

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Dance Ribbon Exercise 10:00 Snack, Hydration & Laughter 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Horseshoes 3:00 Littlest Big Band 4:00 6:00 Coloring in the Activity Room Yom Kippur Begins	9:30 BBQ at Mt. Lemmon 9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Cookies 4:00 Puzzles in the Activity Room 6:00 Thursday Night Movie: The Incredible Journey	9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Book Club 11:45 Namaste- Aromatherapy 1:30 Parachute Fun & Exercise 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Social 4:00 Crossword Puzzles 6:00 Classic Movie: Freaky Friday	9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Sticker by Numbers 11:00 Namaste- Aromatherapy Hand Massage 1:30 Uno! 2:00 Afternoon Snack 2:30 Join Us for Family Bingo! 4:00 Underdogs: Superzeros 6:00 Word Search in the Enclave
9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:45 Namaste- Aromatherapy 1:00 Sunday Football 1:30 Let's Color! 3:00 Ice Cream w/ Caregivers	9:30 Morning Stretch & Music 10:30 Snack & Hydration 11:00 Sing Along w/ Katie 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Fun Spooky Movie: The Ghost and Mr. Chicken Sukkot Begins	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Categories 11:45 Namaste- Aromatherapy 1:30 October EZ Does It Trivia 2:00 Snack & Hydration 3:00 Craft w/ Katie 4:00 African Cats 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack, Hydration & Laughter 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Bean Bag Knock Out 2:30 Sing Along w/ Linda Updike 4:00 6:00 Coloring in the Activity Room	9:00 Morning Outdoor Walk 10:00 Snack & Hydration 11:00 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Cookies 4:00 Puzzles in the Activity Room 6:00 Thursday Night Movie: Mufasa	9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Book Club 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ MaryAnne 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Social 4:00 Crossword Puzzles 6:00 Classic Movie: George of the Jungle	9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Exploring w/ Oranges 11:00 Namaste- Aromatherapy Hand Massage 1:30 Uno! 2:00 Afternoon Snack 2:30 Join Us for Family Bingo! 4:00 Underdogs: Terrible Parents 6:00 Word Search in the Enclave
9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:45 Namaste- Aromatherapy 1:00 Sunday Football 2:00 Church Service w/ Faith Community Church 3:00 Ice Cream w/ Caregivers	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Who Sang it? Dolly Parton or Barbra Streisand 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Fun Spooky Movie: Hocus Pocus 2 Thanksgiving Day (Canada) Halloween & Day of the Dead Columbus Day (US)	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Musical Ball 11:45 Namaste- Aromatherapy 1:30 Would You Rather? Autumn Edition 2:00 Snack & Hydration 3:00 Music w/ Amber 4:00 Giants of the Deep Blue Sea 6:00 Word Search in the Enclave Simchat Torah Begins	9:30 Dance Ribbon Exercise 10:00 Snack, Hydration & Laughter 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Horseshoes 3:00 Live Music w/ The Dirty Old Men Band 4:00 6:00 Coloring in the Activity Room	9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:00 Cooking Demo w/ Chef Reyna 4:00 Puzzles in the Activity Room 6:00 Thursday Movie: Big Business	9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Book Club 11:45 Namaste- Aromatherapy 1:30 Parachute Fun & Exercise 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Music w/ Banjo Doug 4:00 Crossword Puzzles 6:00 Classic Movie: Hello Dolly	9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Sticker By Numbers 11:00 Namaste- Aromatherapy Hand Massage 1:30 Uno! 2:00 Afternoon Snack 2:30 Join Us for Family Bingo! 4:00 Underdogs: Sexy Beasts 6:00 Word Search in the Enclave
9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:45 Namaste- Aromatherapy 1:00 Sunday Football 1:30 Let's Color! 3:00 Ice Cream w/ Caregivers	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Sing Along w/ Katie 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & Fun Spooky Movie: Hocus Pocus 2	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Musical Ball 11:45 Namaste- Aromatherapy 1:30 Ruthless Rhymes 2:00 Snack & Hydration 3:00 Craft w/ Rosanda 4:00 Elephants 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack, Hydration & Laughter 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Beran Bag Knock Out 3:00 Singer Guz Meza 4:00 6:00 Coloring in the Activity Room	9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Cookies 4:00 Puzzles in the Activity Room 4:30 Sierra Del Sol 3 rd Annual Fall Festival 6:00 Thursday Movie: Disenchanted	9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Book Club 11:45 Namaste- Aromatherapy 1:30 Parachute Fun & Exercise 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Social 4:00 Crossword Puzzles 6:00 Classic Movie: Herbie Goes Bananas	9:30 Morning Stretch 10:00 Snack & Hydration 10:30 Travel Destination: California Dreamin 11:00 Namaste- Aromatherapy Hand Massage 2:00 Trick or Treat Girl Scouts Spooktacular 3:00 Boo-tiful crafts with Our Girl Scouts 4:00 Underdogs: The Unusual Suspects
9:00 Virtual Sunday Non-Denominational Church Service 10:00 Snack & Hydration 11:45 Namaste- Aromatherapy 1:00 Sunday Football 2:00 Church Service w/ Faith Community Church 3:00 Ice Cream w/ Caregivers	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Dancing Through Halloween 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from Steel Feathers 3:00 Popping Popcorn & A Fun Spooky Movie: Hubie Halloween	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Musical Ball 11:45 Namaste- Aromatherapy 1:30 Reminisce: Trick or Treat! 2:00 Hydration 3:00 October Birthday Party 4:00 Tiger 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack, Hydration & Laughter 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from Steel Feathers 1:15 Flower Arranging 2:00 Horseshoes 3:00 Adkins and Anderson 4:00 6:00 Coloring in the Activity Room	9:00 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Cookies 4:00 Puzzles in the Activity Room 6:00 Thursday Movie: Bedknobs and Broomsticks	9:30 Easy Cardio w/ Katie 10:00 Snack & Hydration 10:30 Daily Book Club Chronicles 11:00 11:45 Namaste- Aromatherapy 1:30 Parachute Fun & Exercise 2:30 Resistance Training w/ Myrlene From Steel Feathers 3:00 Halloween Social Bash w/ Katie & Rosanda 4:00 Crossword Puzzles 6:00 Halloween Movie: Hocus Pocus	

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710