



# OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Celebrations: Columbus Day - Oct.11<sup>th</sup></b>  <b>Halloween - Oct.31<sup>st</sup></b>  <b>Birthdays: Cheryl - Oct.16<sup>th</sup></b></p>						
<p>9:30 Aerobics Moves 10:30 Giant Jenga 1:00 Hymns Singing 2:30 Walk Around With Me 3:30 Travel Film</p>	<p>9:30 Yoga Dance 10:30 Word Search 1:00 Talent TV Show 2:30 Garden Walk 3:30 Sock Match</p>	<p>9:30 Wiggle Moves 10:30 Bingo 1:00 Poetry Reading 2:30 Explore the Sky 3:30 Fall Gardening</p>	<p>9:30 Morning Stretches 10:30 <b>Arden's Fun Social</b> 1:00 Talent TV Show 2:30 Peaceful Walk 3:30 Word Scramble</p>	<p>9:30 Chairs In Motion 10:30 3-D Art 1:00 Poetry Reading 2:30 <b>Travel with Arden</b></p>	<p>9:30 Wiggle Moves 10:30 Loteria 1:00 Manicures 2:30 Name That Song 3:30 Nature Film</p>	<p>9:30 Sunrise Stretch 10:30 Volley Balloon 1:00 Poetry Reading 2:30 Travel Film 3:30 Stroll With Music</p>
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<p>9:30 Yoga Flexes 10:30 Word Puzzles 1:00 Spiritual Songs 2:30 Parachute Ball 3:30 Wild Animals Film</p>	<p>9:30 Chairs In Motion 10:30 <b>Columbus Trivia</b> 1:00 Card Games 2:30 Outdoors Stroll 3:30 Spin and Win</p>	<p>9:30 Yoga Dance 10:30 Water Colors 1:00 Garden Walk 2:00 <b>Live Concert: Rod Robles</b></p>	<p>9:30 Aerobics Moves 10:30 <b>Travel With Arden</b> 1:00 Talent TV Show 2:30 Walk Around with Me 3:30 Spin and Win</p>	<p>9:30 Wake Up Moves 10:30 Cross Word Search 1:00 Bean Bag Toss 2:30 <b>Arden's Fun Social</b></p>	<p>9:30 Fun Stretches 10:30 Creative Writing 1:30 Sing Along 2:00 <b>Celebrate Cheryl Happy Birthday</b></p>	<p>9:30 Chairs In Motion 10:30 Bingo 1:00 Travel Film 2:00 <b>Happy B-day Cheryl</b> 3:30 Outdoors Stroll</p>
<p>9:30 Noodle Twists 10:30 Loteria 1:00 Hymn Singing 2:30 Puzzle Tables 3:30 Movie Matinee</p>	<p>9:30 Wiggle Moves 10:30 Manicures 1:00 Spiritual Poetry 2:30 Explore the Sky 3:30 Puzzle Tables</p>	<p>9:30 Wake up Moves 10:30 Loteria 1:00 Reading Club 2:30 Musical Stroll 3:30 Manicure</p>	<p>9:30 Chairs In Motion 10:30 <b>Arden's Fun Social</b> 1:00 Word Scramble 2:30 Exploring Around 3:30 Card Match Games</p>	<p>9:30 Morning Stretches 10:30 Drawing Class 1:00 Spiritual Poetry 2:30 <b>Travel with Arden</b></p>	<p>9:30 Yoga Dance 10:00 Mandala Colors 1:00 Volley Balloon 2:30 Sing Along 3:30 Movie TBA</p>	<p>9:30 Sunrise Stretch 10:30 Water Colors 1:00 Jokes and Riddles 2:30 Funny Fam Videos 3:30 Garden Walk</p>
<p>9:30 Wiggle moves 10:30 Expressive Drawing 1:00 Spiritual Songs 2:30 Card Match Games 3:30 Funny Fam Videos</p>	<p>9:30 Yoga Flexes 10:30 Bingo 1:00 Spooky Trivia 2:30 Garden Walk 3:30 Spin and Win</p>	<p>9:30 Moring Stretches 10:30 Bowling 1:00 Word Search 2:30 Explore the Sky 3:30 Puzzle Tables</p>	<p>9:30 Chairs in Motion 10:30 <b>Travel With Arden</b> 1:00 Sock Match 2:30 Stroll With Music 3:30 Feel and Shape Clay</p>	<p>9:30 Flex Your Bones 10:30 Bingo 1:00 <b>Art with Tonya</b> 2:30 <b>Arden's Fun Social</b></p>	<p>9:30 Skeleton wiggles 10:30 Monster Moves 1:00 Halloween Jokes 2:30 <b>Halloween Dress Up Party</b></p>	<p>9:30 Zombie Dance 10:30 Card Match Game 1:00 <b>Piano with Maria</b> 2:30 Wild Animal Film 3:30 Explore the Outdoors</p>
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Villa Alamar

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Schedule is subject to change. Snacks are served daily at 10 a.m. and 2 p.m.

