



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Sing along & Relax to Soft Music 6:30 Thursday Movie Night 1	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 2	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Jen Bradshaw on Guitar 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 3
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 4	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 CHERYL BLACKLEY Performs 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 5	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Pet Therapy with Intermountain Animal Therapy 11:00 Reading Aloud 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 6	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Snack and Hydration from the Kitchen 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night 7	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Sing along & Relax to Soft Music 6:30 Thursday Movie Night 8	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 9	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Music with Kevin Scott 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 10
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 11	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Concert with Pop Orchestra 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 12	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:45 Music Therapy with Inspiration Home Health 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 13	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Snack and Hydration from the Kitchen 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night 14	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Sing along & Relax to Soft Music 6:30 Thursday Movie Night 15	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 16	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Concert with Pop Orchestra 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 17
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 18	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 BD Howes on Guitar 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 19	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Pet Therapy with Intermountain Animal Therapy 10:45 Outing to the Witches Festival 1:30 Baking Corner 2:30 This Day in History 3:00 Concert with Heart & Soul 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 20	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Scattergories *Halloween* 2:00 Music Concert with *Scott Woker* 3:00 Snack and Hydration from the Kitchen 3:15 Super Scenic Drive 6:00 Name that Tune 6:30 Wednesday Movie Night 21	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Sing along & Relax to Soft Music 6:30 Thursday Movie Night 22	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 23	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Piano with Merrillie Smith 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 24
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 25	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Scott Larabee Performs 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 26	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Halloween Trivia 11:00 Reading Aloud 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 27	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Halloween Celebration 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night 28	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Sing along & Relax to Soft Music 6:30 Thursday Movie Night 29	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trick-or-Treating 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 30	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Sing-along with Linda 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 31

HAPPY BIRTHDAY

Suzanne A. - 1st

Peter A. - 5th

Jean B. - 7th

Sandy B. - 7th

Ralph B. - 12th

Gayle T. - 13th

Esther A. - 20th

Doc John R. -

26th

Violet B. - 30th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

LOCATION KEY

Bistro = B
Multi-Purpose Room = MPR
Game Room = GR
Dining Room Piano = DRP
Dining Room = DR
Theatre Room = TR
Exercise Room = ER
Resident Apartment = RA
Lobby = lby
AL Patio = AP
Around the Building = ATB
Outing = O
MS Activity Room = MAR
Piano Room = PR
MS Patio = MSP