

Monday	Tuesday	Wednesday	Thursday	Friday
3 9 & 10 Balance & Mobility – E 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR-Precious Jade 1 Game time 1 Dance Vision 2:30 Tai Chi	4 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1:30 Crafting with Carmen from	5 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 – MemorialCare -Jose Juarez Medicare info 10-12 Medicare assistance with Humana's Ken Samantha (lobby) 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	6 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Therapy Dogs visiting 11 Chair Yoga - \$2 11:30 Lunch-RR 12:30 Mental health support 2 Dance Vision	7 9 & 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch-RR-with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 1:30 Crafting with Carmen & Optum – Fall houses
10 9 & 10 Balance & Mobility – E 9 Legal Assistance-RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch Precious Jade-RR VETERANS DAY CELEBRATION 1 Game time 1 Roneet Social Work 1 Dance Vision 2:30 Tai Chi	11 CLOSED	12 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 10 Parkinson's coffee chat with PEP4U 10-12 Medicare assistance with Humana's Ken Samantha (lobby) 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	13 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11 Therapy Dogs visiting 11:30 Lunch-RR-Silver Singers 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 1 Chair Dance Vision Class-RR 2 Last Laughter Yoga for 2025 2 Dance Vision	14 9 & 10 Balance & Mobility – E 10 TOPS Meeting 10 – MemorialCare Speaker 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 1 Carmen Llort – ask me about Medicare
17 9 HICAP – RR 9 & 10 Balance & Mobility – E 10 PEP4U Tremble Clef Practice 11:30 Lunch-RR-- 1 MemorialCare's Roneet discussion on: Holiday prep & mental wellbeing 1 Dance Vision 2:30 Tai Chi	18 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11:30 Lunch Tony Rogers-RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	19 9 Wire Wrapping Class - E 9 & 10 Balance & Mobility – E 9-4 Help signing up for Emeritus Classes 10-12 Medicare assistance with Humana's Ken Samantha (lobby) 10 – MemorialCare -Jose Juarez Medicare info 11:30 Lunch-RR-Harmonaires 12:30 Ar4Healing RR 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	20 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 PEP4U Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch-RR- 12:30 Mental health support group 1 Inter Oil/Acrylic painting/E 1 Chair Dance Vision Class-RR 2 Dance Vision	21 9 & 10 Balance & Mobility – E 10 TOPS Meeting 11:30 Lunch-RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time 1:30 – 2:30 Sound Bath with Optum

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24	25	26	27	28
9 & 10 Balance & Mobility – E 9 HICAP – RR 10 PEP4U Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch-RR 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11-12:30 Blood pressure checks by MemorialCare 11:30 Lunch-RR-Silver Singers 12 Knit and Crochet Club 12:30 Poker 12:45 Movie (moved from Friday for this week only) 1:00 Bingo	9 Wire Wrapping Class/E 9 & 10 Balance & Mobility – E 10-12 Medicare assistance with Humana's Ken Samantha (lobby) 10 – MemorialCare -Jose Juarez Medicare info 10 Parkinson's coffee chat with PEP4U 11:30 Lunch-RR-James Woods 12:30 Caregiver support group 1 Inter. Knitting – Emeritus 1 Tai Chi – Emeritus 2 Grief Share	CLOSED	CLOSED