OCTOBER 2026 ACTIVITIES- LIVING ROOM

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Tessi 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
5	6	7	8	9
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Karaoke with Jamie D 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Garden Party with Robyn 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Barbara Evans 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
12	13	14	15	16
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Guitarist 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Brazilian Voices 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Jimmy the Magician 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
19	20	21	22	23
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Art with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Karaoke with Jamie D 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Garden Party with Robyn 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Jimmy V 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ
26	27	28	29	30
9:00-9:30 Coffee Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 1 0:30-11:30 Cooking with Jasmine 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-2:30 Bingo or iPads	9:00-9:30 Coffee & Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30- 11:30 Art with Griswold 11:30-12:30 Lunch 12:30- 1:30 Potpourri with Jodi 1:30-2:30 15 Minute Stretch + iPads or Brain Games	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Meditation with Robyn 10:00-10:30 Chair Exercise With Val 10:30 -11:30 Garden Party with Robyn 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Sport Day 1:30-2:30 Words with Delores	9:00-9:30 Coffee Chit Chat 9:30-10:30 Chair Exercise with Val 10:30-11:30 Trivia with Beth 11:30-12:30 Lunch 12:30-1:00 Memory Magic with Val 1:00-2:30 Sprout Joy	9:00-9:30 Coffee and Chit Chat 9:30-10:00 Robyn Meditation 10:00-10:30 Chair Exercise With Val 10:30-11:30 Entertainment by Slow Burn Theatre 11:30-12:15 Lunch 12:15-12:30 15 min stretch 12:30-1:30 Movie Matinee and Ice Cream 1:30-2:30 Memory Magic Beth/ Sports Talk with JJ

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