

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 3:30 Vespers w/ Pastor Darrel Wiltout (Trail Christian Church) & Music by The McLarens-AR 7:00 Movie Night-TV	2 9:00 Daily Calm-TV 9:30 Stability & Balance w/ Rachel -AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Resistance Bands w/ Rachel-AR	3 9:00 Daily Calm-TV 9:30 Resistance Bands (Video)-AR 1:00 Beanbag Baseball-AR 2:00 Mobility Exercise Ball w/ Rachel-AR 2:30 Armchair Travel: Ancient Native American Sites-TV	4 9:00 Daily Calm-DL 9:30 Dumbbell Strength w/ Rachel 10:00 Ukulele Jamming-DL 1:30 Food Committee-AR 2:30 Social Hour w/ Jeff Kloetzel-DR	5 9:00 Daily Calm-TV 9:30 Resistance Bands (Video)-AR 10:00 Ukulele Jamming-AR 10:30 Depart for Latin Chair Cardio at Horton Plaza ✓ 1:00 Popcorn-LR 1:00 \$ Bingo-AR 2:30 Resident Council-AR 3:30 Wii Bowling-TV	6 9:00 Daily Calm-TV 9:30 Dumbbell Strength w/ Rachel-AR 10:00 Prayer Group-DL 11:00 El Paraiso Mexican Cuisine ✓ 1:00 Texas Hold'em Poker-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	7 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:30 Card/Dime Bingo-AR 2:30 Wordsmiths-TV 3:00 Country Drive ✓ 6:00 Skip-Bo-DL 7:00 Movie Night-TV	
8 3:30 Vespers w/ Pastor Jerry Miranda (New Life Nazarene) w/ Communion & Music by Carolyn & Pat-AR 7:00 Movie Night-TV	9 9:00 Daily Calm-TV 9:30 Stability & Balance w/ Rachel-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Resistance Bands w/ Rachel 4:00 Depart for Dinner to El Molcajete ✓	10 9:00 Daily Calm-TV 9:30 Resistance Bands (Video)-AR 10:30 Bible Study-AR ✓ 1:00 Beanbag Baseball-AR 2:30 Mobility Exercise Ball w/ Rachel-AR	11 9:00 Daily Calm-DL 9:30 Dumbbell Strength w/ Rachel-AR 10:00 Ukulele Jamming-DL 1:00 Cornhole-LR 2:00 Stability & Balance w/ Rachel-AR 2:30 Depart for History Trivia at Horton Plaza 2:30 Social Hour w/ John Galfano-DR	12 9:00 Daily Calm-DL 9:30 Resistance Bands (Video) 10:00 Ukulele Jamming-DL 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:30 Wii Bowling-TV 2:30 Learn to Use the Gym Equipment w/ Rachel-Gym	13 9:00 Daily Calm-TV 9:30 Dumbbell Strength w/ Rachel-AR 10:00 Prayer Group-DL 11:00 Lunch Bunch: Cicily's Pastaria & Grill ✓ 1:30 Pinochle-AR 2:00 Rumikub-AR 6:00 Mexican Train-AR 7:00 Movie Night-TV	14 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:00 Wordsmiths-TV 2:00 Card/Dime Bingo-AR 3:00 Country Drive ✓ 6:00 Skip-Bo-DL 7:00 Movie Night-AR	
15 3:30 Vespers w/ Pastor Bruce Smith (His Valley Church) and Music by Carolyn & Pat-AR 7:00 Movie Night-TV	16 9:00 Daily Calm-TV 9:30 Stability & Balance w/ Rachel-AR 10:30 Bingo-AR 10:30 Depart for lunch at Tea Pot On Wheels ✓ 1:00 Ladder Golf-AR 2:00 Resistance Bands w/ Rachel-AR 2:30 Actors Workshop-AR	17 9:00 Daily Calm-TV 9:30 Weights Class-AR 10:30 Crafts w/ Ruth-AR 10:30 Pumpkin Picking at Fry Family Farm ✓ 1:00 Beanbag Baseball-AR 2:30 Mobility Ball Exercise w/ Rachel-AR	18 9:00 Daily Calm-TV 9:30 Dumbbell Strength w/ Rachel 10:00 Ukulele Jamming-AR 12:30 Depart for a Bunco Party at Twin Creeks ✓ 1:00 Cornhole-AR 2:00 Stability & Balance w/ Rachel-AR 2:30 Social Hour w/ Louis Faro-DR	19 9:00 Daily Calm-TV 9:30 Resistance Bands (Video)-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:30 Learn to Use the Gym Equipment w/ Rachel-Gym ✓ 2:30 Wii Bowling-TV	20 9:00 Daily Calm-TV 9:30 Dumbbell Strengthen w/ Rachel-AR 10:00 Prayer Group-DL 11:00 Lunch Bunch: Charm Thai Kitchen ✓ 2-4 Fountain Plaza's 33rd Anniversary Open House ✓ 6:00 Mexican Train-AR 7:00 Movie Night-TV	21 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 1:00 Wordsmiths-TV 3:00 Country Drive ✓ 6:00 Skip-Bo-DL 7:00 Movie Night-TV	
22 3:30 Vespers w/ Pastor Karen Greene (Life Path Church) Music by Carolyn & Pat-AR 7:00 Movie Night-TV	23 9:00 Daily Calm-TV 9:30 Stability & Balance w/ Rachel 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Resistance Bands w/ Rachel-AR	24 9:00 Depart for Tri-Community Seven Feathers Day Trip ✓ 9:00 Daily Calm-TV 9:30 Resistance Bands (Video)-AR 10:30 Bible Study-AR ✓ 1:00 Cocktail Hour w/ RJ & Rachel-AR 2:30 Mobility Exercise Ball w/ Rachel-AR	25 9:00 Daily Calm-TV 9:00 Flu Shot Clinic-AR ✓ 1:00 Cornhole-AR 2:00 Stability & Balance w/ Rachel 2:30 Social Hour w/ Rick Millward 4:00 Depart for Tri Community Dinner to Centennial Grille ✓	26 9:00 Daily Calm-TV 9:30 Resistance Bands-AR 10:00 Ukulele Jamming-AR 1:00 Popcorn-LR 1:30 \$ Bingo-AR 2:30 Learn to Use the Gym Equipment w/ Rachel-GYM 2:30 Wii Bowling-TV	27 9:00 Daily Calm-TV 9:00 Prayer Group-DL 9:30 Dumbbell Strength w/ Rachel-AR 11:00 Lunch Bunch: Blue Fish Hawaiian Fusion ✓ 1:30 Pinochle-AR 2:00 Rumikub-AR 6:00 Mexican Train-AR 6:30 Depart for "Modern Gentlemen" at the Craterian Theatre 540 ✓ 7:00 Movie Night-TV	28 9:00 Daily Calm-TV 9:30 Wii Bowling-AR 12:30 Depart for the Old Time Fiddlers ✓ 1:00 Wordsmiths-TV 2:00 Card/Dime Bingo-AR 3:00 Country Drive ✓ 6:00 Skip-Bo-DL	
29 3:30 Vespers w/ Pastor Kevin Gowland (New Life Nazarene) and Music by Carolyn & Pat-AR 7:00 Movie Night-TV	30 9:00 Daily Calm-TV 9:30 Stability & Balance w/ Rachel-AR 10:30 Bingo-AR 1:00 Ladder Golf-AR 2:00 Resistance Bands w/ Rachel-TV 2:30 Actors Workshop-AR						

Sign Up Required

Red-Time Change

Blue-New This Month

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