













# October-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Abbreviations Key:</b>  <b>ARS- Aerobic Studio</b>  <b>AS- Art Studio</b>  <b>CC- Conference Center</b>  <b>FC- Fireside Club</b>  <b>GR- Great Room</b>  <b>LN- Living Room North</b></p>		<p><b>1</b></p> <p>9:30 Light Stretch            10:15 Daily news            10:30 Table Tennis            1:00 Fall Poems            1:30 Noodle Ball            2:30 Memory Joggers            3:00 Discussion Ball            4:00 Aroma Therapy</p> 	<p><b>2</b></p> <p>9:15 A Visit with Yuki!            10:15 Daily news            10:30 Hot Tea and Hot Topics!            1:00 Color with numbers            1:30 Bingo!            2:30 Indoor Beachball            3:00 Animal Documentary            4:00 Aroma Therapy            6:00 Table Games and Puzzles</p>	<p><b>3</b></p> <p>9:30 Chair Yoga            10:15 Daily News            10:15 Color and Relax            10:30 Communion            1:00 Table Games and puzzles            2:00 Creativity Class            3:00 Documentary Film            4:15 Aroma Therapy            6:00 Lucky Dog Ch 3512</p>	<p><b>4</b></p> <p>9:30 Outside Discoveries!            10:00 Current News            10:15 Fall Poems            1:00 Getting Crafty            2:00 Namaste Nail Care with Victoria            3:00 Documentary Film            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p>	<p><b>5</b></p> <p>9:30 Music and Movement            10:00 Daily News            10:15 Discussion Ball            11:00 Book club!            2:00 Bingo!            3:00 Corn hole            4:00 Aroma Therapy            5:00 Fall short Stories</p> 
<p><b>6</b></p> <p>9:30 Music and Movement            10:00 Trivia            10:30 Word Search            1:00 Coloring with numbers            2:00 Table Games and Puzzles            3:00 Comedy: I love Lucy            4:00 Aroma Therapy</p> 	<p><b>7</b></p> <p>9:30 Outside Walk            10:15 Daily news            10:30 Memory Joggers            1:00 Hot Chocolate and Hot Topics            1:30 Bingo!            2:30 Garden Club            3:00 Animal Documentary            4:00 Aroma Therapy            6:00 Table Games and Puzzles</p>	<p><b>8</b></p> <p>9:30 Music and Movement            10:00 Daily News            10:15 Music Appreciation            1:00 Conversation ball            2:00 Card Games and Puzzles            2:30 Jewelry Making            3:00 Family Movie            4:15 Aroma Therapy            6:00 Lucky Dog Ch 3512</p>	<p><b>9</b></p> <p>9:15 A Visit with Yuki!            10:00 Current News            10:15 Ring Toss            1:00 Color and Relax            1:30 Conversation Ball            2:00 Fall Poems            3:00 The Carol Burnett Show (Roku)            4:00 Aroma Therapy            6:00 Table Games and Puzzles</p>	<p><b>10</b></p> <p>9:30 Chair Yoga            10:15 Daily News            10:15 Getting Crafty            10:30 Communion            1:00 Scenic Drive!            2:00 Fall Stores            2:30 Music Appreciation            3:00 Armchair Traveler</p> 	<p><b>11</b></p> <p>9:30 Strength and Stretch            10:00 Current News            10:15 Bingo!            1:00 Hot Tea and Reminisce            1:30 Colorful Creations            2:00 Namaste Nail Care with Victoria            3:00 Documentary Film            4:15 Aroma Therapy            6:00 Lucky Dog Ch 3512</p>	<p><b>12</b></p> <p>9:30 Natural Stretching            10:00 Daily News            10:30 Noodle Ball            1:00 Book Club!            1:30 Color with Numbers            2:00 Outdoor Discoveries            3:00 Bingo!            4:00 Aroma Therapy            5:00 Table Games and Puzzles</p>
<p><b>13</b></p> <p>9:30 Light Stretching            10:00 Daily News            10:30 Word Scramble            1:00 Art expressions            1:30 Memory Joggers            2:00 Reminiscing :Readers Digest            2:30 Afternoon Movie: Love Locks            4:00 Aroma Therapy            6:00 Family Feud—Channel 11</p>	<p><b>14</b></p> <p>9:45 Fitness Class            10:15 Daily News            10:30 Hot Chocolate and Hot Topics            1:00 Raylan the Therapy Dog            1:30 Color and Relax            2:00 Bingo!            3:00 Movie: Father of the Bride            4:00 Aroma Therapy            6:00 Lucky Dog CH 3512</p>	<p><b>15</b></p> <p>9:30 Strength and Stretch            10:00 Current News            10:15 Table Games and puzzles            1:00 Hot Chocolate and Hot Topics            2:00 Bingo!            3:00 Documentary Film            4:15 Aroma Therapy            6:00 Little house on the Prairie Ch            Ch 1435</p>	<p><b>16</b></p> <p>9:15 Sit and be Fit!            10:00 Daily News            10:15 Mini Golf            1:00 Noodle Ball            1:30 Word Scramble            2:00 Garden Club!            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Table Games and Puzzles</p> 	<p><b>17</b></p> <p>9:30 Chair Yoga            10:00 Current News            10:15 Hot Tea and Reminisce            10:30 Communion            1:00 Getting Crafty            2:00 Namaste Nail Care            3:00 Family Movie            4:15 Aroma Therapy            6:00 Lucky Dog Ch 3512</p>	<p><b>18</b></p> <p>9:30 Music and Movement            10:00 Current News            10:15 Creativity Class            1:30 Music: Mc Collun Duo            2:00 October Birthday Party!            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Table Games and Puzzles</p> 	<p><b>19</b></p> <p>9:30 Light stretch            10:00 Daily News            10:15 Bingo!            1:00 Book Club!            1:30 Art Expression's            2:00 Mini Golf            3:00 Noodle Ball            4:15 Aroma Therapy            6:00 Table Games and Puzzles</p>

Pleasant Events are subject to change based on the interest and requests of our residents!

# October-Calendar of Pleasant Events - The Lodge - Cascades of the Sierra - 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>20</b></p> <p>9:30 Self Healing Stretching            10:00 Daily News            10:30 Art Expressions            1:00 Reminiscing: Readers Digest            2:00 Word Scramble            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p> 	<p><b>21</b></p> <p>9:30 Fitness Class            10:15 Daily News            10:30 BINGO!            1:00 Raylan the therapy dog!            1:30 Word Scramble            2:00 Garden Club            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Lucky Dog Ch 3512</p>	<p><b>22</b></p> <p>9:30 Music and Movement            10:00 Daily News            10:15 Creativity Class            1:00 Memory Joggers            2:00 Noodle Ball            2:30 Music Appreciation            3:00 Animal Documentary            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p>	<p><b>23</b></p> <p>9:30 A Visit with Yuki!            10:00 Current News            10:15 Discussion Ball            1:00 Hot Tea and Reminisce            2:00 Noodle Ball            3:00 Comedy Hour            4:00 Aroma Therapy            6:00 Little house on the Prairie Ch 1435</p>	<p><b>24</b></p> <p>9:30 Chair Yoga            10:15 Daily News            10:30 Noodle ball            10:30 Communion            1:00 Discussion Ball            2:00 Card Games and Puzzles            2:30 Art Expressions            3:00 Armchair Traveler            4:15 Aroma Therapy            6:00 Little house on the Prairie Ch 1435</p>	<p><b>25</b></p> <p>9:30 Strength and Stretch            10:00 Daily News            10:15 Bingo!            1:00 Table Tennis            2:00 Namaste nail care            3:00 Animal planet            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p> 	<p><b>26</b></p> <p>9:30 Natural Stretching            10:00 Memory Joggers            10:15 Book Club            1:30 Card Games            2:30 Getting Crafty!            3:00 Discussion Ball            4:00 Aroma Therapy</p>
<p><b>27</b></p> <p>9:30 Natural Stretching            10:00 Current News            10:30 Table Games and Puzzles            1:00 Color with Numbers            2:00 Snacks and A Chat            2:30 Afternoon Movie: Ms.Doubtfire            4:15 Aroma Therapy            6:00 Family Feud—Channel 11</p> 	<p><b>28</b></p> <p>9:30 Fitness Class            10:15 Daily News            10:30 Strength and Stretch            1:00 Hot Tea and Reminisce            2:00 Garden Club            3:00 Documentary Film            4:00 Aroma Therapy            6:00 Table Games and Puzzles</p>	<p><b>29</b></p> <p>9:30 Light Stretch            10:00 Current News            10:15 Color with numbers!            1:00 Table Games and Puzzles            2:00 Noodle Ball            3:00 Comedy Hour            4:00 Aroma Therapy            6:00 Lucky Dog Ch 3512</p>	<p><b>30</b></p> <p>9:30 A visit with Yuki!            10:00 Current News            10:15 October Trivia!            1:00 Getting Crafty            2:00 Namaste Nail Care            3:00 Armchair Traveler            4:00 Aroma Therapy            6:00 Lucky Dog! Ch 3512</p>	<p><b>31</b></p> <p>9:30 Chair Yoga            10:00 Current News            10:15 Music Appreciation            1:30 Halloween Party!            2:30 Halloween Movie: Hocus Pocus            4:00 Aroma Therapy</p> 		
						<p><b><u>Birthdays:</u></b></p> <p><b>Hal F. 10-5</b>  <b>Carolyn E. 10-8</b></p> 

Pleasant Events are subject to change based on the interest and requests of our residents!