

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:30 Daily Chronicle ¹ 10:00 Sit and Stretch with Paz 10:30 Kickboxing with Chris 1:30 Book Nook with Kim 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Balloon Ball	9:30 Daily Chronicle ² 10:30 Yoga with Chris 1:30 Louis Faro Performs 3:00 Meditation with Chris 3:30 Namaste: Sensory Grounding 6:00 Balloon Ball	9:30 Coffee and Conversation ³ 10:00 Morning Meditation and Yoga 11:00 Concentration Puzzles 1:30 Guitar with Tim 4:00 Sensory Stories 6:00 Rhythm, Music, Dance! Simchat Torah Begins
9:30 Coffee and Conversation ⁴ 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Cranium Crunches 6:00 Sunday Night Movie With Popcorn	9:30 Monday Morning Mochas ⁵ 10:00 Cardio Drum with Paz 2:00 Strength Training with Chris 3:00 Bobbing for Apples 4:00 Evening Gather 6:00 Cornhole	9:30 Daily Chronicle ⁶ 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Tuesday Matinee in The Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	9:30 Bible Study ⁷ 10:30 Yoga with Chris 11:30 Lunch at the River's Edge Restaurant 1:30 Scenic Drive 2:00 Arts and Crafts 3:00 Strength Class With Chris 6:00 Ring Toss	9:30 Daily Chronicle ⁸ 10:00 Sit and Stretch with Paz 10:30 Kickboxing with Chris 1:30 Book Nook with Kim 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Balloon Ball	9:30 Daily Chronicle ⁹ 10:00 Entertainment with "The Timeless Treasures" 1:30 Bingo 3:00 Meditation with Chris 3:30 Namaste: Sensory Grounding 6:00 Balloon Ball	9:30 Coffee and Conversation ¹⁰ 10:00 Morning Meditation and Yoga 11:00 Dexterity Games 1:30 Scenic Drive 4:00 Evening Gather 6:00 Rhythm, Music, Dance!
9:30 Coffee and Conversation ¹¹ 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Dexterity Games 6:00 Sunday Night Movie With Popcorn	9:30 Monday Morning Mochas ¹² 10:00 Cardio Drum with Paz 2:00 Strength Training with Chris 10:30 Indigenous People's Day Trivia 2:00 Chair Chi with Chris 3:00 FETCH Pet Therapy 6:00 Cornhole Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9:30 Daily Chronicle ¹³ 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Gus Russel Plays Piano 3:45 Kickboxing with Chris 6:00 Bowling	9:30 Bible Study ¹⁴ 10:30 Yoga with Chris 1:30 Scenic Drive 2:00 Painting Class 3:00 Strength Class With Chris 6:00 Ring Toss	9:30 Daily Chronicle ¹⁵ 10:00 Sit and Stretch with Paz 10:30 Kickboxing with Chris 1:30 Book Nook with Kim 2:00 Sara Scofield Performs 3:00 Everfit with Chris 6:00 Balloon Ball	9:30 Daily Chronicle ¹⁶ 10:30 Yoga with Chris 1:30 Noodle Ball 2:30 Armchair Travelogue 3:00 Mindful Meditation 3:30 Namaste: Sensory Grounding 6:00 Balloon Ball	9:30 Coffee and Conversation ¹⁷ 10:00 Morning Meditation and Yoga 11:00 Wacky Wordies 1:30 Guitar with Tim 4:00 Sensory Stories 6:00 Rhythm, Music, Dance!
9:30 Coffee and Conversation ¹⁸ 10:00 Morning Meditation and Yoga 1:30 Family Bingo! 4:00 Name that Tune 6:00 Sunday Night Movie With Popcorn	9:30 Monday Morning Mochas ¹⁹ 10:00 Cardio Drum with Paz 2:00 Timothy Patrick Performs 4:00 Evening Gather 6:00 Cornhole	9:30 Daily Chronicle ²⁰ 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Reader's Theater 3:45 Kickboxing with Chris 6:00 Bowling	9:30 Bible Study ²¹ 10:30 Yoga with Chris 1:30 Scenic Drive 11:30 Lunch at the River's Edge Restaurant 2:00 Make Scrap Fabric Wreaths 3:00 Strength Class With Chris 6:00 Ring Toss	9:30 Daily Chronicle ²² 10:00 Sit and Stretch with Paz 10:30 Kickboxing with Chris 1:30 Book Nook with Kim 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Balloon Ball	9:30 Daily Chronicle ²³ 10:30 Yoga with Chris 1:30 Bingo 3:00 Meditation with Chris 3:30 Namaste: Sensory Grounding 6:00 Balloon Ball	9:30 Coffee and Conversation ²⁴ 10:00 Morning Meditation and Yoga 11:00 Concentration Puzzles 1:30 Scenic Drive 4:00 Evening Gather 6:00 Rhythm, Music, Dance!
9:30 Coffee and Conversation ²⁵ 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Oldies Trivia 6:00 Sunday Night Movie With Popcorn	9:30 Monday Morning Mochas ²⁶ 10:00 Cardio Drum with Paz 2:00 Tim and Family Sings! 4:00 Evening Gather 6:00 Cornhole	9:30 Daily Chronicle ²⁷ 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 2:00 Tuesday Matinee in The Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	9:30 Bible Study ²⁸ 10:30 Yoga with Chris 1:30 Scenic Drive 2:00 Apple Cider Social 3:00 Strength Class With Chris 6:00 Ring Toss	9:30 Daily Chronicle ²⁹ 10:00 Sit and Stretch 10:30 Kickboxing with Chris 1:30 Book Nook with Kim 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Balloon Ball	9:30 Daily Chronicle ³⁰ 10:30 Yoga with Chris 1:30 Hit the Target Win A Prize! 3:00 Meditation with Chris 3:30 Namaste: Sensory Grounding 6:00 Balloon Ball	9:30 Coffee and Conversation ³¹ 10:00 Morning Meditation and Yoga 11:00 Halloween Colored Pencil Blending 1:30 Guitar with Tim 4:00 Sensory Stories 6:00 Rhythm, Music, Dance! Halloween

Please Note: Thurs-Sun. Only 1 Life Enrichment Associate on duty- Activities will rotate between Shores. All activities are subject to change.