		Monday Details Sorth Shore Me		9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Table Activities 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Movie Night	9:30 Monthly Gazette 10:00 Cardio Drumming with Paz 1:30 October Word Search 2:00 Guitar and Slide Show with Timothy Patrick 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Nature Documentary	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:45 Louis Faro Plays Piano 3:00 Visits w/ Barnabas the Poodle 3:30 Mindful Meditation / Chris 4:00 Quality Face to Face 6:00 Puzzle Club	9:30 Dailey Chronicle 10:30 Noodle Ball 1:30 Read with Tim Biggs 2:30 Trick or Treasure 3:30 Afternoon Fitness 4:00 Quality Face to Face 6:00 Movie W/ Snacks	4
	9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Candy Bingo 2:30 EZ Does It October Trivia and Snacks 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Fall Craft with Sierra 2:30 Cookie Cider Social 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Soundscapes	9:30 Morning Gather &Coffee 10:00 Morning Movement with Paz 1:30 Tuesday Matinee in the Dorian Theater (3 rd FL) 2:30 Table Activities 3:30 Cardio Stretch with Chris 4:00 Puzzle Club 6:00 Fall Coloring Relaxation	9:30 Bible Study with Tim	9:30 Coffee & Conversation 10:00 Cardio Drumming With Paz 1:30 Kim's Story Corner 2:30 Thirsty Thursday 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Puzzle Club	9:30 Daily Chronicle 10:00 Entertainment with Timeless Treasures 1:30 Afternoon Fall Walk 2:30 Candy Penny Pitching 3:00 Visits w/ Barnabas the Poodle 3:30 Mindful Meditation / Chris 4:00 Quality Face to Face 6:00 Soundscapes/ Snacks	10:30 Morning Workout 12:30 Ducks vs Indianna 1:30 Scenic Fall Drive 2:30 Fall Coloring 3:00 Scavenger Hunt! (Spooky Edition) 4:00 Quality Face to Face	1
	9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Fall Craft 2:30 Puzzle Club 3:30 Noodle Ball 4:00 Complex Coloring 6:00 Sunday Night Movie	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Candy Penny Pitching 2:30 Cranium Crunches 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 October Color Blend Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:30 Morning Gather &Coffee 10:00 Morning Movement with Paz 1:30 Waterford Walk 2:00 Entertainment with Gus 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Complex Coloring with Refreshments Simchat Torah Begins	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Harvest Coloring 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Table Activities	9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 1:30 Kim's Story Corner 2:30 Thirsty Thursday 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Soundscapes/ Snacks	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Julie Performs 2:30 Cider Cookie Social 3:00 Visits w/ Barnabas the Poodle 3:30 Mindful Meditation/ Chris 4:00 Quality Face to Face 6:00 Table Games/ Snacks	9:30 Dailey Chronicle 10:30 Noodle Ball 1:30 Pink Painting for Breast Cancer Awareness 2:30 Table Games & Snacks 3:30 Exercise Follow Along 4:00 Quality Face to Face 6:00 Movie Night!	8
	9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Candy Bingo 2:30 October Fun Facts 3:30 Noodle Ball 4:00 Quality Face to Face 6:00 Sunday Night Movie	9:30 Daily Chronicle	9:30 Morning Gather &Coffee 10:00 Morning Movement with Paz 1:30 Tuesday Matinee in the Dorian Theater (3 rd FL) 2:30 What Am I? Trivia 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Relaxation/ Hydration	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 October Travelogue Trivia 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 October Puzzle Maze	9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 1:30 Kim's Story Corner 2:30 Cider Press 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Reminiscent Corner and Snacks	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Mini Golf (Indoor Putting) & Caramel Apples 2:30 Candy Bingo 3:00 Visits w/ Barnabas the Poodle 3:30 Mindful Meditation/ Chris 4:00 Quality Face to Face 6:00 Relaxation Hydration	9:30 Dailey Chronicle 10:30 Morning Exercise 1:30 Fall Watercolor Painting 2:30 Themed Coloring 3:30 Noodle Ball 4:00 Reset & Hydration 6:00 Movie Night	5
4	9:30 Coffee & Conversation 10:30 Senior Fitness Video 1:30 Fall Craft 2:30 EZ Does It October Trivia and Snacks 3:30 Noodle Ball 4:00 Complex Coloring 6:00 Sunday Night Movie	9:30 Daily Chronicle 10:30 Ever Fit with Chris 2:00 Tim Sings 3:00 Complex Coloring 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Soundscapes/ Hydration	9:30 Morning Gather &Coffee 10:00 Morning Movement with Paz 1:30 Tuesday Matinee in the Dorian Theater (3 rd FL) 2:30 Table Activities 3:30 Cardio Stretch with Chris 4:00 Puzzle Club 6:00 Table Games	9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Scenic Drive 2:30 Painting 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 What AM I? Trivia	9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 1:30 Kim's Story Corner 2:30 Thirsty Thursday 3:30 Cardio Stretch with Chris 4:00 Quality Face to Face 6:00 Word Search Together	9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Halloween Trivia 2:00 Halloween Party 3:00 Barnabas in Costume 3:30 Mindful Meditation/ Chris 4:00 Quality Face to Face 6:00 Relaxation / Hydration	HAPPY BIRTHDAY Barbara F. 10/15 Chalie C 10/13 Best C. 10/30	
		Wate	erford Grand (541) 636-33	329 PLEASE NOTE: All ac	ctivities are subj <mark>ect to ch</mark>	Halloween Ange	Ben C. 10/30	