				, ,		
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) 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)	Painting Group (SL) 3:15 Tea & Talk (SL) 4:00 Meditation and Aromatherapy (SL)	8:30 Guided Meditation (591) 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)	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 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Morning Strett with Bands (SL) 11:00 Chair Dancing Around the World (591) 2:00 World Card Making Day Clas (CDR) 3:00 Nail Time (SL) 3:00 Rejuvenate Fitness (591)
Mad Hatter Day 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)	(SL) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Morning Exercise Group (SL) 11:15 Rosary Group	8:30 Guided Meditation (591) 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) 9:30 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	8:30 Guided Meditation (591) 10:00 Morning Affirmations & Positive Music (SL) 10:30 Catholic Communion Service	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 Toss & Talk Ball Game (SL) 2:00 Live Music with The Pettets (CDR) 3:30 Watercolor Wonders: Fall Pumpkins (SL)	8:30 Guided Meditation (591) 9:30 Shabbat Morni Services (138) 10:00 Morning Stret with Bands (SL) 11:00 Chair Dancing Around the Worl (591) 3:00 Nail Time (SL) 3:00 Rejuvenate Fitness (591)

Seasons Lifestyle Programs Mady Klett Community Life Manager 908 595 6552



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

October 2024

Seasons Lifestyle Programs

Mady Klett Community Life Manager 908 595 6552

