

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Arts & Crafts @BAR <b>03:00pm</b> Board Games @THE <b>06:00pm</b> Movie @THE	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:00am</b> Mobility - Walk with Aegis @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Lucky Dog @BGR <b>02:30pm</b> Master Minds - Brain Fitness @BGR	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:00am</b> Walk with Aegis - Seated Cardio @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Board Games @BGR <b>03:00pm</b> Social Wellness @BGR	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:00am</b> Walk with Aegis - Chair Pilates @BGR <b>10:30am</b> Church w/Pastor Milt @BGR <b>01:30pm</b> Bingo @BGR	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:00am</b> Walk with Aegis - Rowing fitness @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Arts & Crafts @BGR <b>03:00pm</b> Cognitive Enhancement Class @BGR	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:00am</b> Walk with Aegis - Arthritis Tai Chi @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>02:00pm</b> National Noodle Day @BGR <b>02:15pm</b> Happy Hour @BAR	<b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Arts & Crafts @BAR <b>03:00pm</b> Board Games @THE <b>06:00pm</b> Movie @THE
<b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Arts & Crafts @BAR <b>03:00pm</b> Board Games @THE <b>06:00pm</b> Movie @THE	<b>Columbus Day</b> <b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:30am</b> Fall Fighter - Balance @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Indigenous People's Day @ALD <b>02:30pm</b> Master Minds - Brain Fitness @BGR	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:30am</b> Fit Flex - Cardio Kickboxing @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Fingernail Care @BGR <b>03:00pm</b> Social Wellness @BGR	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:30am</b> Church w/Pastor Milt @BGR <b>01:30pm</b> Bingo @BGR <b>03:00pm</b> Ancient Arts - Chair Yoga @BGR	<b>08:45am</b> Mail Call @BGR <b>12:30pm</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Spooky Pops Art Project @ALD <b>03:00pm</b> Fit Flex - Weights & Plates @BGR <b>06:00pm</b> Live Entertainment - Roger Ellis- Hippie show @ALD	<b>08:30am</b> 1:1 Wellness Visit @RO <b>08:45am</b> Mail Call @BGR <b>10:30am</b> Freestyle exercise @BGR <b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>02:00pm</b> Wizard of Oz party @BGR <b>02:15pm</b> Happy Hour @BAR	<b>11:00am</b> Coffee social & Daily Chronicle reading @BGR <b>01:30pm</b> Arts & Crafts @BAR <b>03:00pm</b> Board Games @THE <b>06:00pm</b> Movie @THE
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