



2021
October

SUN	MON	TUE	WED	THU	FRI	SAT
					10:30 Morning Mindfulness 11-Balloon Toss Up 11:30 Body Focus 1-Monopoly 3- Crossword 6- Movie	10:30 Morning Stretch 11- Motivation Moves 11:30 Body Focus 1:30 Monopoly 3-Happy Hour 6- Movie
10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 2:30 Chris Entertainment 3- Hangman 6- Movie	10:30 Social 11-Chair Dancing 11:30 Crossword 1- Fox Exercise Class 3- Word Games 6-Movie	10:30 Morning Stretch 11 Motivation Moves 11:30 Body Focus 1:30 Crosswords 3- Jeopardy 6- Movie	10:30 Coffee And... 11- Motivation Moves 11:30 Body Focus 1:30 Bingo 3-Wine Down 6- Movie	10:30 Morning Salutations 11- Chair Dancing 11:30 Weight Up 1:30 Trivia 3- Wheel Of Fortune 6- Movie	10:30 Yoga Stretch 11- Rhythm & Flow 11:30 Balloon Toss Up 1:30 Casino 3- Legends Trivia 6- Movie	10 Coffee and ... 10:30 Trivia 11- Scrabble 1:30 Crossword 3- Happy Hour 6-Movie
10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:15 Al Russo Entertainment 3- Bingo	10:30 Current Events 11- Group Social 11:30 Controlled Breathing 1- Fox Exercise Class 3- Word Games	10:30 Yoga Stretch 11- Rhythm & Flow 11:30 Balloon Toss Up 1:30 Card Games 3- Historical Trivia 6- Movie	10- Coffee and ... 11- Motivation 11:30 Body Focus 1:30 Crossword 3- Wine Down 6- Movie	10:30 Morning Salutations 11- Chair Dancing 11:30 Crossword 1:30 Bingo 3- Scrabble 6- Movie	10:30 Yoga Stretch 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Wii Golf 3- Bingo 6- Movie	10:30 Morning Stretch 11- Sit & Get Fit 11:30 Controlled Breathing 3- Happy Hour 6- Movie
10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Dan Swarts Entertainment 3- Card games	10:30 Morning Stretch 11- Motivation Moves 11:30 Body Focus 1- Fox Exercise Class 3- Bingo 6- Movie	10:30 Yoga Stretch 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Bingo 3- Trivia 6- Movie	10:30 Coffee And... 11- Chair Dancing 11:30 Crosswords 1:30 Wheel Of Fortune 3- Wine Down 6-Movie	10-Coffee and ... 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Wii Bowl 3- Bingo 6- Movie	10:30 Morning Stretch 11 Motivation Moves 11:30 Body Focus 1:30 Crosswords 3- Jeopardy 6- Movie	10:30 Morning Mindfulness 11-Coffee and ... 11:30 Balloon Toss Up 1:30 History Trivia 3-Happy Hour 6-Movie
10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Boscoe Entertainment 3- Hangman	10:30 Morning Stretch 11- Sit & Get Fit 11:30 Balloon Toss Up 1- Fox Exercise Class 3- Jeopardy 6- Movie	10:30 Sit & Be Fit 11- Motivation Moves 11:30 Body Focus 1:30 Scrabble 3- Bingo 6- Movie	10:30 Sit & Be Fit 11- Chair Dancing 11:30 Crosswords 1:30 Word Search 3- Wine Down Wed. 6- Movie	10-Morning M 11- Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Wii Tennis 3- Bingo 6- Movie	10:30 Sit & Get Fit 11- Chair Dancing 11:30 Guided Breathing 1:30 Jeopardy 3- Monopoly 6- Movie	10:30 Morning Stretch 11- Motivation Moves 11:30 Body Focus 1:30 Monopoly 3-Happy Hour 6- Movie
10:30 Mass 11- Sit & Get Fit 11:30 Controlled Breathing 1:30 Jeopardy 3- Pool 6- Movie						