



OCTOBER 2023

ALL ACTIVITIES
ARE SUBJECT
TO CHANGE

MON 	TUE 	WED 	THU 	FRI 	SAT 
BINGO! 2 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Stretch 	 3 8:30 Morning Exercise 9:45 Pokeno Shopping-Walmart 10:45 Crafting	 4 8:30 Morning Exercise 9:45 Strength And Stability 10:45 Crafts 	BINGO! 5 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi 	BINGO! 6 8:30 Morning Exercise 9:45 Bingo 10:45 English Class Game Room 	BINGO! 7 9:30 Trivia 9:45 Exercise 10:45 Bingo Music Time 
BINGO! 9 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Fingers Exercise COLUMBUS DAY 	 10 8:30 Morning Exercise 9:45 Roll The Dice Shopping-Weis 10:45 Fall Crafts 	 11 8:30 Morning Exercise 9:45 Yoga Ball Drum 10:45 Crafts And Mahjong 	BINGO! 12 Hair Cut & Nail 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi  	BINGO! 13 8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class Cooking Group  	BINGO! 14 9:30 Word Games 10:00 TACY Foundation 11:00 Bingo 
BINGO! 16 8:30 Morning Exercise 9:45 Bingo 10:45 Art Class 11:30 Shoulders Neck Stretch	 17 8:30 Morning Exercise 9:45 You Be The Judge Shopping-Aldi 10:45 Crafting	18 8:30 Morning Exercise 9:45 Balance Matters 10:45 Crafts 	BINGO! 19 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi 	BINGO! 20 8:30 Morning Exercise 9:45 Bingo 10:45 English Class Art room 	BINGO! 21 9:30 Trivia 9:45 Art room 10:45 Bingo Free Time 
BINGO! 23 8:30 Morning Exercise 9:45 Bingo 10:45 Tea Time Art Class 	 24 8:30 Morning Exercise 9:45 Zingo Shopping-Gabe's 10:45 Crafting	25 8:30 Morning Exercise 9:45 Chair Zumba 	BINGO! 26 8:30 Morning Exercise 9:45 Bingo 10:45 Tai Chi  	BINGO! 27 8:30 Morning Exercise 9:45 Bingo 10:45 Chinese Class Cooking Group  	BINGO! 28 9:30 Word Games 9:45 Exercise 10:45 Bingo Free Time 

BINGO! 30
 8:30 Morning Exercise
 9:45 Bingo
 10:45 Art Class
 11:30 Legs Stretch 

BINGO! 31
Halloween Party Fun-Fun-Fun
HALLOWEEN 



NATIONAL
BOOK MONTH