

October 2019

Independent Living Vitality



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events! -Oktoberfest -Boutique -Farmers Market -Halloween (Boofest)		1 10:30 – Tai Chi - VC 1:30-BYOB-Villa 107	2 10:00-Workout-VC 10:30-Huckleberrys-O 1:30-Root Beers-Villa 107 4:00-Happy Hour-CR	3 10:00-Intermeiate Workout-VC 2:00-Croquet-P	4 10:00-Fitness Friday-VC 10:30-Walmart-O 3:00 Entertainment-L 4:00-IL Happy Hour-CR	5 10:30-Chair Karate-VC 2:30-Sundae Social-CR 4:00-Happy Hour-CR
6 10:00-Stretch-VC 10:30-Walk & Talk-OS 3:00-Tailgate-CR	7 10:00-Workout-VC 10:30-Fresno Fair-O 2:30-Council Mtg 6:00-Readers Club-AL & IL	8 10:30-Workout-VC 2:00-Technology Class-TR	Oktoberfest 9 10:00-Workout-VC 10:30-Lunch Great Wall-O 4:30-Oktoberfest-DR	10 10:00-Stretch&Flex 10:30-Creative Circle-Villa 107 4:00-Happy Hour	11 10:00-Carolyn's Fitness-VC 11:00-Planet Pumpkin-O 1:30-Pumpkin Carve-AR	12 10:00-Manicures-AR 10:30-Karate-VC 4:00-Happy Hour
13 10:00-Sunday Stretch 2:00-Church-TR 3:00-Tailgate-CR	14 10:00-Workout-VC 10:30-Coffee w/ Vanessa-CP 2:00-Bridge-CR 6:00-Readers Club	15 10:30-Intermediate Workout-VC 2:00 – Social Hour	16 10:00-Workout-VC 11:00-Andiamo Italiano-O 2:30-Show&Tell-AR 4:00-Happy Hour-CR	17 10:00-Intermediate Workout-VC 2:00 – Career Talk	18 10:00-Fitness Friday 10:30-Target-O 1:30-Creative Circle-CR 3:00-Blues w/ AI-L	Bootique 19 10:30-Karate-VC 3:00-Heads Up-L 4:00-Happy Hour
20 10:00-Sunday Stretch 2:00-Church-TR 3:00-Tailgate-CR	21 10:00-Workout-VC 2:00-Dance Class 2:00-Bridge-CR 6:00-Readers Club	22 10:30-Intermediate Workout-VC 2:00-Genealogy-TR	23 10:00-Workout-VC 10:30-Hangar Burger Joint-O 2:30-Gardening-G 6:00-Music w/ Randy	24 10:00-Stetch&Flex 10:30-Quilting-Villa 107	25 <i>Farmers Market</i> 10:00-Carolyn's Fitness-VC 10:30-Book Barn-O 2:00-Farmers Market	26 10:00-Manicures-AR 10:30-Karate-VC 2:30-Cooking Class
27 10:00-Sunday Stretch 2:00-Church-TR 3:00-Tailgate-CR	28 10:00-Workout-VC 2:00-Bridge-CR 2:30-Strudels w/ Vanessa -CP 6:00-Readers Club	29 10:30-Intermediate Workout-VC 2:00-Technology Class-TR	30 10:00-Workout-VC 10:30-Panda Express 1:30-Pazooki Social 2:30-Gardening-G 4:00-Happy Hour 6:00-Bible Study	31 Halloween 10:00-Intermediate Workout-VC 10:30-Chef Talk-AR 6:00-BooFest Trunk or Treat		

Location Key
 (L) – Lobby
 (O) – Outing
 (TR) – Theatre Room
 (VC) – Vitality Center
 (AR)-Activity Room
 (CR)-Club Room

(P)-Patio
 (DR)-Dining Room
 (PG)-Putting Green
 (G)-Garden

Activities that are in bold are all offered for Independent Living. Activities not in bold are mingled with Assisted Living.

Activities in bold and are italicized are events throughout the month.

Please note that Vitality programs are subject to change at any given time. The importance of Vitality is through Mind, Body & Spirit. Residents may change programs at any given time.