

Cascades of the Sierra The Difference Between Living and Living Well The Lodge October 2026 Resident Birthdays 10/21 Carolyn M.								9:00 Daily Chronicles 9:15 Staying Strong w/Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 BINGO! 2:00 Have I ever... 3:00 Puzzles 6:00 Family Feud	1	9:00 Parachute Ball 10:00 Daily Chronicles 10:15 Memory Joggers 11:00 Aromatherapy 1:00 Creativity Corner 2:00 Finish the Phrase 2:30 Afternoon Movie 6:00 Caregiver's Choice	2	9:15 Daily Chronicles 9:30 Noodle Ball 10:30 Fall Trivia 11:00 Aromatherapy 1:00 Color me Happy 2:00 Music Appreciation 3:30 Hand Massages 6:00 Evening Movie	3
9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Afternoon Walk 2:00 Music Appreciation 3:00 Hand Massages 6:00 Evening Movie	4	9:00 Daily Chronicles 9:15 Axe Throwing 11:00 Aromatherapy 1:30 Cardio w/Jenn 2:30 BINGO! 3:30 Conversation Starters 6:00 Table Games	5	9:00 Daily Chronicles 9:15 Kickball 10:00 B/P & Weight Clinic 11:00 Aromatherapy 1:00 Stayin Strong w/Alan 2:00 Namaste Nail Care 2:30 Animal Documentary 6:00 Caregiver's Choice	6	9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Sit and Stretch 11:00 Aromatherapy 1:00 BINGO! 2:00 Music Appreciation 3:00 Sunshine Visits 6:00 Table Games	7	9:00 Daily Chronicles 9:15 Staying Strong w/ Alan 10:00 Scenic Drive 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Finish the Phrase 1:30 No Bake Club 2:30 Afternoon TV 6:00 Puzzles	8	9:00 Beanbag Baseball 10:00 Daily Chronicles 10:15 Memory Joggers 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 Elvis Karaoke 2:30 Price is Right 6:00 Evening Movie	9	9:15 Daily Chronicles 9:30 Music Appreciation 11:00 Aromatherapy 1:00 Color me Happy 2:00 Beanbag Toss 3:30 Hand Massages 6:00 Evening Movie	10
9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Trivia Time 2:00 Color Me Calm 3:00 Hand Massages 6:00 Evening Movie	11	9:00 Daily Chronicles 9:15 Balloon Toss 10:30 Finish the Phrase 11:00 Aromatherapy 1:30 Cardio w/ Jenn 2:30 BINGO! 3:30 Hand Massages 6:00 Family Feud Columbus Day (U.S.)	12	9:00 Volleyball 10:15 Live Karaoke 11:00 Aromatherapy 1:00 Hot Cocoa & Conversations 1:30 Stayin Strong w/ Alan 2:00 October Word Search 6:00 Table Games	13	9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Balloon Noodle 11:00 Aromatherapy 1:00 BINGO! 2:00 Jacques & Vince Show 3:00 Afternoon TV 6:00 Evening Movie	14	9:00 Daily Chronicles 9:15 Staying Strong w/Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Reminiscing 1:30 Namaste Nail Care 2:30 Animal Documentary 6:00 Family Feud	15	9:00 Parachute Ball 10:00 October Birthday Party w/ The McCollum Duo 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 Finish the Phrase 2:30 Afternoon Movie 6:00 Caregiver's Choice	16	9:00 Daily Chronicles 9:15 Noodle Ball 10:15 Let's Chat 11:00 Aromatherapy 1:00 Afternoon Walk 2:00 The Encore Band 3:30 Finish the Phrase 6:00 Evening Movie	17
9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:30 Would you rather? 2:00 Music Appreciation 3:00 Hand Massages 6:00 Evening Movie	18	9:00 Daily Chronicles 9:15 Axe Throwing 11:00 Aromatherapy 1:30 Cardio w/Jenn 2:30 BINGO! 3:30 Conversation Starters 6:00 Caregiver's Choice	19	9:00 Kickball 10:15 Daily Chronicles 11:00 Aromatherapy 1:00 Finish the Phrase 1:30 Stayin Strong w/ Alan 2:00 Conversation Starters 6:00 Evening Movie	20	9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Balloon Volleyball 11:00 Aromatherapy 1:00 BINGO! 2:00 Music w/ John Rand 3:00 Sunshine Visits 6:00 Puzzles	21	9:00 Daily Chronicles 9:15 Staying Strong w/ Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Finish the Phrase 1:30 No Bake Club 2:30 Afternoon TV 6:00 Puzzles	22	9:00 Beanbag Baseball 9:30 Movie in the Cinema 10:15 Memory Joggers 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 Namaste Nail Care 2:30 Price is Right 6:00 Animal Documentary	23	9:00 Daily Chronicles 9:15 Axe throwing 10:15 Fill in the Blanks 11:00 Aromatherapy 1:00 Afternoon Walk 2:00 Music w/ Rick E. 3:30 Finish the Phrase 6:00 Evening Movie	24
9:00 Daily Chronicles 9:15 Morning Stretch 10:00 Sunday Services 11:00 Aromatherapy 1:00 Fill in the Blanks 2:00 Color Me Calm 3:00 Hand Massages 6:00 Evening Movie	25	9:00 Daily Chronicles 9:15 Balloon Noodle 10:30 Let's Chat 11:00 Aromatherapy 1:30 Cardio w/ Jenn 2:30 BINGO! 3:30 Hand Massages 6:00 Family Feud	26	9:00 Volleyball 10:15 Memory Joggers 11:00 Aromatherapy 1:00 Trivia Time 1:30 Stayin Strong w/ Alan 2:00 October Word Search 6:00 Table Games	27	9:15 A visit w/ Yuki 9:45 Daily Chronicles 10:00 Balloon Noodle 11:00 Aromatherapy 1:00 BINGO! 2:00 Music w/ John Palmore 3:00 Afternoon TV 6:00 Evening Movie	28	9:00 Daily Chronicles 9:15 Staying Strong w/Alan 10:30 Catholic Communion 11:00 Aromatherapy 1:00 Artistic Expressions 2:30 Price is Right 6:00 Family Feud	29	9:00 Parachute Ball 10:00 Pumpkin Craft 11:00 Aromatherapy 1:30 Chair Yoga w/ Jenn 2:00 Namaste Nail Care 2:30 Afternoon Movie 6:00 Animal Documentary	30	9:00 Daily Chronicles 9:15 Pumpkin Toss 10:30 Halloween Trivia 11:00 Aromatherapy 1:00 Halloween Party 2:00 Afternoon Movie 6:00 Caregiver's Choice	31
Halloween													