



October 2018

Cottages Activities Calendar

lic: 197607149/197607155

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month of October Birthstone: Opal Alternate: Tourmaline (Faithfulness and Confidence) Flowers: Marigold (Alternate: Cosmos) Colors: White and Yellow	1 10:00 Yoga w/Marlyne 11:30 Who Am I? 1:30 Brain Fitness w/Mary 3:00 Indoor/Outdoor Walking 4:00 Sing Along 6:00 Reader's Club	2 Beauty Salon 10:00 Pampered Hands 11:30 Hands Massage 2:00 Yoga and Relaxation 3:30 Oldies But Goodies 6:00 Super Soul Conversations w/Oprah Winfrey	3 10:00 Hand in Hand Walking Bingo! 11:30 Nurturing Soul: Parenting Hour 4:00 Sing Along 6:00 Evening TV Show <i>The Donna Reed Show</i>	4 Beauty Salon 10:00 Arts & Crafts Corner 11:30 Words Game 1:00 Healthy Joints Club w/Yolly 3:30 Ice Cream Social 6:00 TED Talks: <i>The Power of Believe Mindset</i>	5 10:00 Theraband Exercise 11:30 Bingo! 1:30 Memory Enhancement Workshop w/Mary 3:00 Discussion Group 4:15 Shabbat Services 6:00 Evening TV Concert <i>Tchaikovsky Symphony #6</i>	6 9:30 Saddleback Church Services 10:30 Balance Exercise 1:00 Violin Concert w/Yasha 2:30 Bingo! 6:00 Evening TV Show Oprah Winfrey Her Story
7 9:00 Catholic Mass 10:00 Cardio Work Out 11:30 Word Searches 1:00 Piano Concert w/Dallas 4:00 Documentary Show: <i>Cutest Baby Animals</i> 6:00 Evening News	8 <i>Columbus Day</i> 10:00 Yoga w/Marlyne 11:30 Banana Grams 1:30 Brain Fitness w/Mary 2:30 Indoor/Outdoor Walk 4:00 Oldies But Goodies 6:00 Comedy Night Movie <i>The Jackpot</i>	9 Beauty Salon 10:00 Fancy Nails 11:30 Touch Therapy 2:00 Yoga and Relaxation 3:30 Sing Along 6:00 TED Talk: <i>The Art of Being of Yourself</i>	10 10:00 Walking Club 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 2:30 Color Therapy 4:00 Oldies But Goodies 6:00 Evening News	11 Beauty Salon 10:00 Chairiobics 11:30 Music Appreciation with Rose-Marie 1:00 Healthy Joints Club w/Yolly 2:30 You Be the Judge! 6:00 Cards Game	12 10:00 Sit & Be Fit 11:30 Bingo! 1:30 Memory Enhancement Workshop w/Mary 3:00 Article Review 4:15 Shabbat Services 6:00 Documentary: <i>Clint Eastwood interview on Charlie Rose (2003)</i>	13 9:30 Saddleback Church Services 11:30 Cardio Work Out 1:00 Folk Music w/Vlad 2:30 Bingo! 6:00 Evening Show <i>I Love Lucy Show</i>
14 9:00 Catholic Mass 10:00 Balance Exercise 11:30 Word Unscramble 1:00 Vocal Performance w/Yolly 3:30 Bingo! 4:00 AFM 6:00 Board Games	15 10:00 Yoga w/Marlyn 11:30 What Am I? 1:30 Brain Fitness w/Mary 3:00 Oldies But Goodies 6:00 Documentary Movie <i>London</i>	16 Beauty Salon 10:00 Pampered Hands 11:30 Aromatherapy 2:00 Chairiobics 3:30 Sing Along 6:00 Super Soul Conversations with Gary Zukav <i>Finding Your Authentic Power</i>	17 10:00 Nature Walk 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 3:00 Volleyball Game 6:00 Evening TV Show <i>Dr. Phil Show</i>	18 Beauty Salon 10:00 Painting w/Acrylics 11:30 Crosswords & Puzzles 1:00 Healthy Joints Club w/Yolly 2:30 Music Around the World w/Nick & Ayeme 6:00 Movie Night	19 10:00 Chairiobics 11:30 Bingo! 1:30 Memory Enhancement Workshop w/Mary 2:30 Birthday Celebration! 4:15 Shabbat Services 6:00 Evening TV Show <i>Joel Osteen Show</i>	20 9:30 Saddleback Church Services 11:30 Move with Music 1:00 Guitar Concert w/Michael 2:30 Bingo! 6:00 Evening News
21 9:00 Catholic Mass 10:00 Move w/Music 11:30 Banana Grams 1:00 Violin Concert w/Yasha 3:30 Bingo! 6:00 Evening TV Concert <i>"El Divo" Concert</i>	22 10:00 Yoga w/Marlyn 11:30 Banana Grams 1:30 Brain Fitness w/Mary 3:00 Indoor/Outdoor Walk 4:00 Oldies But Goodies 6:00 Movie Night <i>The Trouble with Harry</i>	23 Beauty Salon 10:00 Nail Art 11:30 Hands Massage 2:00 Yoga & Relaxation 3:30 Ball Toss Game 6:00 Sing Along Evening Movie <i>Rock-A-Bye Baby w/Jerry Lewis & Dean Martin</i>	24 10:00 Morning Stroll 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 3:00 Oldies But Goodies 6:00 Evening TV Concert <i>Nysuc" Johan Strauss</i>	25 Beauty Salon 10:00 Arts & Crafts Corner 11:30 Article Review 1:00 Healthy Joints Club w/Yolly 2:30 Cookies Decoration 4:00 Sing along 6:00 Self-Reading Club	26 10:00 Theraband Exercise 11:30 Bingo! 1:30 Memory Enhancement Workshop w/Mary 2:30 Resident/Family Council Meeting 4:15 Shabbat Services 6:00 Evening TV Show <i>Ellen DeGenerous Show</i>	27 9:30 Saddleback Church Services 11:30 Theraband Exercise 1:00 Vocal Performance w/Julie 2:30 Bingo! 6:00 Evening Movie <i>Arrivederci, Baby</i>
28 9:00 Catholic Mass 10:00 Sit and Be Fit 11:30 Crosswords 1:00 Singing Piano w/Larysa 3:30 Bingo! 6:00 Evening TV Concert <i>"Classical Music w/Mozart"</i>	29 10:00 Yoga w/Marlyn 11:30 Words Unscramble 1:30 Brain Fitness w/Mary 2:30 Indoor/Outdoor Walk 4:00 Sing Along 6:00 LA News	30 Beauty Salon 10:00 Fancy Nails 11:30 Hand Reflexology 2:00 Yoga & Meditation 3:30 Sing Along 6:00 Evening TV Show: <i>I Love Lucy</i>	31 <i>Halloween</i> 10:00 Walking Club 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 3:00 HalloCookies Décor 6:00 TV Halloween Parade	October Days to Note... 01 International Day for the Elderly 01 World Habitat Day 02 Name Your Car Day 03 Techies Day 04 National Golf Day 05 World Teacher's Day 05 World Smile Day 06 Mad Hatter Day 06 World Card Making Day 07 Bald and Free Day 07 Oktoberfest Ends 09 Fire Prevention Day 11 It's My Party Day 12 World Egg Day 16 World Food Day 16 Bosses Day 17 Wear Something Gaudy Day 20 National Solidarity Day 21 Babbling Day 31 Carve a Pumpkin Day		SNACKS After every scheduled activity and at 8:00 p.m. for those who wish it This calendar is subject to change.