

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Church Council / SR 1:30 Bingo / NAV 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	9:00 Exercise/CH 10:00 Card Club Learning to play "Golf" / SR 11:30 Music & Movement w/ Rachel/ NAV 1:30 Local Shopping 1:30 Spa Day In the Wellness Center/ WC 4:00 Rick Steve's Travelogue /FR	Wear Pink Wednesday! 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Coffee w/ Sam / RDR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 10:00 Yahtzee! / SR 1:30 Brain Games w/ Barbara/ NAV 3:00 Movie Matinee Don't Bother to Knock / FR	9:00 Exercise/CH 9:30 Solheim Walking Club / BW 11:00 Lunch Outing! 1:30 Bingo/NAV 3:00 Happy Hour / Patio 4:30 Downton Abbey / FR	9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Halloween Crafts! / NAV 1:30 Saturday Matinee with Popcorn Frankenstein/ FR Simchat Torah Begins
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Bingo / NAV 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	9:00 Exercise/CH 10:00 Resident Council Meeting/CH 11:30 Music & Movement w/ Rachel/NAV 1:30 Local Shopping 1:30 Card Club Learning to play "Golf" / SR 3:00 Afternoon Concert w/ Michael Quest / RDR 4:00 Rick Steve's Travelogue /FR	Wear Pink Wednesday! 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	9:00 Exercise/CH 10:00 Resident Townhall / RDR 11:30 Catholic Mass w/ Father Frances / CH 12:00 October Birthday Lunch! 1:30 Hymn Sing w/ Sonia / CH 3:00 10:00 Card Club Learning to play "7's" / SR	9:00 Exercise/CH 10:30 Adventures w/ Doug Carlsbad Caverns / NAV 1:30 Bingo/ PDR 3:00 Happy Hour w/ Linda Herman 4:30 Downton Abbey / FR	9:00 Parachute Exercise Class/CH 10:00 American Songbook Series w/ Seth Becker / NAV 1:30 Saturday Matinee w/ Popcorn The Birds / FR
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH San Gabriel Playhouse Outing Silent Sunday Series: The Hunchback of Notre Dame (1923)- Accompanying the film the great Organist Mark Herman. Leaving at 1:45pm	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Bingo / NAV 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/NAV 1:30 Solheim Music Appreciation Society / CH 3:00 Afternoon Margaritas / Patio 4:00 Rick Steve's Travelogue /FR	Wear Pink Wednesday! Happy Birthday Letha S. 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	9:00 Exercise/CH 9:30 Coffee & Conversation/ FR 10:30 Skip Bo / SR 1:30 Brain Games w/ Barbara/ NAV 3:00 Painting Pumpkins / Patio	9:00 Exercise/CH 9:30 Solheim Walking Club / BW 11:00 Mobility Class w/ Barbara/ CH 1:30 Bingo/NAV 3:00 Happy Hour in the WC! 4:30 Downton Abbey / FR	9:00 Drum Exercise /CH 10:00 Morning Social with Tea & Coffee/ FR 10:30 Crafter's Corner Making Hats 10:30 Solheim Book Club Discussing Babbitt, by Sinclair Lewis / PD 1:30 Saturday Matinee with Popcorn Hocus Pocus / FR
10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Bingo / NAV 3:00 Hand & Foot/ Canasta / SR 4:00 British Baking Show/ FR	9:00 Exercise/CH 10:00 Card Club Learning to play "Golf" / SR 11:30 Music & Movement w/ Rachel/NAV 1:30 Yahtzee! / SR 3:00 Piano Concert w/ Carl Mattes / RDR 4:00 Rick Steve's Travelogue /FR	Wear Pink Wednesday! 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Dining Chat w/ Gabby/RDR 11:00 Chair Yoga w/ Rosalie /CH Outing to LACMA: Woven Histories: Textiles & Modern Abstraction 1:30 Super Bingo/NAV 3:30 Prayer Service/CH	9:00 Exercise/CH 10:00 Coffee & The Daily Chronicle 10:30 Superfood Chat w/ Briana / NAV 2:00 Goat Therapy / NAV 3:30 Crafter's Corner	9:00 Exercise/CH 9:30 Solheim Walking Club / 1:30 Bingo/NAV 3:00 Scary Happy Hour / Patio 4:30 Downton Abbey / FR	9:00 Exercise Class/CH 10:00 Morning Social with Tea & Coffee/FR 10:30 Floral Design / FR 1:30 Saturday Matinee with Popcorn Dracula / FR 3:15 Piano Concert w/ Gustavo Romero / RDR
Happy Birthday Bruce 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH	9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Bingo / NAV 3:00 Special Halloween Program Monica + Friends / RDR 4:00 British Baking Show/ FR	9:00 Exercise/CH 10:00 Sing-along w/ Eve / CH 11:30 Music & Movement w/ Rachel/NAV 1:30 Local Shopping 1:30 Bible Trivia/FR 2:30 Halloween Costume Contest! / Skilled Nursing Patio 6:00 Trick-Or-Treat Event! Halloween	October 2023 Wellness Center – Monday thru Friday (10 am to 4:00pm) Local Shopping – Tuesday at 1:30 pm Hair Salon Hours – Tuesday thru Saturday (details at Front Desk/ Ashley Brayman) Outings will be announced weekly based on Transportation schedule.			