

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
 October 2026 Day Program					8:30 Morning Greet 9:00 Breakfast Club 10:00Morning Stretch/Dance 10:30 Daily Chronicles/Women's Group 11:30 Light Refreshments 12:00 Brain Games/Trivia 12:30 Hearty Lunch 1:30 Music with John 2:30 Music History		1	8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Stretch/ Massages 10:30 Baking/Daily Chronicles 12:00 In/Outdoor Walking Groups 12:30 Hearty Lunch 1:30 Quiet Space/ Reading/Trivia 2:00 Movie of the Week/Sweets		2				
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