


# October 2024

## Living Room 954-900-2564

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:20 Movin' and Groovin'</p> <p>10:30- 11:20 Brain Games With Shelly</p> <p>11:30- 12:30 Lunch</p> <p>12:15- 1:30 Game Hour with Val</p>	<p>1</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:20 Chair Yoga with Robyn</p> <p>10:30- 11:20</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Word Game with Valerie</p>	<p>2</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:25 Yoga &amp; Meditation with Robyn</p> <p>10:15- 11:20 Rosh Hashanah</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Art with Jasmine</p>	<p>3</p> <p><b>CLOSED</b></p> <p><b>CLOSED</b></p> <p>Happy Rosh Hashanah</p> 	<p>4</p>
<p>7</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:20 Movin' and Groovin'</p> <p>10:30- 11:20 Brain Games With Shelly</p> <p>11:30- 12:30 Lunch</p> <p>12:15- 1:30 Game Hour with Val</p>	<p>8</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:20 Chair Yoga with Robyn</p> <p>10:30- 11:20 Steve the Guitarist</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Word Game with Valerie</p>	<p>9</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:40 Yoga &amp; Meditation with Robyn</p> <p>10:40- 11:20 Garden Chat with Viv</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Art with Jasmine</p>	<p>10</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:00 Chair Exercise</p> <p>10:00- 10:30 Word Game with Val</p> <p>10:40-11:30 Chicken Soup</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Memory Magic with Viv</p>	<p>11</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Sit &amp; Be Fit</p> <p>10:15- 11:30 Shabbat/ Entertainment Barbara Evans</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Current Events with Val &amp; Mens Group With Mark</p>

<p style="text-align: right;">14</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:20</b> Movin' and Groovin'</p> <p><b>10:30- 11:20</b> Brain Games With Shelly</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:15- 1:30</b> Game Hour with Val</p>	<p style="text-align: right;">15</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:20</b> Chair Yoga with Robyn</p> <p><b>10:30- 11:20</b> Art with Conveva Care</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Word Game with Valerie</p>	<p style="text-align: right;">16</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:40</b> Yoga &amp; Meditation with Robyn</p> <p><b>10:40- 11:20</b> Garden Chat with Viv</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Art with Jasmine</p>	<p style="text-align: right;">17</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:00</b> Chair Exercise</p> <p><b>10:00- 10:30</b> Word Game with Val</p> <p><b>10:40-11:30</b> Chicken Soup</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Memory Magic with Viv</p>	<p style="text-align: right;">18</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:15</b> Sit &amp; Be Fit</p> <p><b>10:15- 11:30</b> Shabbat/ Entertainment Noreena</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Sukkot with Viv</p>
<p style="text-align: right;">21</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:20</b> Movin' and Groovin'</p> <p><b>10:30- 11:20</b> Brain Games With Shelly</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:15- 1:30</b> Game Hour with Val</p>	<p style="text-align: right;">22</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:20</b> Chair Yoga with Robyn</p> <p><b>10:30- 11:20</b> I Love Lucy with Jamie D.</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Word Game with Valerie</p>	<p style="text-align: right;">23</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:40</b> Yoga &amp; Meditation with Robyn</p> <p><b>10:40- 11:20</b> Garden Chat with Viv</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Art with Jasmine</p>	<p style="text-align: right;">24</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:00</b> Chair Exercise</p> <p><b>10:00- 10:30</b> Word Game with Val</p> <p><b>10:40-11:30</b> Chicken Soup</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Memory Magic with Viv</p>	<p style="text-align: right;">25</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:15</b> Sit &amp; Be Fit</p> <p><b>10:15- 11:30</b> Shabbat/ Entertainment Tessy Porter</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Current Events with Val &amp; Mens Group With Mark</p>
<p style="text-align: right;">28</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:20</b> Movin' and Groovin'</p> <p><b>10:30- 11:20</b> Brain Games With Shelly</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:15- 1:30</b> Game Hour</p>	<p style="text-align: right;">29</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:20</b> Chair Yoga with Robyn</p> <p><b>10:30- 11:20</b> Music with Jamie D.</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Word Game</p>	<p style="text-align: right;">30</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:15</b> Yoga &amp; Meditation with Robyn</p> <p><b>10:20- 11:20</b> Halloween Bingo with Aetna</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Art with</p>	<p style="text-align: right;">31</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat</p> <p><b>9:45- 10:00</b> Chair Exercise</p> <p><b>10:00- 10:30</b> Word Game with Val</p> <p><b>10:40-11:30</b> Chicken Soup</p> <p><b>11:30- 12:30</b> Lunch</p> <p><b>12:30- 1:30</b> Memory Magic</p>	