

## October 2024

GR Garden Room **★** Coffee Time AR Activity Room TV

Live Entertainment **↔** Vista Fit ∀an

ASSISTED LIVING AND MEMORY CARE					₩ Book Club	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Events Are Subject to Change  BREAST CANCER	Fick of Peat	National Pumpkin Spice Day  10:00 Vista Fitness 1  11:00 Apples to Apples Game  1:00 Bingo  2:00 Bingo  3:00 Rotten Apples Game  4:00 Yoga Class	National Smarties Day  10:00 Vista Fitness 1-1  11:00 You Be The Judge  12:00 Resistance Bands Class  1:15 Town Hall Meeting  2:00 Spanish Class With Argelia  3:00 Resistance Bands Class  With Tania	National Boyfriend Day 10:00 Vista Fitness 1:00 Mexican Train Dominoes 1:00 Bingo 2:00 Bingo 3:00 Weight Lift Class 4:00 Breathing Exercise	National Vodka Day  10:00 Vista Fitness →  11:00 Manicures  1:00 Blackjack With Jose  2:00 21 Card Game  3:00 Happy Hour With Mike  Noonan ♪  4:00 Walk and Stroll	4 National Get Funky Day 10:00 Vista Fitness 11:00 Coffee Social 11:00 Pumpkin Patch 2:00 Dance Class 3:00 Mixed Drinks Social 4:00 Karaoke Time
National Mad Hatter Day 9:15 You Be The Judge 10:00 Church With Thomas ☐ 10:00 Vista Fitness ☐ 11:00 Crafting 1:00 Blackjack 2:00 Manicures 3:00 Hand Massage 4:00 Table Games	6 Chocolate Covered Pretzels Day 9:15 Family feud 10:00 Vista Fitness 1-1 11:00 Book Club 11:00 Blackjack With Jose 2:00 Blackjack With Sea 3:00 Yoga Class 4:00 Table Games	7 Flu Vaccine With VNA 9-12PM 8 10:00 Vista Fitness 10:30 AR Bible Study With Norman Hoffmen 11:00 Apples to Apples Game 1:00 Bingo 2:00 Bingo 3:00 Rotten Apples Game 4:00 Yoga Class	National Bring Your Teddy Bear 9 to Work Day  10:00 Vista Fitness 1:00 Community Service With Kathleen  1:00 Activities Chat With Tania  2:00 Spanish Class With Argelia  3:00 Resistance Bands Class With Tania	National Angel Food Cake Day 10:00 Vista Fitness 1:00 Mexican Train Dominoes 1:00 Bingo 2:00 Bingo 3:00 Weight Lift Class 4:00 Breathing Exercise	National Sausage Day  10:00 Vista Fitness 1:00 Manicures  1:00 Blackjack With Jose  2:00 21 Card Game  3:00 Happy Hour with Sonia Shell 1  4:00 Walk and Stroll	11 National Costume Swap Day 10:00 Vista Fitness → 11:00 Coffee Social → 1:00 Pumpkin Patch 2:00 Dance Class 3:00 Alligator The Crazy Cowboy 3:00 Mixed Drinks Social 4:00 Karaoke Time
National No Bra Day  9:15 You Be The Judge 10:00 Church With Thomas ☐ 10:00 Vista Fitness ☐ 11:00 Crafting 1:00 Blackjack 2:00 Manicures 3:00 Hand Massage 4:00 Table Games	13 Columbus Day 9:15 Family feud 10:00 Vista Fitness 1:00 Book Club 1:00 Blackjack With Jose 2:00 Blackjack With Sea 3:00 Yoga Class 4:00 Table Games	15 10:00 Vista Fitness 1 11:00 Apples to Apples Game 1:00 Bingo 2:00 Bingo 3:00 Rotten Apples Game 4:00 Yoga Class	National Boss's Day 10:00 Vista Fitness 11:00 You Be The Judge 1:00 Monterey County Collect Your Ballots 2:00 Spanish Class With Argelia 3:00 Resistance Bands Class With Tania	National Pasta Day 10:00 Vista Fitness 11:00 Mexican Train Dominoes 1:00 GR Cooking Demo With Jessica 2:00 Bingo 3:00 Weight Lift Class 4:00 Breathing Exercise	National Cupcake Day  10:00 Vista Fitness 1:00 Manicures  1:00 Blackjack With Jose  2:00 21 Card Game  3:00 Happy Hour With Mike  Noonan 1  4:00 Walk and Stroll	18 National Seafood Bisque Day 10:00 Vista Fitness 11:00 Coffee Social 1:00 Pumpkin Patch 2:00 Dance Class 3:00 Mixed Drinks Social 4:00 Karaoke Time
National Chicken and Waffles Day  9:15 You Be The Judge 10:00 Church With Thomas  10:00 Vista Fitness  11:00 Crafting 1:00 Blackjack 2:00 Manicures 3:00 Hand Massage 4:00 Table Games	20 National Pumpkin Cheesecake 2 Day 9:15 Family feud 10:00 Vista Fitness 1 11:00 Book Club 1 1:00 Blackjack With Jose 2:00 Blackjack With Sea 3:00 Yoga Class 4:00 Table Games	National Color Day  10:00 Vista Fitness  11:00 Apples to Apples Game  1:00 Bingo  2:00 Bingo  3:00 Rotten Apples Game  4:00 Yoga Class	Horror Movie Day  10:00 Vista Fitness 11:00 AR Community Service With Kathleen  11:00 GR Menu Chat with Jessica  1:00 Breast Cancer Awareness  2:00 Spanish Class With Argelia  3:00 Resistance Bands Class With Tania	National Bologna Day  10:00 Vista Fitness 1  11:00 Mexican Train Dominoes  1:00 Birthdays Celebration  2:00 Bingo  3:00 Weight Lift Class  4:00 Breathing Exercise	National Greasy Food Day  10:00 Vista Fitness 1:00 Manicures  1:00 Blackjack With Jose  2:00 21 Card Game  3:00 Happy Hour With Peter  Cour 1  4:00 Walk and Stroll	25 National Pumpkin Day 10:00 Vista Fitness 11:00 Coffee Social 11:15 Lunch outing 11:15 Lunch outing 12:00 Pumpkin Patch 2:00 Dance Class 3:00 Mixed Drinks Social 4:00 Karaoke Time