

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Sierra Del Sol The Lodge				1 9:00 Ribbon Dancing w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Ring Toss & Horseshoes 3:00 Oktoberfest Celebrations w/ Mini Soft Pretzels & Apple Beer 4:00 Comedy Movie: Old Dogs 6:00 Puzzles in the Activity Room	2 9:00 Zen Stretch w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Sun Sound Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ Maryanne 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Reminisce Fishing & Camping 4:00 Music in the Lodge	3 9:00 Noodle Fitness 10:00 Morning Snack, Hydration & Chronicles 11:00 Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Join Us for Family Bingo! 3:00 Happy Saturday w/ Quesadillas & Salsa 4:00 Favorite Sing Along 6:00 Word Search in the Enclave Simchat Torah Begins
4 9:00 Gentle Stretch & Shine 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Water Coloring Falling Leaves 11:45 Namaste- Aromatherapy 1:30 Grooving to Music w/ J.P 3:00 Autumn Refreshments Social 4:00 I Love Lucy	5 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Rolling Clay Pressed Flowers Ornament 11:45 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:00 Yoga & Meditation w/ Loree 3:00 Oven Baked Cookies & A Fun Spooky Movie: The Haunted Mansion	6 9:00 Feet in Motion Exercise 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 October EZ Trivia 3:00 Folding & Pom Pom Organizing 4:00 Concert: The Official Story of the Bee Gees 6:00 Picture Books & Magazines in the Activity Room	7 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Tea, Cocoa & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Poker 2:30 Toe Tapping w/ Manny Herrera 4:00 Reminiscing, Remember When... 6:00 Color & Relax in the Activity Room	8 9:00 Ribbon Dancing w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Bean Bag Toss & Horseshoes 3:00 Name That Tune! 4:00 Classic Movie: The Beverly Hillbillies 6:00 Puzzles in the Activity Room	9 9:30 Balloon Volleyball Competition w/ DC Highschoolers in AL 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Helping Hands Laundry Folding 11:45 Namaste- Aromatherapy 1:30 Bunco 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Pet Therapy Visit 4:00 Music in the Lodge	10 9:00 Noodle Fitness 10:00 Morning Snack, Hydration & Chronicles 11:00 Roll, Count & Guess 11:45 Namaste- Aromatherapy 1:30 Join Us for Family Bingo! 3:00 Happy Saturday w/ Wine, Cheese & Crackers 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
11 9:00 Gentle Stretch & Shine 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Water Coloring Autumn Tree 11:45 Namaste- Aromatherapy 1:30 The Lodge Book Club: That Quail Robert 2:00 Church Service w/ Faith Community Church 3:00 Autumn Refreshments Social 4:00 I Love Lucy	12 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Craft w/ Loree: Mod Podging Pumpkins 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Yoga w/ Myrlene from AAFC 3:00 Oven Baked Cookies & A Fun Spooky Movie: The Haunted Mansion Columbus Day (U.S.) Thanksgiving Day (Canada)	13 9:00 Feet in Motion Exercise 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 EZ Word Hunt Showdown 3:00 Hardware & Button Sorting 4:00 Concert: Glen Miller Orchestra 6:00 Picture Books & Magazines in the Activity Room	14 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Tea, Cocoa & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Gin Rummy 2:30 Sing Along w/Linda Updike 4:00 Reminiscing, Remember When... 6:00 Color & Relax in the Activity Room	15 9:00 Ribbon Dancing w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Cupcake Painting w/ Char 3:00 Finish the Phrase 4:00 Comedy Movie: Big Business 6:00 Puzzles in the Activity Room	16 9:00 Zen Stretch w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Sun Sound Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Toe Tapping Tunes w/ Banjo Doug 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Reminisce Family Traditions 4:00 Music in the Lodge	17 9:00 Noodle Fitness 10:00 Morning Snack, Hydration & Chronicles 11:00 Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Join Us for Family Bingo! 3:00 Happy Saturday w/ Popcorn & Soda 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
18 9:00 Gentle Stretch & Shine 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Water Coloring Autumn Sunflowers 11:45 Namaste- Aromatherapy 1:30 Musical Sing Along w/ Linda Updike 3:00 Autumn Refreshments Social 4:00 I Love Lucy	19 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Rolling Clay Pumpkins 11:45 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:30 Yoga w/ Myrlene from AAFC 3:00 Oven Baked Cookies & A Fun Spooky Movie: Abbott & Costello Meet Frankenstein	20 9:00 Feet in Motion Exercise 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling: Czech Republic 3:00 Fabric & Pom Pom Organizing 3:00 Dementia Support Group 4:00 Concert: The Beach Boys 6:00 Picture Books & Magazines in the Activity Room	21 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Tea, Cocoa & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Blackjack 2:30 Rise & Sign Revival Performance 4:00 Reminiscing, Remember When... 6:00 Color & Relax in the Activity Room	22 9:00 Visiting Reid Park Zoo 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Bean Bag Toss & Horseshoes 3:00 Can You Guess What's Inside the Pumpkin? 4:00 Classic Movie: Freaky Friday 6:00 Puzzles in the Activity Room	23 9:00 Zen Stretch w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Helping Hands Laundry Folding 11:45 Namaste- Aromatherapy 1:30 Bunco 2:30 New Entertainment by Boyd Street Classics 3:30 Pet Therapy Visit 4:00 Music in the Lodge	24 9:00 Noodle Fitness 10:00 Morning Snack, Hydration & Chronicles 11:00 Roll, Count & Guess 11:45 Namaste- Aromatherapy 1:30 Family Halloween Crafts 3:00 Happy Saturday w/ Apple Cider & Carmel Apples 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
25 9:00 Gentle Stretch & Shine 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Water Coloring Pumpkins 11:45 Namaste- Aromatherapy 1:30 The Lodge Book Club: That Quail Robert 2:00 Church Service w/ Faith Community Church 3:00 Autumn Refreshments Social 4:00 I Love Lucy	26 Voting Begins for your Favorite Decorated Pumpkin! 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Craft w/ Loree: Texture Painting 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Yoga w/ Myrlene from AAFC 3:00 Oven Baked Cookies & A Fun Spooky Movie: Hocus Pocus	27 9:00 Feet in Motion Exercise 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Scrapbooking 3:00 Folding & Color Sorting 4:00 Concert: Barbra The Music, The Memories, The Magic 6:00 Picture Books & Magazines in the Activity Room	28 9:00 Music, Morning Stretch & Daily Chronicles 10:00 Tea, Cocoa & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Crazy 8's 2:30 Singing Tunes w/ Littlest Big Band 4:00 Reminiscing, Remember When... 6:00 Color & Relax in the Activity Room	29 Annual Fall Festival 9:00 Ribbon Dancing w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 October Birthday Party 3:00 Ring Toss & Horseshoes 4:00 4 th Annual Fall Festival 4:00 Classic Movie: Bedknobs & Broomsticks	30 9:00 Zen Stretch w/ Loree 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Sun Sound Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Toe Tapping Tunes w/ Banjo Doug 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Reminisce Trick or Treating 4:00 Music in the Lodge	31 Happy Halloween! 9:00 Noodle Fitness 10:00 Morning Snack, Hydration & Chronicles 11:00 Noodle Ball 11:45 Namaste- Aromatherapy 2:00 Spooky Halloween Stories Read by SunSound Reader Lee 3:00 Join Us for Some Spooky Drinks & Treats 4:00 Favorite Sing Along 6:00 Word Search in the Enclave

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