

October 2024 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>AL 2nd FL Activity Room AAR AL 2nd FL Living Room 2LVR AL 4th FL Theater ALT Bistro BST Fitness Center FC</p> <p>Mezzanine Activity Room Mez Mezzanine Library ML Mezzanine Living Room MLR Outing OUT</p>		<p>10:00 🔄 Sit and Be Fit! 1</p> <p>10:30 💡 News and Views</p> <p>11:00 🎵 Music Therapy with Nancy [Mez]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 🔄 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 ❤️ Coffee and Conversations 2</p> <p>[Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:45 🔄 Rock Steady Boxing [MLR]</p> <p>3:00 🎮 Happy Hour with Wayne Messmer [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p> <p>7:00 🎵 Rosh Hashana Evening Service [BST]</p>	<p>10:00 💡 News and Views 3</p> <p>[MLR]</p> <p>10:30 🌱 Nature Project with Alyse [Mez]</p> <p>10:30 🎵 Rosh Hashana Morning Service [BST]</p> <p>1:00 🎵 Rosary and Communion with Cozetta [ML]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 💡 Documentary Hour [Mez]</p> <p>3:00 🎵 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🍌 Fruit Smoothie Friday! 4</p> <p>11:00 💡 News and Views</p> <p>1:30 🔄 Afternoon Stretches [Mez]</p> <p>2:30 🎬 Friday Movie Matinee [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🎵 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🎵 Carrington Community Church [BST] 5</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 🔄 Moving For Mobility [AAR]</p> <p>2:00 🎮 Puzzles and Games [MLR]</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>
<p>10:00 🔄 Sit and Be Fit [Mez] 6</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Singfit! [Mez]</p> <p>1:30 🔄 Dance Party [Mez]</p> <p>2:00 🎬 Movie Matinee</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎮 Name that Tune [Mez] 7</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 🔄 Zumba and Laughter Yoga [Mez]</p> <p>2:00 🔄 Dancing with Martha! [FC]</p> <p>3:00 🎮 Arm Chair Travels [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 🎬 Helping Hands 8</p> <p>1:15 🎮 Opera Club</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 🔄 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎵 Creativity Corner-Halloween Door Decor [Mez] 9</p> <p>1:00 🎵 Bible Study with Suzanne [ML]</p> <p>1:45 🔄 Rock Steady Boxing [MLR]</p> <p>3:00 🎮 Happy Hour with Jane Allyson [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 🔄 Chair Volleyball [MLR] 10</p> <p>1:00 🎵 Rosary with Cozetta [ML]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 💡 Documentary Hour [Mez]</p> <p>3:00 🎵 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎵 Creativity Corner [ML] 11</p> <p>10:30 🎬 Veteran's Club</p> <p>1:30 🔄 Afternoon Stretches [Mez]</p> <p>2:30 🎬 Creative Cooking [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🎵 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p> <p>7:00 🎵 Yom Kippur Evening Service [BST]</p>	<p>9:30 🎵 Carrington Community Church [BST] 12</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:30 🎵 Yom Kippur Morning Service [BST]</p> <p>11:00 🔄 Moving For Mobility [AAR]</p> <p>2:00 🎮 Puzzles and Games [Mez]</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>4:30 🎵 Yom Kippur Concluding Service [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>
<p>10:00 🔄 Sit and Be Fit [Mez] 13</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Singfit! [Mez]</p> <p>1:30 🔄 Dance Party [Mez]</p> <p>2:00 🎬 Movie Matinee</p> <p>3:00 🎵 Hymn Sing with Annamarie [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>Columbus Day 14</p> <p>10:00 🎮 Name that Tune [Mez]</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 🔄 Zumba and Laughter Yoga [Mez]</p> <p>2:00 🔄 Dancing with Martha! [FC]</p> <p>3:00 🎮 Arm Chair Travels [Mez]</p> <p>3:00 🎮 Classic Comedy Hour [BST]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 🎮 Honest Answer Game [MLR] 15</p> <p>11:00 🎵 Music Therapy with Nancy [Mez]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 🔄 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>Happy Birthday Marvin! 16</p> <p>10:00 🔄 Sit and Be Fit! [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:30 🎮 Marvin's Birthday Bingo Bash! [Mez]</p> <p>3:00 🎮 Happy Hour - Carrington Karaoke [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 🎬 Helping Hands 17</p> <p>1:00 🎵 Rosary with Cozetta [ML]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:00 ❤️ Moments from Hollywood Musicals [ALT]</p> <p>3:00 🎵 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🔄 Rock Steady [MLR] 18</p> <p>10:30 💡 News and Views [MLR]</p> <p>2:15 🎮 Monthly Birthday Bash! [2LVR]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🎵 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🎵 Carrington Community Church [BST] 19</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 🔄 Moving For Mobility [AAR]</p> <p>2:00 🎮 Puzzles and Games [Mez]</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🔄 Sit and Be Fit [Mez] 20</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🔄 Dance Party [Mez]</p> <p>2:00 🎬 Movie Matinee</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎵 Name that Tune [Mez] 21</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 🔄 Zumba and Laughter Yoga [Mez]</p> <p>2:00 🔄 Dancing with Martha! [FC]</p> <p>3:00 🎵 Arm Chair Travels [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 🚩 Helping Hands 22</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 🎵 Picture Bingo [Mez]</p> <p>4:00 🔄 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🎵 Outing to Goebert's Pumpkin Patch [OUT] 23</p> <p>1:45 🔄 Rock Steady Boxing [MLR]</p> <p>3:00 🎵 Happy Hour with the Jeannie Tanner Duo [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 💡 News and Views [MLR] 24</p> <p>10:30 ❤️ Drumming with Chris! [MLR]</p> <p>1:00 🙏 Rosary with Cozetta [ML]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 💡 Documentary Hour [Mez]</p> <p>3:00 🎤 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎨 Creativity Corner-Pumpkin Decorating [Mez] 25</p> <p>11:00 🎤 Sing-Along with Annamarie [2LVR]</p> <p>1:30 🔄 Afternoon Stretches [Mez]</p> <p>2:30 🚩 Creative Cooking [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🙏 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🙏 Carrington Community Church and Communion [BST] 26</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 🔄 Moving For Mobility [AAR]</p> <p>2:00 🎮 Halloween Bowling Party [Mez]</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>
<p>10:00 🔄 Sit and Be Fit [Mez] 27</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🔄 Dance Party [Mez]</p> <p>2:00 🎬 Pumpkin Spice and Everything Nice Social [Mez]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎵 Name that Tune [Mez] 28</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 🔄 Zumba and Laughter Yoga [Mez]</p> <p>2:00 🔄 Dancing with Martha! [FC]</p> <p>3:00 🎵 Arm Chair Travels [Mez]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🎮 Game Night with Khadeeja [Mez]</p>	<p>10:00 🚩 Helping Hands 29</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 🎵 Picture Bingo [Mez]</p> <p>4:00 🔄 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 ❤️ Coffee and Conversations 30</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:45 🔄 Rock Steady Boxing [MLR]</p> <p>2:30 🎮 Pick and Play Game [MLR]</p> <p>3:00 🎵 Happy Hour with Edizon [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>6:00 🎮 Halloween Lights Tour [OUT]</p>	<p>Halloween 31</p> <p>10:00 🚩 Helping Hands</p> <p>1:00 🙏 Rosary and Communion with Cozetta [ML]</p> <p>1:30 🔄 Exercise with Arthur [FC]</p> <p>2:30 🎮 Halloween Party! [2LVR]</p> <p>3:00 🎤 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>		



AL 2nd FL Activity Room
AL 2nd FL Living Room
AL 4th FL Theater
Bistro
Fitness Center

Location Keys

AAR Mezzanine Activity Room Mez
2LVR Mezzanine Library ML
ALT Mezzanine Living Room MLR
BST Outing OUT
FC

- 🎨 Creative Arts
- ❤️ Emotional
- 🔄 Health and Wellness
- 💡 Intellectual
- 🌿 Nature

- 🚩 Purposeful
- 🎮 Recreation and Leisure
- 🌿 Restorative
- 🙏 Spiritual

Resident Birthdays

Marvin K. 10/16
Diana S. 10/26

All activities are subject to change.
Please refer to the Daily Calendar for the most up to date schedule.