

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CL - Cherry Lounge CR - Club Room CEC - Community Education Center HDR - Hickory Dining Room HL - Hickory Lounge SL - Seasons Lounge		8:30 Guided Meditation (591) 1 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Finish The Lyric Music Memory Game (SL) 2:00 International Music Day Live Music Performance with Rich Casella from Guitar Den! (CDR) 3:30 Calm Coloring Group (SL) 4:15 Virtual Armchair Travel: Nashville - Home of Country Music (SL)	8:30 Guided Meditation (591) 2 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Wednesday Word Game: Finish the Common Phrase (SL) 2:00 Watercolor Wonders Painting Group (SL) 3:15 Tea & Talk (SL) 4:00 Meditation and Aromatherapy (SL) 6:30 Evening Coloring Group (SL)	8:30 Guided Meditation (591) 3 10:00 Morning Affirmations & Positive Music (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:30 50's Sing-Along (SL) 2:00 Jenga! (SL) 3:15 Round Reading Story Group (SL)	World Smile Day 4 8:30 Guided Meditation (591) 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Smile for The Camera! Selfie Station (SL) 2:00 The Arbor Family Feud (CDR) 3:30 Comedy Hour: Abbott & Costello Show (SL)	World Card Making Day 5 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Stretch with Bands (SL) 11:00 Chair Dancing Around the World (591) 2:00 World Card Making Day Class (CDR) 3:00 Nail Time (SL) 3:00 Rejuvenate Fitness (591)
	Mad Hatter Day 6 8:30 Guided Meditation (591) 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Mad Hatter Hat Making Group (CL) 11:00 Morning Stretching Group (SL) 1:30 Afternoon Stretch & Sing (SL) 2:00 Alice in Wonderland Tea Party (CDR) 3:15 Cinematic Feature: Alice in Wonderland (CL) 3:30 Balloon Volleyball (SL)	8:30 Guided Meditation (591) 7 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:15 Rosary Group (HL) 2:00 Chris Giakas Acoustic Hour (CDR) 3:30 Monday Manicures & Hand Massages (SL) 6:30 Evening Movie & Snack Trolley (SL)	8:30 Guided Meditation (591) 8 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Tuesday Trivia (SL) 1:30 LTC Resident Council (CDR) 3:30 Afternoon at The Cafe (Seasons Dining Room)	8:30 Guided Meditation (591) 9 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Fall Fashion Review & Chat (SL) 2:00 "No Fall" Festival! (CDR) 3:00 Fresh Cinnamon Cider & Donut Social (CDR) 3:30 Fall Movie Matinee: "Falling Inn Love" (SL) 6:30 Evening Coloring Group (SL)	8:30 Guided Meditation (591) 10 10:00 Morning Affirmations & Positive Music (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Caregivers Support Group (CEC) 2:00 Kitchen Club (SL) 3:15 Round Reading Story Group (SL)	8:30 Guided Meditation (591) 11 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Toss & Talk Ball Game (SL) 2:00 Live Music with The Pettets (CDR) 3:30 Watercolor Wonders: Fall Pumpkins (SL)

October 2024

Seasons Lifestyle Programs

Mady Klett Community Life Manager 908 595 6552



SUN	MON	TUE	WED	THUR	FRI	SAT
8:30 Guided Meditation (591) 13 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Morning Stretching Group (SL) 1:30 Afternoon Stretch & Sing (SL) 3:30 Balloon Volleyball (SL)	8:30 Guided Meditation (591) 14 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:15 Rosary Group (HL) 2:00 Balloon Volleyball (SL) 3:30 Monday Manicures & Hand Massages (SL) 6:30 Evening Movie & Snack Trolley (SL)	8:30 Guided Meditation (591) 15 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 10:30 Protestant Worship Service with Ian Rankine (CR) 2:00 Dan the Piano Man (CDR) 3:15 Trivia and Tunes-Music / Song Trivia (SL)	8:30 Guided Meditation (591) 16 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Poetry Circle (SL) 2:00 Candy Bingo! (SL) 2:00 Giant Bowling!! (CDR) 3:15 Jewelry Making (SL) 6:30 Evening Coloring Group (SL)	National Pasta Day 17 8:30 Guided Meditation (591) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 2:00 Kitchen Club (SL) 3:15 Round Reading Story Group (SL)	8:30 Guided Meditation (591) 18 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Fall Bingo! (SL) 2:00 Balloon Volleyball (SL) 3:30 Afternoon Tea (SL)	8:30 Guided Meditation (591) 19 9:30 Shabbat Morning Services (138) 10:00 Morning Stretch with Bands (SL) 11:00 Chair Dancing Around the World (591) 3:00 Nail Time (SL) 3:00 Rejuvenate Fitness (591)
8:30 Guided Meditation (591) 20 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Morning Stretching Group (SL) 1:30 Afternoon Stretch & Sing (SL) 3:30 Balloon Volleyball (SL)	8:30 Guided Meditation (591) 21 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:15 Rosary Group (HL) 2:00 Fall Matching Game (SL) 3:30 Monday Manicures & Hand Massages (SL) 6:30 Evening Movie & Snack Trolley (SL)	8:30 Guided Meditation (591) 22 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Wooden Frame Painting Group (SL) 2:00 Giant Connect 4 (SL) 3:00 Calming Stretching Group (SL)	8:30 Guided Meditation (591) 23 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Pumpkin Coloring Group (SL) 2:00 DIY Sensory Jar (SL) 3:00 Stretching with Bands (SL) 6:30 Evening Coloring Group (SL)	8:30 Guided Meditation (591) 24 10:00 Morning Affirmations & Positive Music (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 2:00 Kitchen Club (SL) 3:15 Round Reading Story Group (SL)	Frankenstein Friday 25 8:30 Guided Meditation (591) 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 3:00 Shabbat Service with Rabbi Daniel Selsberg (CR)	National Pumpkin Day 26 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Stretch with Bands (SL) 11:00 Chair Dancing Around the World (591) 2:00 Music Performance by Jack Falcone (CDR) 3:00 Nail Time (SL) 3:00 Rejuvenate Fitness (591)
8:30 Guided Meditation (591) 27 10:30 Sunday Mass Heart of Nation (Channel 10) 11:00 Morning Stretching Group (SL) 1:30 Afternoon Stretch & Sing (SL) 2:00 Tableside Trick or Treating with Girl Scout Troop 60028 (CDR) 3:30 Balloon Volleyball (SL)	8:30 Guided Meditation (591) 28 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:15 Rosary Group (HL) 2:00 Televised Concert: "Neil Diamond 1971" (SL) 3:30 Monday Manicures & Hand Massages (SL) 6:30 Evening Movie & Snack Trolley (SL)	National Cat Day 29 8:30 Guided Meditation (591) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 All About Cats Presentation (SL) 2:00 Ukulele Sing Along with Roberta (HDR) 3:15 Whiskers Await, Don't Hesitate Plush Cat Adoption Event (SL)	8:30 Guided Meditation (591) 30 9:30 Sunrise Stretch Yoga Group (SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:00 Armchair Travel and Chat (SL) 2:00 Positivity Posters (SL) 3:00 Halloween Hits Sing-Along (SL) 6:30 Evening Coloring Group (SL)	Halloween 31 8:30 Guided Meditation (591) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Catholic Communion Service hosted by Immaculate Conception Church (CDR) 11:00 Halloween Candy Bingo! (CDR) 2:00 Halloween Costume Parade (CDR) 3:00 Halloween Haunted Happy Hour! (Cherry Living Room)	LOCATION KEY 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CL - Cherry Lounge CR - Club Room CEC - Community Education Center HDR - Hickory Dining Room HL - Hickory Lounge SL - Seasons Lounge	

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