Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	20	ober 25	9:30a Chair Stretching 10:00a Reminisce 10:30a Catholic Communion 12:30p Reading Corner 3:30p Happy Hour/Social (B) 5:30pm Evening Movie	9:00a Chair Tai Chi 10:30a Morning Bingo (AR) 11:30a Gratitude Moment 1:00p Puzzles 2:00p Baking w/Manny 3:00p Trivia 4:00p Activity Stations 6:00p Chair Stretches w/ care	9:00a Indoor Walking 3 9:30a Chair Exercise (AR) 1:00p Puzzles 2:00p Happy/Social Hour (L) 4:00p Activity Stations 6:00p Soundscapes w/staff	9:30p Rocky Mt. Church Service 9:30p Chair Exercise 11:30a Lunch 1:30p Afternoon Movies 3:00p Crafting/Puzzles 6:00p Activity Stations	4
	Memory		Yom Kippur Begins				
9:00a Devotional Readings 5 (WC) 10:00a Gospel Hymns (WC) 10:30a Virtual Mass(WC) 2:00p Bingo (WC) 3:00p Activity Stations (WC) 6:00p Reminiscing w/Care	9:30a Reminisce w/ Manny (WC) 10:30a Guys and Coffee (B) 10:30a Bistro Baking (WC) 1:30p Walmart Shopping 2:00p Music w/ Amanda (WC) 6:00p Crafting w/ Care Staff	9:00a Chair Thai Chi 7 9:30a Reminiscing w/ Manny 10:00a Bible Study w/Evie(WC) 10:00a Voting Registration(B) 2:30p BINGO(AR) 3:00p Music w/ Rick Taylor(L) 6:00p Evening Stroll w/ Care	9:30a Chair Stretching 10:00a Reminisce 10:30a Catholic Communion 12:30p Reading Corner 3:30p Happy Hour/Social (B) 5:30pm Evening Movie	9:00a Chair Tai Chi 9 10:30a Morning Bingo (AR) 11:30a Gratitude Moment 1:00p Puzzles 2:00p Baking w/Manny 3:00p Trivia 4:00p Activity Stations 6:00p Chair Stretches w/ care	9:00a Indoor Walking 9:30a Chair Exercise (AR) 2:00p Happy Hour 3:00p Music w/ Lone Wolf (Bistro) 4:00p Activity Stations 6:00p Soundscapes w/ staff	9:30p Rocky Mt. Church Service 9:30p Chair Exercise 11:30a Lunch 1:30p Afternoon Movies 3:00p Crafting/Puzzles 6:00p Activity Stations	11
9:00a Devotional Readings 12 (WC) 10:00a Gospel Hymns (WC) 10:30a Rosary Prayer Team 2:00p Bingo (WC) 3:00p Activity Stations (WC) 6:00p Reminiscing w/Care	9:00a Morning Walk (WC) 9:30a Reminisce w/ Manny (WC) 10:30a Guys and Coffee (B) 11:00p Lunch @ Red Robin 3:00p Cranium Crunches (AR) 6:00p Crafting w/ Care Staff Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:00a Chair Thai Chi 14 9:30a Reminiscing w/ Manny 10:00a Bible Study w/Evie(WC) 11:00a Flower Arranging 1:30p Music w/ George (L) 3:00p BINGO(AR) 6:00p Evening Stroll w/ Care Simchat Torah Begins	9:30a Chair Stretching 15 10:00a Reminisce 10:30a Catholic Communion 12:30p Reading Corner 2:00p Music w/Sandy 3:30p Happy Hour/Social (B) 5:30p Evening Movie	10:30a Morning Bingo (AR) 11:30a Gratitude Moment 1:00p Puzzles 2:00p A taste of Fall Social 3:00p Trivia 4:00p Activity Stations 6:00p Chair Stretches w/ care	9:00a Indoor Walking (WC) 17 9:30a Chair Exercise (AR) 1:30p Hymn Songs w/ Gordon(B) 3:00p Happy Hour (AR) 4:00p Activity Stations 6:00p Soundscapes w/ Staff	9:30p Rocky Mt. Church Service 9:30p Chair Exercise 11:30a Lunch 1:30p Afternoon Movies 3:00p Crafting/Puzzles 6:00p Activity Stations	18
9:00a Devotional Readings 19 (WC) 10:00a Gospel Hymns (WC) 10:30a Virtual Mass(WC) 2:00p Bingo (WC) 3:00p Activity Stations (WC) 6:00p Reminiscing w/Care	9:00a Morning Walk (WC) 20 9:30a Reminisce w/ Manny (WC) 10:30a Guys and Coffee (B) 1:30p Trip to Manitou 6:00p Crafting w/ Care Staff	9:00a Chair Thai Chi 21 9:30a Reminiscing w/ Manny 10:00a Bible Study w/Evie(WC) 2:00p BINGO(AR) 3:00p Music w/ Skip (L) 4:00p Family Support (AR) 6:00p Evening Stroll w/ Care	9:30a Chair Stretching 22 10:00a Reminisce 10:30a Catholic Communion 12:30p Reading Corner 3:30p Happy Hour/Social (B) 5:30pm Evening Movie	9:00a Chair Tai Chi 23 10:30a Morning Bingo (AR) 11:30a Gratitude Moment 1:00p Puzzles 2:00p Baking w/Manny 3:00p Trivia 4:00p Activity Stations 6:00p Chair Stretches w/ care	9:00a Indoor Walking (WC) 9:30a Chair Exercise (AR) 1:00p Puzzles 3:00p Happy Hour (B) 6:00p Soundscapes w/ Staff	9:30p Rocky Mt. Church Service 9:30p Chair Exercise 11:30a Lunch 1:30p Afternoon Movies 3:00p Crafting/Puzzles 6:00p Activity Stations	25
9:00a Devotional Readings 26 (WC) 10:00a Gospel Hymns (WC) 10:30a Rosary Prayer Team 2:00p Bingo (WC) 3:00p Activity Stations (WC) 6:00p Reminiscing w/Care	9:00a Morning Walk (WC) 27 9:30a Reminisce w/ Manny (WC) 10:30a Guys and Coffee (B) 1:30p Palmer Park Scenic Drive 6:00p Crafting w/ Care Staff	9:00a Indoor/Outdoor 28 Walking 9:30a Reminiscing w/ Manny 10:00a Bible Study w/ Evie 11:00a Flower Arranging 2:00p Ice Cream Social 6:00p Evening Stroll w/ Care	9:30a Chair Stretching 29 10:00a Reminisce 10:30a Catholic Communion 12:30p Reading Corner 3:30p Happy Hour/Social (B) 5:30pm Evening Movie	9:00a Chair Tai Chi 30 10:30a Morning Bingo (AR) 11:30a Gratitude Moment 1:00p Puzzles 2:00p Baking w/Manny 3:30p Music w/ Felix 4:00p Activity Stations 6:00p Chair Stretches w/ care	9:00a Indoor Walking (WC) 9:30a Chair Exercise (AR) 1:00p Puzzles 3:00p Happy Hour (B) 4p-6:00p Trunk o Treat 6:00p Soundscapes w/ Staff	AR- Activity Room L-Lobby B-Bistro P-Patio WC-Willow Creek PK LT- Parking Lot	
The Retreat at Sunny Vista Acti	ivities are subject to change due to weathe	r or Health Regulations. If you have any cor	ocerns contact Manny Truiillo 710-277-671	8 m truiillo@sunnyvista org	Halloween		