

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Light & Lively Stretches 1 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	**LABOR DAY** 2 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage Labor Day	3 10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Day Creations 11:30 Poetry Time 4:00 Chair Basketball Fun	4 9:30 Exercise 10:30 Gentle Tai Chi 1:00 Cookie Decorating & Group Singing 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	5 9:30 Exercise 10:00 Nail Art Makeovers 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	6 <u>Favorite Character Friday Popcorn & a Disney Movie</u> 9:30 Movin' n Groovin' 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Chalk Art In Our Garden	7 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
8 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time Grandparents' Day	9 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage	10 10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 4:00 Chair Basketball Fun	11 9:30 Exercise 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie	12 9:30 Exercise 10:00 Mystery Tour Bus Outing 11:30 Summer Crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie	13 <u>Wear Sunny Yellow Friday/National Walk in Garden</u> 9:30 Movin' n Groovin' 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Gardening	14 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
15 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Piano Solo with Judy 2:30 Marble Art 3:00 In the News 6:00 Movie Time	16 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage	17 10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Creations 11:30 Poetry Time 4:00 Chair Basketball Fun	18 9:30 Exercise 10:30 Gentle Tai Chi 1:00 Cookie Decorating & Group Singing 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	19 9:30 Exercise 10:00 Nail Art Makeovers 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	20 <u>Walk in Garden, Fall is Approaching . Wear Orange or Green like The Leaves!</u> 9:30 Movin' n Groovin' 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time	21 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations Oktoberfest Begins
22 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time	23 HELLO AUTUMN! 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage Autumn Begins	24 10:00 Arcadia Daily Chronicle 10:30 Colorful Seasonal Fun 11:30 Poetry Time 3:00 Good Times social 4:00 Chair Basketball Fun	25 9:30 Exercise 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie	26 9:30 Exercise 10:00 Bead Making 11:30 Summer Crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie	27 <u>Favorite Character Friday Popcorn & a CLASSIC Movie</u> 9:30 Movin' n Groovin' 10:00 Catholic Communion 10:30 Let's Sing & Dance 1:30 Fun with Food ~ 3:00 Social Time 4:00 Chalk Art In Our Garden	28 9:30 Bowling 10:00 Arcadia Daily Chronicle 10:30 Accordion with Helen 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
29 9:00 Light & Lively Stretches 10:00 Singing Songs of Spirit 1:30 Mid-Day Stretching 2:30 Marble Art 3:00 In the News 6:00 Movie Time	30 10:00 Arcadia Daily Chronicle 10:30 Gentle Tai Chi 1:30 Piano with Mary 2:30 Comfort Food 3:00 School Days Talk 6:00 Gentle Hand Massage Rosh Hashanah (first Day)					