October 2024 Generations Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WindChime of Marin Memory Care Community (415) 482-4100 LIC# 216800977	ACTIVITY LEGEND Be Adventurous Be Challenged Be Connected Be Inspired Be Social Be Well One Reflection	1 9:00am Chair Yoga w/ Sherry Zak Morris 9:30am Mindful Morning Check-In, Discussion, Daily Chronicle 10:00am Tai Chi with Richard 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Balloon, Beach Ball, Corn Hole, Bowling 3:00pm Choir Practice w/ Lisa & Sausalito Slim 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	2 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Balloon Tennis, Bowling, and/or Beach Ball Soccer 3:00pm Garden Club & Fun: Outdoor Games 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	3 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Music: Drum Circle w/ Matt 3:00pm Trivia, Current Events, Reading Newpapers & Discussion 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	4 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Happy Hour w/ live music: Sausalito Slim 3:00pm Armchair Travel Around the World 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	5 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Music: Drum Circle w/ Matt 3:00pm Painting & Drawing 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater
6 Glam and Groom Day sponsored by Care Staff 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Sunday Mindfulness Meditation Practice 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Baking with Fely 1:30pm Bingo 2:30pm Care Staff: Activity Kits, Games & Puzzle 3:30pm Ballon tennis, bowling, beach ball soccer 4:00pm Sing Along w/ Scott	7 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Baking with Fely 1:30pm Bingo 2:30pm Art & Activities: Fely's Choice 3:30pm Ballon tennis, bowling, beach ball soccer 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	8 9:00am Chair Yoga w/ Sherry Zak Morris 9:30am Mindful Morning Check-In, Discussion, Daily Chronicle 10:00am Tai Chi with Richard 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Balloon, Beach Ball, Corn Hole, Bowling 3:00pm Choir Practice w/ Lisa & Sausalito Slim 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	9 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Balloon Tennis, Bowling, and/or Beach Ball Soccer 3:00pm Garden Club & Fun: Outdoor Games 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	10 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Music: Drum Circle w/ Matt 3:00pm Trivia, Current Events, Reading Newpapers & Discussion 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	11 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Happy Hour w/ live music: Sausalito Slim 3:00pm Armchair Travel Around the World 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater	12 9:00am Chair Yoga w/ Sherry Zak Morris 10:00am Mindful Morning Check-In, Discussion, Daily Chronicle 10:30am Art Salon: Creating, Reading & Discussion 1:00pm Bingo 2:00pm Music: Drum Circle w/ Matt 3:00pm Poet's Corner: Reading, Writing & Discussion 4:00pm Sing Along w/ Scott 6:30pm Care Staff: Evening Movie in Theater
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