

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2021 Happy Halloween 						
9:00 Light & Lively Stretches 3 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle 4 10:30 Gentle Tai Chi 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle 5 10:30 Colorful Seasonal Day Creations 11:30 Poetry Time 3:00 Good Time Social 4:00 Chair Basketball Fun	9:30 Exercise 6 10:00 Gratitude Readings 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise 7 10:00 Nail Art Makeovers 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	Favorite Character Friday Popcorn & a Comedy Movie 1 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	9:30 Bowling 2 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
9:00 Light & Lively Stretches 10 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle 11 10:30 Gentle Tai Chi 2:30 Comfort Food 3:00 Summer FUN Crafts 6:00 Gentle Hand Massage Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)	10:00 Arcadia Daily Chronicle 12 10:30 Colorful Seasonal Day Creations 11:30 Poetry Time 3:00 Good Time Social 4:00 Chair Basketball Fun	9:30 Exercise 13 10:30 Gentle Tai Chi 1:00 Gratitude Circle 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise 14 10:00 Springtime Colorings 11:30 Seasonal crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie	Favorite Character Friday Popcorn & a ROMANTIC Movie 8 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	9:30 Bowling 9 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
9:00 Light & Lively Stretches 17 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle 18 10:30 Gentle Tai Chi 2:30 Comfort Food 3:00 Summer FUN Crafts 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle 19 10:30 Colorful Seasonal Day Creations 11:30 Poetry Time 3:00 Good Time Social 4:00 Chair Basketball Fun	9:30 Exercise 20 10:00 Gratitude Readings 10:30 Gentle Chair Exercise 1:00 Social Time 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise 21 10:00 Nail Art Makeovers 11:30 Leaf Wreaths 1:30 Gratitude Readings 3:00 Mosaic Art 4:00 Balloon Volleyball 6:00 Movie	Favorite Character Friday Popcorn & a DISNEY Movie 22 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	9:30 Bowling 23 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
9:00 Light & Lively Stretches 24 10:00 Singing Songs of Spirit 1:30 Gratitude Readings 2:30 Blowing Bubbles 3:00 In the News 6:00 Movie Time	10:00 Arcadia Daily Chronicle 25 10:30 Gentle Tai Chi 2:30 Comfort Food 3:00 Seasonal Crafts 6:00 Gentle Hand Massage	10:00 Arcadia Daily Chronicle 26 10:30 Colorful Seasonal Day Creations 11:30 Poetry Time 3:00 Good Time Social 4:00 Chair Basketball Fun	9:30 Exercise 27 10:30 Gentle Tai Chi 1:00 Gratitude Circle 2:00 Music & Memories 3:00 Parachute Group Fun 4:00 Movie	9:30 Exercise 28 10:00 Springtime Colorings 11:30 Seasonal crafts 1:30 Gratitude Readings 3:00 Decorating Garden Pots 4:00 Balloon Volleyball 6:00 Movie	Favorite Character Friday Popcorn & a Comedy Movie 29 9:30 Movin' n Groovin 10:00 Catholic Communion 10:30 Let's Sing & Dance 12:00 Halloween Lunch Time Party 3:00 Social Time 4:00 Chalk Art In Our Garden	9:30 Bowling 30 10:00 Arcadia Daily Chronicle 11:00 Doughnut Delight 2:30 Saturday Day Live 3:00 Colorful Creations
HAPPY HALLOWEEN! 31 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 Halloween	 Arcadia Gardens Memory Lane <i>I'm so glad I live in a world where there are Octobers.</i> ~ Anne of Green Gables 					

