

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		National Taco Day 1 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 AR Spa Day 2:00 Hydration and Snacks 2:00 NP Sip and Paint by Numbers Grand Teton 3:00 AR Trivia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	2 10:00 Hydration and Snacks 10:30 O Lunch Outing 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Tabletop Activities (Resident Choice) 2:00 Hydration and Snacks 2:00 LB Ladies Meet in the Library (Coffee and Conversation) 3:00 AR Puzzles 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	3 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 DR Fall Flower Arrangement with JoEllen 2:00 Hydration and Snacks 2:00 BR Thirsty Thursdays Soul Train Line (Special Guest) 3:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	4 10:00 Hydration and Snacks 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Spintopia 2:00 Hydration and Snacks 2:00 NP Ice Cream Floats 2:00 BR Music Therapy with Heritage Hospice 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	5 10:00 Hydration and Snacks 11:00 AR Puzzles with Friends (MOD-Led Activity) 2:00 Hydration and Snacks 2:00 AR Word Search 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)
6 10:00 Hydration and Snacks 10:30 AR Morning Service 2:00 Hydration and Snacks 2:00 DR Ice Cream Social (MOD-Led Activity) 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	7 10:00 Hydration and Snacks 10:30 AR Morning Workout (Balloon Toss to the Oldies) 11:00 SR Bible Study 2:00 Hydration and Snacks 2:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	8 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 AR Spa Day 2:00 Hydration and Snacks 3:00 AR Trivia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	9 10:00 Hydration and Snacks 10:30 O Lunch Outing 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Tabletop Activities (Resident Choice) 2:00 NP Baking Blueberry Muffins (with the Chef) 2:00 Hydration and Snacks 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	10 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 AR Leaf Collage 2:00 Hydration and Snacks 2:00 BR Thirsty Thursdays Soul Train Line (Special Guest) 3:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	11 10:00 Hydration and Snacks 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Spintopia 2:00 Hydration and Snacks 2:00 NP Sensory Tube Art (with Cassie) 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	12 10:00 Hydration and Snacks 11:00 AR Puzzles with Friends (MOD-Led Activity) 2:00 Hydration and Snacks 2:00 AR Word Search 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)
13 10:00 Hydration and Snacks 10:30 AR Morning Service 2:00 Hydration and Snacks 2:00 DR Ice Cream Social (MOD-Led Activity) 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	14 Columbus Day 10:00 Hydration and Snacks 10:30 AR Morning Workout (Balloon Toss to the Oldies) 11:00 SR Bible Study 1:00 NP Trinity Hospice Activity (Pennant Flag) 2:00 Hydration and Snacks 2:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	15 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 AR Spa Day 2:00 NP Foil Nature Art 2:00 Hydration and Snacks 3:00 AR Trivia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	16 National Boss's Day 10:00 Hydration and Snacks 10:30 O Lunch Outing 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Tabletop Activities (Resident Choice) 2:00 Hydration and Snacks 2:00 AR Pumpkin Painting 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	17 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 NP Campfire Nachos 2:00 Hydration and Snacks 2:00 BR Thirsty Thursdays Soul Train Line (Special Guest) 3:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	18 10:00 Hydration and Snacks 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Spintopia 2:00 NP Handprint Eagle Craft 2:00 Hydration and Snacks 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	19 10:00 Hydration and Snacks 11:00 AR Puzzles with Friends (MOD-Led Activity) 2:00 Hydration and Snacks 2:00 AR Word Search 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)
20 10:00 Hydration and Snacks 10:30 AR Morning Service 2:00 Hydration and Snacks 2:00 DR Ice Cream Social (MOD-Led Activity) 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	21 10:00 Hydration and Snacks 10:30 AR Morning Workout (Balloon Toss to the Oldies) 11:00 SR Bible Study 2:00 Hydration and Snacks 2:00 AR Spintopia 2:00 O Trip to Whole Foods 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	22 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 AR Spa Day 2:00 Hydration and Snacks 2:00 OA Men's Bird Watching Group (with Tonzi) 3:00 AR Trivia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	23 10:00 Hydration and Snacks 10:30 O Lunch Outing 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Tabletop Activities (Resident Choice) 2:00 Hydration and Snacks 2:00 NP Making Cowboy Cookies 3:00 NP Button Art 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	24 Family Night (Thriller Night) 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 2:00 Hydration and Snacks 2:00 BR Thirsty Thursdays Soul Train Line (Special Guest) 3:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	25 10:00 Hydration and Snacks 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Spintopia 2:00 Hydration and Snacks 2:00 NP Zoo Trail Mix 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	26 Make a Difference Day 10:00 Hydration and Snacks 11:00 AR Puzzles with Friends (MOD-Led Activity) 2:00 Hydration and Snacks 2:00 AR Word Search 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)
27 10:00 Hydration and Snacks 10:30 AR Morning Service 2:00 Hydration and Snacks 2:00 DR Ice Cream Social (MOD-Led Activity) 3:00 AR Family Feud 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	28 Pumpkin Carving Deadline 10:00 Hydration and Snacks 10:30 AR Morning Workout (Balloon Toss to the Oldies) 11:00 SR Bible Study 2:00 Hydration and Snacks 2:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	29 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 NP Documentary: Inside the Grand Teton 11:00 AR Spa Day 2:00 Hydration and Snacks 2:00 NP Wildflower Bookmark Art 3:00 AR Trivia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	30 10:00 Hydration and Snacks 10:30 O Lunch Outing 10:30 AR Morning Workout (Yoga) Stretching 11:00 AR Tabletop Activities (Resident Choice) 2:00 Hydration and Snacks 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	31 10:00 Hydration and Snacks 10:30 AR Morning Workout (Chair Pilates) 11:00 AR Pumpkin Painting 2:00 Hydration and Snacks 2:00 BR Thirsty Thursdays Soul Train Line (Special Guest) 3:00 AR Spintopia 4:00 OA Outdoor Walk 5:30 SR Movie Night (with Popcorn)	MAKE A Difference DAY 	