

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00-Cardio Exercise (MR) 12:30-1:30- Noodles and Ballons 2:00-Live Music: Rob Dahms 6:30-Kick Ball Yom Kippur Begins	2 10:00- Yoga Staff escort to MR 12:30-1:30- Therapy Dog – Karen 6:30- Thursday night Football	3 10:30- Cardio Drumming (Patio area) Staff escort 6:30- Light Snack (CNA)	4 8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade (CNA) 9:00- Seated Tai Chi (CH 52.1) (CNA)
5 1:00-Sunday service (CNA) 3:00- Sunday's Sundaes (CNA)	6 10:00-Cardio (MR) Staff escort 12:30-1:30- Painting/Pumpkins 6:30- Movie Monday (CNA) Sukkot Begins	7 10:00- Yoga (MR) staff escort 12:30-1:00- CUPS 6:30- Music/ Relaxation (CNA)	8 10:00- Cardio: Staff escort to MR 12:30- 1:30- Walking Wednesday! 6:30- Matching Game (CNA)	9 10:00- Yoga (MR) 10:30- Catholic Mass KC 12:30-1:30- Fall Clean up Outside 3:00- Troy Rangel (MR) 6:30- kick ball game (CNA)	10 10:30- Cardio Drumming (Patio area) Staff escort 6:30- Light Snack (CNA)	11 8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade (CNA) 9:00- Seated Tai Chi (CH 52.1) (CNA)
12 1:00-Sunday service (CNA) 3:00- Sunday's Sundaes (CNA)	13 10:00-Cardio (MR) Staff escort 1:00-2:00- Nahant Marsh (MR) 6:30- Movie Monday (CNA) Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 10:00 – Yoga Exercise (MR) 12-1- Flu Clinic (AR) 1:30- Ray Wierson (MR) Simchat Torah Begins	15 10:00- Cardio: Staff escort to MR 12:30- 1:30- Dance Party 6:30- Matching Game (CNA)	16 10:00 – Yoga Exercise (MR) 12:30-1:30-Fall Clean up(outside) 2:00-Tony Hoepner 6:30- Thursday night Football	17 10:30- Cardio Drumming (Patio area) Staff escort 6:30- Light Snack (CNA)	18 8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade (CNA) 9:00- Seated Tai Chi (CH 52.1) (CNA)
19 1:00-Sunday service (CNA) 3:00- Sunday's Sundaes (CNA)	20 10:00-Cardio (MR) Staff escort 12:30- Trivia-October 6:30- Movie Monday (CNA)	21 10:00- Yoga (MR) staff escort 12:30-1:30- Fall Craft 6:30- Music/ Relaxation (CNA)	22 10:00- Cardio: Staff escort to MR 12:30- 1:30- Walking Wednesday 6:30- Matching Game (CNA)	23 10:00 – Yoga Exercise (MR) 10:30- Catholic Mass (KC) 12:30-1:30-Fall Clean up (outside) 2:00- Janet Lieb (MR)	24 10:30- Cardio Drumming (Patio area) Staff escort 6:30- Friday night Movie	25 8:30-9:30- Observe and interact with the dogs from CM Academy- Arcade (CNA) 9:00- Seated Tai Chi (CH 52.1) (CNA)
26 1:00-Sunday service (CNA) 3:00- Sunday's Sundaes (CNA)	27 10:00-Cardio (MR) Staff escort 12:30- Weather permitting Outside patio 6:30- Movie Monday (CNA)	28 10:00- Yoga (MR) staff escort 12:30-1:30- Cooking with Patty 6:30- Music/ Relaxation (CNA)	29 10:00- Cardio: Staff escort to MR 12:30- 1:30- St. Croix 5:30- Trick or Treat (Arcade Hallway)	30 10:00 – Yoga Exercise (MR) 12:30-1:30-Ball exercise 3:00- Thirsty Thursday (patio)	31 10:30- Cardio Drumming (Patio area) Staff escort 6:30- Light Snack (CNA) Friday night Movie Halloween	