

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Walking Group 1 10:30 Exercise 11:00 Ladder ball 1:30 Watercolor Painting 2:30 Sarah Plays Violin 5:30 Ring Toss	10:00 Chair Exercise 2 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Carmel Popcorn 5:30 Cornhole <small>Rosh Hashanah Begins</small>	10:00 Walking Group 3 10:30 Chair Cardio 11:00 Bocce Ball 1:30 Apple Taste Testing 2:30 Painting 5:30 Soccer	10:00 Scenic Drive 4 -Eagle Mountain 1:00 Manicures 2:00 Popcorn & Movie 5:30 Shuffleboard	10:30 Exercise 5 11:00 Sport of the Week 1:00 Cindy Sings 3:00 Art Group 5:30 Music and News
6 2:30 LDS Sacrament Meeting	7 10:00 Walking Group 10:30 Jazzercise 11:00 Balloon Volleyball 1:30 Bus Ride 2:30 Bingo 5:30 Keep it Up	8 10:00 Walking Group 10:30 Exercise 11:00 Ladder ball 1:30 Traveling to Borneo 2:30 Heart and Soul 5:30 Ring Toss	9 10:00 Chair Exercise 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Pumpkin Cheesecake Cookies 5:30 Cornhole	10 10:00 Walking Group 10:30 Chair Cardio 11:00 Bocce Ball 1:30 Outdoor Walk 2:00 Music Mike 5:30 Soccer	11 10:00 Scenic Drive -Little Cottonwood 1:00 Manicures 2:00 Popcorn & Movie 5:30 Shuffleboard <small>Yom Kippur Begins</small>	12 10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 Cathy Plays Violin 5:30 Music and News Happy Birthday Heidi
13 2:30 LDS Sacrament Meeting	14 10:00 Walking Group 10:30 Jazzercise 11:00 Balloon Volleyball 1:30 Bus Ride 2:30 Bingo 5:30 Keep it Up <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	15 10:00 Walking Group 10:30 Exercise 11:00 Ladder Ball 1:30 I Love Lucy 3:00 Music Therapy 5:30 Ring Toss	16 10:00 Chair Exercise 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Peach Cobbler 5:30 Cornhole <small>Sukkot Begins</small>	17 10:00 Walking Group 10:30 Chair Cardio 11:00 Bocce Ball 1:30 Cupcake Decorating 2:30 Matthew Sings 5:30 Soccer	18 10:00 Scenic Drive -Tibble Fork 1:00 Manicures 2:00 Popcorn & Movie 5:30 Shuffleboard	19 10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 Merrill Plays Piano 5:30 Music and News
20 2:30 LDS Sacrament Meeting	21 10:00 Walking Group 10:30 Jazzercise 11:00 Balloon Volleyball 1:30 Bus Ride 2:30 Bingo 5:30 Keep it Up Happy Birthday Sheila	22 10:00 Walking Group 10:30 Exercise 11:00 Ladder Ball 1:30 Ghost Craft 2:30 MundyMundy 5:30 Ring Toss	23 10:00 Chair Exercise 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Pumpkin Cookies 5:30 Cornhole	24 10:00 Walking Group 10:30 Chair Cardio 11:00 Bocce Ball 1:30 Alex Plays Piano 2:30 Pumpkin Painting 5:30 Soccer <small>Simchat Torah Begins</small>	25 10:00 Scenic Drive -Bridal Veil Falls 1:00 Manicures 2:00 Popcorn & Movie 5:30 Shuffleboard	26 10:30 Exercise 11:00 Sport of the Week 1:00 Art Group 3:00 The Great Pumpkin Charle Brown 5:30 Music and News
27 2:30 LDS Sacrament Meeting	28 10:00 Walking Group 10:30 Jazzercise 11:00 Balloon Volleyball 1:30 Bus Ride 2:30 Bingo 6:00 Trick-or-treat	29 10:00 Walking Group 10:30 Exercise 11:00 Ladder Ball 1:30 A Boo-tiful Day 2:30 Audio Visual 5:30 Ring Toss	30 10:00 Chair Exercise 10:30 Bowling 1:00 Social Hour 2:00 Cooking Demo -Carmel Apples 5:30 Candy Corn Toss	31 10:00 Walking Group 10:30 Chair Cardio 11:00 Bocce Ball 1:30 Halloween Pudding 2:30 Halloween Party 5:30 Soccer <small>Halloween</small>		