








SUN	MON	TUE	WED	THUR	FRI	SAT
 <p>Hello October</p>		<p>Valley Humane Pet Visits Wednesday and Friday</p>		<p>Assisted Living Resident Council Meeting - 10/13 Community Town Hall Meeting - 10/20</p>	<p>Happy Birthday Melvin Copansky 9:30 Exercise Fitness 10:45 Jewish Celebrity Series 1:30 Patti's Piano Hour 2:30 You Be The Judge 3:30 Shabbat Services</p>	<p>National Smile Day 9:30 Chair Stretch Exercise 10:30 Morning Shabbat Service 1:30 Edible Fall Craft Bites 3:00 Volleyball 4:00 Afternoon Garden Walk & Chat</p>
<p>9:45 Sit and Be Fit 10:45 Indoor Garden Planting 2:00 Flautist Nika in Concert 3:00 Travelogue 3:15 Bingo</p>	<p>9:45 Sit and Be Fit 10:45 Group Crossword Puzzle 2:00 Music Therapy with Maya 3:30 Bukharian textile discussion of resilience created through our wall hanging</p>	<p>9:30 Exercise Fitness 10:30 Trivia Challenge 1:00 Poker 1:30 Betty's Open Art Studio 2:00 Bingo 3:30 Piano for Your Listening Pleasure w/Colin</p>	<p>Happy Birthday Dee Komas 9:30 Exercise Fitness 10:45 Kibitzer, Residents Newsletter Meeting 1:15 Beth Abraham Bingo Party 1:30 Open Art Studio 2:45 Musical Matinee 3:00 Nonnie's Knitters</p>	<p>9:30 Stretch and Strengthen w/Lois 10:45 Achi's Harmony Chorus 1:15 Ask the Rabbi 2:15 What's News in Washington 3:30 Jewelry Design</p>	<p>Happy Birthday Laurette Abrams 9:30 Exercise Fitness 10:45 Back in the day/ reminiscing 1:30 Exotic Jewish Communities w/Ken 2:45 Let's Write Limericks 3:30 Shabbat Services</p>	<p>9:30 Chair/Stretch Exercise 10:30 Morning Shabbat Service 3:00 Bowling 4:00 Afternoon Garden Walk & Chat</p>
<p>9:45 Sit and Be Fit 10:45 Laugh a Little, Sigh a Little 2:00 The Great American Songbook with Tonic 3:15 Bingo</p>	<p>Indigenous People's Day 9:30 Express Toning w/ Lori 10:30 Blackjack 1:00 Mah Jong Monday 1:00 Manny's Men's Meet-Up 2:00 Piano favorites w/Diane 3:15 Biography Hour 3:30 Mending</p>	<p>9:30 Exercise Fitness 10:30 People and Profiles 1:00 Poker 1:30 Betty's Open Art Studio 2:00 Klezmercize with Bruce 3:15 Bingo 6:30 Twilight Yoga Stretch</p>	<p>9:30 Exercise Fitness 10:30 Town Hall Meeting 1:30 Open Art Studio 2:00 Ellis Island Old World Folk Band! 3:00 Musical Matinee</p>	<p>9:30 Stretch and Strengthen w/Lois 10:45 Achi's Harmony Chorus 1:00 Ask the Rabbi 2:00 Politics Today 2:45 Jewelry Design 3:30 Root Beer Float Social/Piano for your listening please</p>	<p>9:30 Exercise Fitness 10:45 Jewish Celebrity Series 1:15 Medical Wonders w/Dr. Moses 2:30 Word Games 3:30 Shabbat Services</p>	<p>9:30 Chair Stretch Exercise 10:30 Musical Shabbat Service 2:00 Talented Students Take Center Stage 3:30 Volleyball</p>
<p>Happy Birthday Mimi Zinn 9:45 Sit and Be Fit 10:45 Nostalgic Dance Clips 1:00 Biography Hour/residents choice 1:45 Bingo 3:30 Piano By Collin</p>	<p>Happy Birthday Misia Nudler 9:45 Sit and Be Fit 10:45 Great Moments in History 2:00 Music Therapy with Maya 3:30 Active Games 6:15 Movie Night and Popcorn</p>	<p>9:30 Exercise Fitness 10:30 Ask Google 1:00 Poker 1:30 Betty's Open Art Studio 1:45 Birthday Celebration Guitar Favorites 50-70's w/ Scott 3:30 Bingo</p>	<p>9:30 Exercise Fitness 10:30 Residents Council Fall Festive Take-In Luncheon 1:15 What's News in Washington 1:30 Open Art Studio 2:30 Jewelry Design 3:30 Biography Hour</p>	<p>Happy Birthday Ellen Gilbert 9:30 Stretch and Strengthen w/Lois 10:45 Achi's Harmony Chorus 1:15 Ask the Rabbi 2:00 Fashion Talk 3:00 Cider & Pie Social/ Jazz favorites with Jeff 4:00 Jeopardy</p>	<p>Eat A Pretzel Day 9:30 Exercise Fitness 1:30 Curtain Up/ Broadway Jewish Word Wizards 2:30 This and That Cafe Chat 2:45 Pretzel Taste Testing 3:30 Shabbat Services</p>	<p>9:30 Chair Stretch Exercise 10:30 Morning Shabbat Service 1:30 Fall Crafts Class 3:00 Volleyball 4:00 Walk and Garden Chats</p>
<p>9:45 Sit and Be Fit 10:45 Chronology Trivia 1:45 International Drumming Circle 3:30 Bay Area Music Students Service League Piano Recital</p>	<p>9:45 Sit and Be Fit 10:45 The Good Book Says, Bible Based Poetry 1:30 Cooks Corner-Pumpkin Bread 3:00 Fall Garden Walk & Chat 3:00 Mah Jong Monday 3:30 Seasonal Matinee</p>	<p>National Pumpkin Day 9:30 Exercise Fitness 10:30 Laugh a Little, Sigh a Little 1:00 Poker 1:30 Betty's Open Art Studio 2:00 Klezmercize with Bruce 3:15 Bingo</p>	<p>9:30 Exercise Fitness 10:15 Cafe Coffee, Conversation & Pumpkin Bread 11:00 Name That Tune 1:15 What's News Today 1:30 Open Art Studio 2:30 Jewelry Design 2:30 Manny's Men's Meet Up! 3:30 Bingo</p>	<p>National Chocolate Day 9:30 Stretch and Strengthen w/Lois 10:45 Achi's Harmony Chorus 1:15 Biography Hour 1:30 Halloween costume social! 3:00 Costume Parade 3:30 A Spooktacular Matinee</p>	<p>9:30 Exercise Fitness 10:45 Wall Street Journal Review 1:30 Patti's Piano Hour 2:30 All About The Witches of Salem 3:30 Shabbat Services</p>	<p>9:30 Chair/Stretch Exercise 10:30 Morning Shabbat Service 1:30 Fall Fashion Show 3:30 Ghosts vs Vampires Bowling!</p>
<p>Halloween 9:45 Sit and Be Fit 10:45 Unsolved Mysteries 1:15 Winchester Mystery House Secrets 2:00 In The Swing Jazz Band! 3:15 Bingo</p>		<p>Homebound Ministry Visits Tuesday October 12th & 26th</p>				<p>Programs and schedules are subject to change please refer to your daily compass</p>

October 2021

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