

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Evergreen-Garden Tea Room				10:15-Coffee & News 1 11:00-Chair Yoga 11:30-What goes Together 1:30-Bingo 3:00-Music w/ Bruce & Friends 3:30 Word Games 4:00- Seated Zumba	2 10:15-Coffee & News 10:30-Wacky Words 11:00-Chair Exercises 11:30-Brain Aerobics 1:30-Painting 3:00- Exercise 3:30 Kickball Circle 4:00-Alphabet Game	3 10:15-Coffee & News 11:00-Fitness Class 11:30-Word Games 1:30-Bingo 3:00- Afternoon Stretch 3:30 Word Games 4:15- Music & Reminiscing Simchat Torah Begins
10:30-Coffee & News 4 11:00-Word Scramble 11:30-Morning Stretch 3:15- Sunday Trivia 3:45-Fitness Fun 4:15- Dance Therapy	10:15-Coffee & News 5 11:00-Seated Exercise 11:30-Word Game 3:00 Crossword Fun 4:00 Afternoon Exercise	10:15-Coffee & News 6 11:00-Sit & Get Fit 11:30-Balloon Volley 1:30-Bingo 3:00-Basketball Throwing 3:30- Afternoon Exercise 4:00-Greens Choir Group	10:15-Coffee & News 7 10:30-Exercise w/ Beverly 11:00-Word Games 11:30-Table Bowling 1:15-Art Therapy w/ Debi 3:00-Seated Exercises 3:30 Sing-Along 4:15-Reminiscing w/ Music	10:15-Coffee & News 8 11:00-Chair Yoga 11:30-What goes Together 1:30-Arts & Crafts 3:00-Life & Times of Dolly Parton 3:30 Word Games 4:00- Seated Zumba	10:15-Coffee & News 9 10:30-Wacky Words 11:00-Chair Exercises 11:30-Brain Aerobics 1:30-Bingo 3:00- Exercise 3:30 Kickball Circle 4:00-Alphabet Game Happy Birthday Penelope!	10:15-Coffee & News 10 11:00-Fitness Class 11:30-Word Games 3:15- The Scent of Spices 4:15- Music & Reminiscing
10:30-Coffee & News 11 11:00-Word Scramble 11:30-Morning Stretch 3:15- Sunday Trivia 3:45-Fitness Fun 4:15- Dance Therapy	10:15-Coffee & News 12 11:00-Seated Exercise 11:30-Word Game 1:30-Bingo 3:00 Armadillo Program 4:00 Afternoon Exercise Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	10:15-Coffee & News 13 11:00-Sit & Get Fit 11:30-Balloon Volley 1:30-Bingo 3:00-Basketball Throwing 3:30- Afternoon Exercise 4:00-Greens Choir Group Happy Birthday Doris!	10:15-Coffee & News 14 10:30-Exercise w/ Beverly 11:00-Word Games 11:30-Table Bowling 1:15 Art Therapy w/ Debi 3:00-Seated Exercises 3:30 Sing-Along 4:15-Reminiscing w/ Music	10:15-Coffee & News 15 11:00-Chair Yoga 11:30-What goes Together 3:00-Life & Times of Barbara Streisand 3:30 Word Games 4:00- Seated Zumba	10:15-Coffee & News 16 10:30-Wacky Words 11:00-Chair Exercises 11:30-Brain Aerobics 1:30-Aromatherapy Group 3:00- Exercise 3:30 Kickball Circle 4:00-Alphabet Game	10:15-Coffee & News 17 11:00-Fitness Class 11:30-Word Games 1:30-Bingo 3:00- Afternoon Stretch 3:30 Word Games 4:15- Music & Reminiscing Happy Birthday Jacqueline!
10:30-Coffee & News 18 11:00-Word Scramble 11:30-Morning Stretch 3:15- Sunday Trivia 3:45-Fitness Fun 4:15- Dance Therapy Happy Birthday Phyllis Best!	10:15-Coffee & News 19 11:00-Seated Exercise 11:30-Word Game 1:15 Calm Coloring 2:00-Art Presentation w/ Darby 3:00 Crossword Fun 4:00 Afternoon Exercise	10:15-Coffee & News 20 11:00-Sit & Get Fit 11:30-Balloon Volley 1:30-Bingo 3:00-Basketball Throwing 3:30- Afternoon Exercise 4:00-Greens Choir Group	10:15-Coffee & News 21 11:00-Word Games 11:30-Exercise 1:15 Art Therapy w/ Debi 3:00-Seated Exercises 3:30 Sing-Along 4:15-Reminiscing w/ Music	10:15-Coffee & News 22 11:00-Chair Yoga 11:30-What goes Together 1:30-Horticulture Lecture 3:00-Life & Times of Frank Sinatra 3:30 Word Games 4:00- Seated Zumba	10:15-Coffee & News 23 10:30-Wacky Words 11:00-Chair Exercises 11:30-Brain Aerobics 1:30-Bingo 3:00- Exercise 3:30 Kickball Circle 4:00-Alphabet Game	10:15-Coffee & News 24 11:00-Fitness Class 11:30-Word Games 3:15- Painting Craft 4:15- Music & Reminiscing
10:30-Coffee & News 25 11:00-Word Scramble 11:30-Morning Stretch 3:15- Sunday Trivia 3:45-Fitness Fun 4:15- Dance Therapy	10:15-Coffee & News 26 11:00-Seated Exercise 11:30-Word Game 1:30-Bingo 3:00 Crossword Fun 4:00 Afternoon Exercise	10:15-Coffee & News 27 11:00-Sit & Get Fit 11:30-Balloon Volley 1:30-Bingo 3:00-Basketball Throwing 3:30- Afternoon Exercise 4:00-Greens Choir Group	10:15-Coffee & News 28 11:00-Word Games 11:30-Exercise 1:15 Art Therapy w/ Debi 3:00-Seated Exercises 3:30 Sing-Along 4:15-Reminiscing w/ Music	10:15-Coffee & News 29 11:00-Chair Yoga 11:30-What goes Together 1:30-Arts & Crafts 3:00-Life & Times of Tony Bennett 3:30 Word Games 4:00- Seated Zumba	10:15-Coffee & News 30 10:30-Wacky Words 11:00-Chair Exercises 11:30-Brain Aerobics 3:15- Exercise 3:45 Kickball Circle 4:15-Alphabet Game	10:15-Coffee & News 31 11:00-Fitness Class 11:30-SPOOKY Word Games 3:15- Halloween Craft 4:15- Music & Reminiscing Happy Birthday Marilyn! Halloween

All Programs are Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Evergreen-Activity Room						
10:30-Catholic Mass 11:00-Sit & Get Fit 11:30-Daily Chronicle 1:30-Music by Lou Patrick 3:00-Fitness Fun 3:30-Noodle Volley 4:00-Afternoon Singing	10:15-Daily Chronicle 10:30-Wordgames 11:00-Stretch Exercise 1:30-Music w/ Bob Brophy 3:00- Parachute 3:30-Trivia Circle 4:00- Bowling	10:15-Daily Chronicle 10:30-Name That Tune 11:00-Chair Yoga 1:30-Scarf Movement 2:00-Fill in the Blank 3:00-Fitness Circle 3:30-Tuesday Trivia 4:00-Noodle Ball Tennis	10:15-Daily Chronicle 10:30-Kickball Circle 11:00-Sit & Get Fit 1:30-Bean Bag Toss 2:00-Afternoon Exercise 3:00- Sing-Along 3:30- Bowling 4:00- Drum Circle	10:15-Daily Chronicle 10:30-Name that Sound 11:00-Movin to Music 11:30- Balloon Volley 1:30-Kickball 2:00- Dance Therapy 3:00-Parachute 3:30-Sing-Along 4:00-Noodle Volley	10:15-Daily Chronicle 10:30-Pass the Ball 11:00-Noodle Fitness 1:30-Kickball Circle 2:00- Fitness Class 3:00- Basketball Throwing 3:00 Shabbat Service 3:30-Jeopardy Fridays 4:00-Karaoke Time	10:15-Daily Chronicle 10:30-Sittercise 11:00-Trivia Discussion 1:30-Music Circle 2:00-Golden Girls Episode 3:00-Seated Zumba 3:30-Sing-Along 4:00- Bowling Club Simchat Torah Begins
10:30-Catholic Mass 11:00-Sit & Get Fit 11:30-Daily Chronicle 1:30-Music by Warren 3:00-Fitness Fun 3:30-Noodle Volley 4:00-Afternoon Singing	10:15-Daily Chronicle 10:30-Wordgames 11:00-Stretch Exercise 1:30-Music Circle 2:00- Bowling Club 3:00- Parachute 3:30-Trivia Circle 4:00- Bowling Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	10:15-Daily Chronicle 10:30-Name That Tune 11:00-Chair Yoga 1:30-Scarf Movement 2:00-Fill in the Blank 3:00-Fitness Circle 3:30-Tuesday Trivia 4:00-Noodle Ball Tennis	10:15-Daily Chronicle 10:30-Kickball Circle 11:00-Sit & Get Fit 1:30-Bean Bag Toss 2:00-Afternoon Exercise 3:00- Sing-Along 3:30- Bowling 4:00- Drum Circle	10:15-Daily Chronicle 10:30-Name that Sound 11:00-Movin to Music 11:30- Balloon Volley 1:30-Dance Therapy w/ Dominique 3:00-Parachute 3:30-Sing-Along 4:00-Noodle Volley	10:15-Daily Chronicle 10:30-Pass the Ball 11:00-Noodle Fitness 1:30-Kickball Circle 2:00- Fitness Class 3:00- Basketball Throwing 3:00 Shabbat Service 3:30-Jeopardy Fridays 4:00-Karaoke Time	10:15-Daily Chronicle 10:30-Sittercise 11:00-Trivia Discussion 1:30-Music Circle 2:00-Golden Girls Episode 3:00-Seated Zumba 3:30-Sing-Along 4:00- Bowling Club
10:30-Catholic Mass 11:00-Sit & Get Fit 11:30-Daily Chronicle 1:15-Music by Stacy 2:00-Fitness Fun 3:00-Noodle Volley 3:30-Afternoon Singing 4:00	10:15-Daily Chronicle 10:30-Wordgames 11:00-Stretch Exercise 1:30-Music Circle 2:00- Bowling Club 3:00- Parachute 3:30-Trivia Circle 4:00- Bowling	10:15-Daily Chronicle 10:30-Name That Tune 11:00-Chair Yoga 1:30-Scarf Movement 2:00-Fill in the Blank 3:00-Fitness Circle 3:30-Tuesday Trivia 4:00-Noodle Ball Tennis	10:15-Daily Chronicle 10:30-Kickball Circle 11:00-Sit & Get Fit 1:30-Bean Bag Toss 2:00-Afternoon Exercise 3:00- Sing-Along 3:30- Bowling 4:00- Drum Circle	10:15-Daily Chronicle 10:30-Name that Sound 11:00-Movin to Music 11:30- Balloon Volley 1:30-Kickball 2:00- Dance Therapy 3:00-Parachute 3:30-Sing-Along 4:00-Noodle Volley	10:15-Daily Chronicle 10:30-Pass the Ball 11:00-Noodle Fitness 1:30-Kickball Circle 2:00- Fitness Class 3:00- Basketball Throwing 3:00 Shabbat Service 3:30-Jeopardy Fridays 4:00-Karaoke Time	10:15-Daily Chronicle 10:30-Sittercise 11:00-Trivia Discussion 1:30-Music w/ Carolyn 3:00-Seated Zumba 3:30-Sing-Along 4:00- Bowling Club
10:30-Catholic Mass 11:00-Sit & Get Fit 11:30-Daily Chronicle 1:30-Music by Felix 3:00-Fitness Fun 3:30-Noodle Volley 4:00-Afternoon Singing	10:15-Daily Chronicle 10:30-Wordgames 11:00-Stretch Exercise 1:30-Music Circle 2:00- Bowling Club 3:00- Parachute 3:30-Trivia Circle 4:00- Bowling	10:15-Daily Chronicle 10:30-Name That Tune 11:00-Chair Yoga 1:30-Scarf Movement 2:00-Fill in the Blank 3:00-Fitness Circle 3:30-Tuesday Trivia 4:00-Noodle Ball Tennis	10:15-Daily Chronicle 10:30-Kickball Circle 11:00-Sit & Get Fit 1:30-Bean Bag Toss 2:00-Afternoon Exercise 3:00- Sing-Along 3:30- Bowling 4:00- Drum Circle	10:15-Daily Chronicle 10:30-Name that Sound 11:00-Movin to Music 11:30- Balloon Volley 1:30-Kickball 2:00- Dance Therapy 3:00-Parachute 3:30-Sing-Along 4:00-Noodle Volley	10:15-Daily Chronicle 10:30-Pass the Ball 11:00-Noodle Fitness 1:15-Word Games 2:00- Music w/ Doug 3:00- Basketball Throwing 3:00 Shabbat Service 3:30-Jeopardy Fridays 4:00-Karaoke Time	10:15-Daily Chronicle 10:30-Sittercise 11:00-Halloween Discussion/Trivia 1:30-Music w/ Vincent 3:00-Seated Zumba 3:30-Sing-Along 4:00- Bowling Club Halloween

All Programs are Subject to Change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

The Greens at Cannondale

10:30 Televised Catholic Mass 10:30 Word Game 11:00 Fitness Class w/ Rita 1:30 Bingo 2:30 Sundae Social 3:00 Music w/ Lou Patrick 4:00 Happy Hour	4	10:30 Word Game 11:00 Chair Exercises 1:15 Sukkot and Simchat Torah: True or False 2:00 Concentration 3:00 Guitar Music w/ Bob 4:00 Happy Hour	5	10:30 Word Game 11:00 Fitness Class 1:30-3:00 Bridge Club 2:00 Piano Music w/ Sol 3:00 Iced Tea & Trivia 4:00 Happy Hour	6	10:30 Catholic Mass & Rosary 10:30 Word Game 11:00 Chair Yoga-Beverly 1:30 Crossword Challenge 1:30 Mahjong Club 2:30 Presentation w/ Rashmi 4:00 Happy Hour	7	10:30 Word Game 11:00 Fitness Class 1:30 Poker & Gin Club 2:00 Painting Class 3:00 Music w/ Over Easy Band 4:00 Happy Hour 6:30 Current Events	8	10:30 Word Game 11:00 Fitness Class 1:30 Jeopardy Fridays 3:00 Bingo 3:30 Shabbat Service 4:00 Happy Hour	9	10:30 Word Game 11:00 Exercise Class 1:15 Rummikub & Scrabble 2:00 Cider & Discussion Social 3:00 Music w/ Jennifer 4:00 Happy Hour	10
10:30 Televised Catholic Mass 10:30 Word Game 11:00 Fitness Class w/ Rita 1:30 Bingo 2:30 Sundae Social 3:00 Music w/ Warren Bloom 4:00 Happy Hour	11	10:30 Word Game 11:00 Chair Exercises 1:15 History of Columbus Day 1:30 Out for Errands 2:00 Lecture w/ Evan 3:00 Crossword Challenge 4:00 Happy Hour Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	12	10:30 Word Game 11:00 Fitness Class 1:30-3:00 Bridge Club 2:00 Iced Tea & Trivia 2:00-Veterans Social w/ Senior Helpers 3:00 Bingo 4:00 Happy Hour Happy Birthday Sharon Ondocin!	13	10:30 Word Game 11:00 Chair Yoga-Beverly 1:15 Rosary 1:30 Mahjong Club 2:00 Crossword Challenge 3:00 Art Therapy w/ Debi 4:00 Happy Hour	14	10:30 Word Game 11:00 Fitness Class 1:30 Poker & Gin Club 2:00 Jeopardy 3:00 Dance Therapy w/ Dominique 4:00 Happy Hour 6:30 Current Events	15	10:30 Word Game 11:00 Fitness Class 1:15 Concentration 2:00 Music w/ Jon Tench 3:00 Bingo 3:30 Shabbat Service 4:00 Happy Hour	16	10:15 Word Game 11:00 Exercise Class 1:15 Rummikub & Scrabble 2:00 Cider & Discussion Social 3:00 Crossword Challenge 4:00 Happy Hour Happy Birthday Patty Holmes!	17
10:30 Televised Catholic Mass 10:30 Word Game 11:00 Fitness Class w/ Rita 1:15 Walking Club 2:00 Piano Music w/ Stacy 3:00 Sundae Social 3:15 Bingo 4:00 Happy Hour	18	10:30 Word Game 11:00 Chair Exercises 1:30 Crossword Challenge 3:00 Art Presentation w/ Darby 4:00 Happy Hour	19	10:30 Word Game 11:00 Fitness 1:30-3:00 Bridge Club 2:00 Iced Tea & Trivia 3:00 German Jeopardy Trivia 4:00 Happy Hour 4:30 Formal Dinner	20	10:30 Catholic Mass & Rosary 10:30 Word Game 11:00 Exercise Class 1:30 Mahjong Club 2:00 Partners in LTC Presentation 3:00 Music w/ Stella Crispo 4:00 Happy Hour	21	10:30 Word Game 11:00 Fitness Class 1:30 Poker & Gin Club 2:00 Crossword Challenge 3:00 Bingo 4:00 Happy Hour 6:30 Current Events	22	10:30 Word Game 11:00 Fitness Class 1:15 Concentration 2:00 Oktoberfest Celebration 3:00 Accordion Music w/ David G 3:30 Shabbat Service 4:00 Happy Hour	23	10:15 Word Game 11:00 Exercise Class 1:15 Rummikub & Scrabble 2:00 Music w/ Tom Aalfs 3:00 Cider & Discussion Social 4:00 Happy Hour	24
10:30 Televised Catholic Mass 10:30 Word Game 11:00 Fitness Class w/ Rita 1:30 Lecture w/ Art Gottlieb 2:45 Sundae Social 3:00 Bingo 4:00 Happy Hour	25	10:30 Word Game 11:00 Chair Exercises 1:30 Creative Coloring Club 2:00 Food Committee Meeting 2:30 Crossword Challenge 3:30 Music w/ Sedgwick Sisters 4:00 Happy Hour	26	10:30 Word Game 11:00 Fitness 1:30-3:00 Bridge Club 2:00 Iced Tea & Trivia 3:00 Resident Council 4:00 Happy Hour	27	10:30 Word Game 11:00 Exercise Class 1:30 Rosary 1:30 Mahjong Club 2:15 Bingo 3:30 Violin Music w/ Albert 4:00 Happy Hour	28	10:30 Word Game 11:00 Fitness Class 11:30 Out to Lunch 1:30 Poker & Gin Club 2:00 Bingo 3:00 Crossword Challenge 4:00 Happy Hour 6:30 Current Events	29	10:30 Word Game 11:00 Fitness Class 1:15 Pumpkin Voting 1:30 Out to Aldrich Museum 2:00 Interactive Trivia 3:00 Spooky Snow Globe Craft 3:30 Shabbat Service 4:00 Happy Hour	30	10:15 Word Game 11:00 Exercise Class 1:15 Ghoulishly Funny Riddles! 2:00 Concentration-Halloween Edition 3:00 Music w/ Vincent 4:00 Halloween Social/Happy Hour Halloween	31

All Programs are Subject to Change

Calendar Key Out-trips Lectures Religion Entertainment

DAILY MOVIE SHOWINGS IN THE THEATER ROOM@1PM & 6:30PM