

# OCTOBER

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistant Band Exercises 11:15 <b>SOC</b> Play time with Poppy the puppy! 1:00 <b>SOC</b> 1st Shopping @ Dollar Tree 2:00 <b>SOC</b> 2nd Shopping @ Dollar Tree 3:00 <b>COG</b> Card Games 4:00 <b>PHY</b> Getting your walking steps in!	9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> 60's Music Chair Workout 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>COG</b> Brain Game Time! 4:00 <b>SOC</b> Wind Down Time	9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Stretching for Seniors 11:15 <b>SOC</b> 1 on 1 Visists 1:00 <b>COG</b> Dominoes 2:00 <b>SOC</b> Making Custom Halloween Shirts 3:00 <b>SOC</b> Balloon Volleyball 4:00 <b>PHY</b> Getting Your walking Steps in!	9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>SOC</b> 1 on 1 Visists 1:00 <b>SOC</b> Sing Fit 2:00 <b>SOC</b> Rummy Cards 3:00 <b>SOC</b> Bunco 4 Candy Bars 4:00 <b>PHY</b> Getting Your Walking Steps in!	9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>COG</b> Puzzle Time 1:00 <b>COG</b> Guess who Game Time 3:00 <b>SOC</b> Snacktivity
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