Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM-Morning Meditation/ Devotion 10:15 AM-Morning Exercise 1:00 PM-Sunday Spa 1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Helping Hands  Daylight Saving Time Ends	9:15 AM-Music & Memory (Cherry) 2 10:15 AM-Cup o' Joe 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Dave Coldren (Apricot) 2:30 PM- Music with Dave Coldren (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Group Activity 1 10:15 AM- Wake up Café - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Mind & Melodies (Plum) 10:15 AM-Coffee Club 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Chip Curry (Apricot) 2:30 PM-Music with Chip Curry(Cherry) 3:00 PM- Enrichment Program	9:15 AM- Group Activity 1 10:15 AM- Goodies & Morning Brew - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Thoughtful Tunes (Apricot) 10:15 AM-Wake up Café 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Mike Osborn (Apricot) 2:00 PM- We all Scream for Ice cream! 2:30 PM- Music with Mike Osborn (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Mindful Movement 7 10:15 AM-Cup o' Joe 10:45 AM-Morning Strides  1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Delicate Hands Spa
9:15 AM-Morning Meditation/ 8 Devotion 10:15 AM-Morning Exercise 1:00 PM-Sunday Spa 1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Helping Hands	9:15 AM-Music & Memory (Cherry) 9 10:15 AM-Cup o' Joe 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Dave Coldren (Apricot) 2:30 PM- Music with Dave Coldren (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Group Activity 1 10:15 AM- Wake up Café - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Mind & Melodies (Pluin) 10:15 AM-Coffee Club 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Timo (Apricot) 2:30 PM-Music with Timo (Cherry) 3:30 PM- Enrichment Program  Veterans Day	9:15 AM- Group Activity 1 12 10:15 AM- Goodies & Morning Brew - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Thoughtful Tunes (Apricot) 13 10:15 AM-Wake up Café 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM-Music with Mike Osborn (Apricot) 2:00 PM- We all Scream for Ice cream! 2:30 PM-Music with Mike Osborn (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Mindful Movement 4 10:15 AM-Cup o' Joe 10:45 AM-Morning Strides  1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Delicate Hands Spa
9:15 AM-Morning Meditation/ 15 Devotion 10:15 AM-Morning Exercise 1:00 PM-Sunday Spa 1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Helping Hands	9:15 AM-Music & Memory (Cherry) 6 10:15 AM-Cup o' Joe 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM-Music with Dave Coldren(Apricot) 2:30 PM- Music with Dave Coldren (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Group Activity 1 10:15 AM- Wake up Café - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Mind & Melodies (Pluits 10:15 AM-Coffee Club 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Chip Curry(Apricot) 2:30 PM-Music with Chip Curry (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Group Activity 1 19 10:15 AM- Goodies & Morning Brew - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Thoughtful Tunes (Apricot) 20 10:15 AM-Wake up Café 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM-Music with Mike Osborn (Apricot) 2:00 PM- We all Scream for Ice cream! 2:30 PM-Music with Mike Osborn (Cherry) 3:30 PM- Enrichment Program  Birthday Celebration!!	9:15 AM- Mindful Movemen 21 10:15 AM-Cup o' Joe 10:45 AM-Morning Strides  1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Delicate Hands Spa
9:15 AM-Morning Meditation/22 Devotion 10:15 AM-Morning Exercise 1:00 PM-Sunday Spa 1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Helping Hands	9:15 AM-Music & Memory (Cherr 23 10:15 AM-Cup o' Joe 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM-Music with Kimberlye Gold(Apricot) 2:30 PM- Music with Kimberlye Gold(Cherry) 3:30 PM- Enrichment Program	9:15 AM- Group Activity 1 10:15 AM- Wake up Café - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls	9:15 AM-Mind & Melodies (Plu <b>25</b> 10:15 AM-Coffee Club 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM-Music with Timo (Apricot) 2:30 PM-Music with Timo (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Group Activity 1 26 10:15 AM- Goodies & Morning Brew - Group Activity 2 10:45 AM- Morning Strides 1:30 PM- Group Activity 1 2:45 PM-Group Activity 2 3:00 PM- Outside strolls Thanksgiving Day (US)	9:15 AM-Thoughtful Tunes (Apricot) 27 10:15 AM-Wake up Café 10:45 AM- Outside Strolls 11:00 AM- Enrichment Program 1:30 PM- Music with Mike Osborn (Apricot) 2:00 PM- We all Scream for Ice cream! 2:30 PM-Music with Mike Osborn (Cherry) 3:30 PM- Enrichment Program	9:15 AM- Mindful Movemen 28 10:15 AM-Cup o' Joe 10:45 AM-Morning Strides  1:30 PM- Group Activity 1 2:45 PM- Group Activity 2 3:00 PM- Delicate Hands Spa
9:15 AM-Morning Meditation/ 29 Devotion 10:15 AM-Morning Exercise 1:00 PM-Sunday Spa 1:30 PM- Group Activity 1 2:45 PM- Group Activity 2	9:15 AM-Music & Memory (Cherr 10:15 AM-Cup o' Joe 10:45 AM-Outside Strolls 11:00 AM-Enrichment Program 1:30 PM-Music with Kimberlye Gold(Apricot) 2:30 PM-Music with Kimberlye Gold(Cherry)			r is subject to change.		



\*Calendar is subject to change.
Please look at the large calendar for daily Updates.



Gold(Cherry) 3:30 PM- Enrichment Program

Men's Luncheon

2:45 PM- Group Activity 2 3:00 PM- Helping Hands