exercise Essentials: Noodles! (PCA) <b>5</b> 10:30 Trivia Games (CA) 11:00 Go4Life@ Walking Club 11:00 Spa & Hand Massage Day (1st Floor) (PCA) 1:30 Live with Generosity: Beading & Jewelry Making 1:30 Saturday Movie Matinee (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:30 Scrabble Game Social (PCA) 3:30 Video Game Social (PCA) 3:30 Musical Guess the Word Social (CA) 6:30 TCM Movie Night (PCA)
10:00 Catholic Communion (PCA) <b>6</b> 10:30 Full Body Chair Exercise (PCA) 11:00 Sunday Giant Crossword Puzzle (PCA) 11:00 Go4Life@ Walking Club 1:00 Eagles vs. NY Jets (PCA) 1:30 Nail Salon with Michelle (PCB) 2:30 Crochet and Knit Club with Pisay (PCA) 3:30 Ice Cream Sundae Social (TCK) 3:30 Fun Facts Social (PCB) 6:30 Documentary Movie Night (PCA)	10:00 Exercise with Janet (PCA) <b>7</b> 10:30 Word Scramble 11:00 Go4Life@ Walking Club 1:30 Conversations with Janet (PCA) 2:00 Live with Generosity: Beading and Jewelry Making Club (PCA) 3:30 Ice Cream Soda Social (TCK) 3:30 Trivia Social (PCB) 3:30 "Those Were the Days" Social (PCB) 6:30 Musical Movie Night (PCA)	10:00 Morning Warm-Ups with Lynn (PCA) <b>8</b> 11:00 Musical Yoga with Susan (Reminiscence) (PCA) 11:00 Word Games and Puzzles (PCA) 11:00 Go4Life@ Walking Club 1:30 News Currents Sr. (PCA) 3:00 Choir: Debrief and Planning (PCB) 3:30 Taco Tuesday 4:00 Mystery Social (PCA) 6:30 Musical Bingo (PCB) 6:30 Evening Trivia with Pisay (PCB)	10:00 Mnd Body Spirit Exercise (PCA) <b>9</b> 10:30 Morning News (CA) 11:00 Go4Life@ Walking Club 1:30 <b>Resident Council (PCA)</b> 1:45 Bingo Club with Elizabeth (PCB) 3:00 Live Piano Entertainment with Bernie & Happy Hour (PCB) 3:30 Reflection and Meditation Social 6:30 Wild Card Wednesday Movie: "The Notebook" (PCA)	10:00 Full Body Chair Exercise (PCA) <b>10</b> 10:00 Journaling with Elaine (PCB) 10:30 Morning Warm-Ups with a Care Mngaer (CA) 11:00 Go4Life@ Walking Club 1:30 Card Shark Club (PCB) 3:30 Painting with a Twist 6:30 Brain Games Evening Social (PCB)	10:30 Trivia and Word Games (CA) <b>11</b> 11:00 Exercise Essentials with Weights (PCA) 11:00 Go4Life@ Walking Club 11:00 Laughter and Games with Lynn (PCA) 1:30 SingFit@ (PCA) 2:30 Tea, Coffee, and Conversation (PCB) 3:30 Coloring for Calmness Social (CA) 4:00 <b>Shabbat (PCA)</b> 6:30 Friday Classic Movie: "Papillon" (PCA)	10:00 Exercise Essentials: Noodles! (PCA) <b>12</b> 10:30 Trivia Games (CA) 11:00 Go4Life@ Walking Club 11:00 Spa & Hand Massage Day (1st Floor) (PCA) 1:30 Saturday Movie Matinee (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:00 Cooking Class Tasting Social (PCA) 3:30 Live with Generosity: Beading & Jewelry Making 3:30 Video Game Social (PCA) 3:30 Musical Guess the Word Social (CA) 6:30 TCM Movie Night (PCA)
10:00 Catholic Communion (PCA) <b>13</b> 10:30 Full Body Chair Exercise (PCA) 11:00 Sunday Giant Crossword Puzzle (PCA) 11:00 Go4Life@ Walking Club 1:00 Eagles vs. MN Vikings (PCA) 1:30 Nail Salon with Michelle (PCB) 2:30 Crochet and Knit Club with Pisay (PCA) 3:30 Ice Cream Sundae Social (TCK) 3:30 Fun Facts Social (PCB) 6:30 Documentary Movie Night (PCA)	10:00 Exercise with Janet (PCA) <b>14</b> 10:30 Word Scramble 11:00 Go4Life@ Walking Club 1:30 Conversations with Janet (PCA) 2:00 <b>Catholic Mass with Father Janton</b> 2:00 Live with Generosity: Beading and Jewelry Making Club (PCA) 3:30 Food for Thought Social: Columbus Day vs. Indigenous People's Day (PCB) 3:30 Ice Cream Soda Social (TCK) 3:30 Trivia Social (PCB) 6:30 Musical Movie Night (PCA)	10:00 Word Games and Puzzles (PCA) <b>15</b> 11:00 <b>Musical Yoga with Susan (1st Floor) (PCA)</b> 11:00 Go4Life@ Walking Club 1:30 News Currents Sr. (PCA) 3:30 Choir Rehearsal (PCB) 3:30 Taco Tuesday 4:00 Mystery Social (PCA) 6:30 Musical Bingo (PCB) 6:30 Evening Trivia with Pisay (PCB)	10:00 Mnd Body Spirit Exercise (PCA) <b>16</b> 10:30 Morning News (CA) 11:00 Go4Life@ Walking Club 11:00 Live with Generosity: No-Sew Blankets (PCA) 1:30 Protestant Service (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:00 Live Piano Entertainment with Bernie & Happy Hour (PCB) 3:30 Reflection and Meditation Social 6:30 Wild Card Wednesday Movie: "Rain Man" (PCA)	10:00 Full Body Chair Exercise (PCA) <b>17</b> 10:00 Journaling with Elaine (PCB) 10:30 Morning Warm-Ups with a Care Mngaer (CA) 11:00 Go4Life@ Walking Club 1:30 Card Shark Club (PCB) 3:30 Painting with a Twist 6:30 Brain Games Evening Social (PCB)	10:00 Exercise Essentials with Weights (PCA) <b>18</b> 10:30 Trivia and Word Games (CA) 11:00 News of the Weird (PCA) 11:00 Go4Life@ Walking Club 11:00 <b>Hymnsing with St. Paul's of Glenside (PCA)</b> 1:30 SingFit@ (PCA) 2:30 Tea, Coffee, and Conversation (PCB) 3:30 Coloring for Calmness Social (CA) 4:00 <b>Shabbat (PCA)</b> 6:30 Friday Classic Movie: "Operation Petticoat" (PCA)	10:00 Exercise Essentials: Noodles! (PCA) <b>19</b> 10:30 Trivia Games (CA) 11:00 Go4Life@ Walking Club 11:00 Spa & Hand Massage Day (1st Floor) (PCA) 1:30 Live with Generosity: Beading & Jewelry Making 1:30 Saturday Movie Matinee (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:30 Dominoes Game Social (PCA) 3:30 Video Game Social (PCA) 3:30 Musical Guess the Word Social (CA) 6:30 TCM Movie Night (PCA)
10:00 Catholic Communion (PCA) <b>20</b> 10:30 Full Body Chair Exercise (PCA) 11:00 Sunday Giant Crossword Puzzle (PCA) 11:00 Go4Life@ Walking Club 1:30 Sunday Classic: "I Love Lucy" (PCA) 1:30 Nail Salon with Michelle (PCB) 2:30 Crochet and Knit Club with Pisay (PCA) 3:30 Ice Cream Sundae Social (TCK) 3:30 Fun Facts Social (PCB) 6:30 Documentary Movie Night (PCA)	10:00 Exercise with Janet (PCA) <b>21</b> 10:30 Word Scramble 11:00 Go4Life@ Walking Club 1:30 Conversations with Janet (PCA) 2:00 <b>Protestant Service (PCA)</b> 2:00 Live with Generosity: Beading and Jewelry Making Club (PCA) 3:30 Ice Cream Soda Social (TCK) 3:30 Trivia Social (PCB) 3:30 "Those Were the Days" Social (PCB) 6:30 Musical Movie Night (PCA)	10:00 Morning Warm-Ups with Lynn (PCA) <b>22</b> 11:00 Musical Yoga with Susan (Reminiscence) (PCA) 11:00 Word Games and Puzzles (PCA) 11:00 Go4Life@ Walking Club 1:30 News Currents Sr. (PCA) 3:00 <b>Choir Rehearsal (PCB)</b> 3:30 Taco Tuesday 4:00 Mystery Social (PCA) 6:30 Musical Bingo (PCB) 6:30 Evening Trivia with Pisay (PCB)	10:00 Mnd Body Spirit Exercise (PCA) <b>23</b> 10:30 Morning News (CA) 11:00 Go4Life@ Walking Club 1:45 Bingo Club with Elizabeth (PCB) 3:00 Live Piano Entertainment with Bernie & Happy Hour (PCB) 3:30 Reflection and Meditation Social 6:30 Wild Card Wednesday Movie: "Hoosiers" (PCA)	10:00 Full Body Chair Exercise (PCA) <b>24</b> 10:00 Journaling with Elaine (PCB) 10:30 Morning Warm-Ups with a Care Mngaer (CA) 11:00 Go4Life@ Walking Club 1:30 Card Shark Club (PCB) 3:30 Painting with a Twist 6:30 Brain Games Evening Social (PCB)	10:00 Exercise Essentials with Weights (PCA) <b>25</b> 10:30 Trivia and Word Games (CA) 11:00 Laughter and Games with Lynn: Campfire Tales (PCA) 11:00 Go4Life@ Walking Club 1:30 SingFit@ (PCA) 2:30 Tea, Coffee, and Conversation (PCB) 3:30 Coloring for Calmness Social (CA) 4:00 <b>Shabbat (PCA)</b> 6:30 Friday Classic Movie: "Murder By Death" (PCA)	10:00 Exercise Essentials: Noodles! (PCA) <b>26</b> 10:30 Trivia Games (CA) 11:00 Go4Life@ Walking Club 11:00 Spa & Hand Massage Day (1st Floor) (PCA) 1:30 Live with Generosity: Beading & Jewelry Making 1:30 Saturday Movie Matinee (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:30 Dominoes Game Social (PCA) 3:30 Video Game Social (PCA) 3:30 Musical Guess the Word Social (CA) 6:30 TCM Movie Night (PCA)
10:00 Catholic Communion (PCA) <b>27</b> 10:30 Full Body Chair Exercise (PCA) 11:00 Sunday Giant Crossword Puzzle (PCA) 11:00 Go4Life@ Walking Club 1:00 Eagles @ Buffalo Bills (PCA) 1:30 Nail Salon with Michelle (PCB) 2:30 Crochet and Knit Club with Pisay (PCA) 3:30 Ice Cream Sundae Social (TCK) 3:30 Fun Facts Social (PCB) 6:30 Documentary Movie Night (PCA)	10:00 Exercise with Janet (PCA) <b>28</b> 10:30 Word Scramble 11:00 Go4Life@ Walking Club 1:30 Conversations with Janet (PCA) 2:00 <b>Ecumenical Worship Service (PCA)</b> 2:00 Live with Generosity: Beading and Jewelry Making Club (PCA) 3:30 Preparing for Trick-Or-Treaters Social (PCB) 3:30 Ice Cream Soda Social (TCK) 3:30 Trivia Social (PCB) 6:30 Musical Movie Night (PCA)	10:00 Word Games and Puzzles (PCA) <b>29</b> 11:00 <b>Musical Yoga with Susan (1st Floor) (PCA)</b> 11:00 Go4Life@ Walking Club 1:30 News Currents Sr. (PCA) 3:00 <b>Choir Rehearsal (PCB)</b> 3:30 Taco Tuesday 4:00 Mystery Social (PCA) 6:30 Musical Bingo (PCB) 6:30 Evening Trivia with Pisay (PCB)	10:00 Mnd Body Spirit Exercise (PCA) <b>30</b> 10:30 Morning News (CA) 11:00 Go4Life@ Walking Club 11:00 Live with Generosity: No-Sew Blankets (PCA) 1:45 Bingo Club with Elizabeth (PCB) 3:00 Live Piano Entertainment with Bernie & Happy Hour (PCB) 3:30 Reflection and Meditation Social 6:00 Family and Friends Halloween Dinner (PCA)	10:00 Full Body Chair Exercise (PCA) <b>31</b> 10:00 Journaling with Elaine (PCB) 10:30 Morning Warm-Ups with a Care Mngaer (CA) 11:00 Go4Life@ Walking Club 1:30 Card Shark Club (PCB) 3:30 Painting with a Twist 6:30 Halloween Movie Night: "The Addams Family" (PCB)		