

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2024



9:30 Sit and Be Fit
 10:00 Music Therapy & Coffee
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Basket Bean Bag Toss
 3:00 Shopping at Dollar Store
 4:00 Blue Ribbon Baking: All Fair in Love and Chocolate
 6:00 Word Search in the Enclave

9:30 Seated Chair Yoga
 10:00 Morning Snack
 10:30 Flower Arranging
 11:00 Art Therapy
 11:45 Namaste- Aromatherapy
 1:30 Sun Sound Reader
 3:00 Welcome to October Trivia
 4:00 Funniest Pets & People
 6:00 Coloring in the Activity Room

9:30 Morning Stretch
 10:00 Morning Snack & Daily Chronicles
 11:00 Scenic Bus Ride
 11:45 Namaste- Aromatherapy
 1:30 Bingo
 3:00 Social: Pumpkin Bread
 4:00 Puzzles in the Activity Room
 5:20 NFL Football: Buccaneers vs. Falcons

9:30 Walking Club & Sunshine in the Courtyard
 10:00 Morning Snack & Daily Chronicles
 11:00 Storytelling Corner
 11:45 Namaste- Aromatherapy
 1:30 Color Your Mind
 2:30 Snack Social
 3:00 Brain Games
 4:00 PBS Nova
 6:00 Crossword Puzzles

9:30 Morning Stretch
 10:00 Junk Drawer Detective
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Group Crosswords
 2:30 Afternoon Snack
 3:00 Meet Me at the Movies: Somewhere in Time
 6:00 Word Search in the Enclave

9:00 Baking Bread in the Lodge
 9:30 Hymn Sing Along w/ Susie Q
 10:00 Morning Snack
 11:00 Noodle Ball
 11:45 Namaste- Aromatherapy
 1:30 Junk Drawer Detective
 3:00 Classic Movie:
 5:20 NFL Football: Cowboys vs. Steelers

9:30 Strength Training
 10:00 Communion
 10:15 Morning Snack
 10:30 Hootenanny Sing Along
 11:30 Namaste- Aromatherapy
 1:30 Balloon Volleyball
 2:30 Making Popcorn
 3:00 Meet Me at the Movies: Puss in Boots The Last Wish
 6:00 Checkers in the Dining

9:30 Sit and Be Fit
 10:00 Music Therapy & Coffee
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Shopping at the Dollar Store
 1:30 Steel Feathers Chair Zumba w/ Liz
 3:00 Interactive Music w/ Amber
 4:00 Blue Ribbon Baking: Eyes on the Pies
 6:00 Word Search in the Enclave

9:30 Seated Chair Yoga
 10:00 Morning Snack
 10:30 Flower Arranging
 11:00 Crafty Corner: Pressed Flower Preserves
 11:45 Namaste- Aromatherapy
 1:30 Scrapbooking
 2:30 A Musical Visit w/ Linda Updike
 4:00 Funniest Pets & People
 6:00 Coloring in the Activity Room

9:30 Morning Stretch
 9:30 Breakfast at Jerry Bob's
 10:00 Morning Snack & Daily Chronicles
 11:45 Namaste- Aromatherapy
 1:30 Bingo
 3:00 Social: Pumpkin Pie
 4:00 Puzzles in the Activity Room
 5:15 NFL Football: 49ers vs Seahawks

9:30 Walking Club & Sunshine in the Courtyard
 10:00 Morning Snack & Daily Chronicles
 11:00 Sun Sound Reader
 11:45 Namaste- Aromatherapy
 1:30 Nail Polish Parlor & Spa
 3:00 Brain Games
 4:00 PBS Nova
 6:00 Crossword Puzzles

9:30 Morning Stretch
 10:00 Can you Picture This?
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Help Wanted
 2:30 Afternoon Snack
 3:00 Meet Me at the Movies: Golden Eye 007
 6:00 Word Search in the Enclave

9:00 Baking Bread in the Lodge
 9:30 Good News, Coffee & Donuts
 10:00 Morning Snack
 11:00 Noodle Ball
 11:45 Namaste- Aromatherapy
 2:00 Church Service w/ Faith Community Church
 3:00 Classic Movie:
 5:20 NFL Football: Bengals vs

9:30 Strength Training
 10:00 Communion
 10:30 Hootenanny Sing Along
 11:30 Namaste- Aromatherapy
 1:30 Balloon Volleyball
 3:00 Happy Hour w/ Wild Bill
 4:00 Meet Me at the Movies: Money Pit
 6:00 Checkers in the Dining

9:30 Sit and Be Fit
 10:00 Music Therapy & Coffee
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Basket Bean Bag Toss
 3:00 Cooking in the Lodge: Decorating Halloween Cookies
 4:00 Blue Ribbon Baking: A Fair to Remember
 6:00 Word Search in the Enclave

9:30 Seated Chair Yoga
 10:00 Morning Snack
 10:30 Flower Arranging
 11:00 Art Therapy
 11:45 Namaste- Aromatherapy
 1:30 Sun Sound Reader
 3:00 Decorating Pumpkins
 4:00 Funniest Pets & People
 6:00 Coloring in the Activity Room

9:30 Morning Stretch
 10:00 Morning Snack & Daily Chronicles
 11:00 Scenic Bus Ride
 11:45 Namaste- Aromatherapy
 1:30 Bingo & Beer
 3:00 Social: Pumpkin Smoothies
 4:00 Puzzles in the Activity Room
 5:15 NFL Football: Broncos vs.

9:30 Walking Club & Sunshine in the Courtyard
 10:00 Morning Snack & Daily Chronicles
 11:00 Storytelling Corner
 11:45 Namaste- Aromatherapy
 1:30 Color Your Mind
 2:30 Snack Social
 3:00 Visit w/ Banjo Doug
 4:00 PBS Nova
 6:00 Crossword Puzzles

9:30 Morning Stretch
 10:00 Trivia
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Group Crosswords
 2:30 Afternoon Snack
 3:00 Meet Me at the Movies: Abbott and Costello Meet Frankenstein
 6:00 Word Search in the Enclave

9:00 Baking Bread in the Lodge
 9:30 Hymn Sing Along w/ Susie Q
 10:00 Morning Snack
 11:00 Noodle Ball
 11:45 Namaste- Aromatherapy
 1:30 Short Story: Open House
 3:00 Classic Movie:
 5:20 NFL Football: Jets vs. Steelers

9:30 Strength Training
 10:00 Communion
 10:15 Morning Snack
 10:30 Travelogue Destination: Going Batty in Borneo
 11:30 Namaste- Aromatherapy
 1:30 Balloon Volleyball
 2:30 Making Popcorn
 3:00 Meet Me at the Movies: It's the Great Pumpkin Charlie Brown

9:30 Sit and Be Fit
 10:00 Music Therapy & Coffee
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Steel Feathers Chair Zumba w/ Liz
 3:00 October Birthday Party!!
 4:00 Blue Ribbon Baking: Crowning the Champion
 6:00 Word Search in the Enclave

9:30 Seated Chair Yoga
 10:00 Morning Snack
 10:30 Flower Arranging
 11:00 Shucking Fresh Corn
 11:45 Namaste- Aromatherapy
 1:30 Scrapbooking
 3:00 Spoon Bobbing for Apples
 4:00 Funniest Pets & People
 6:00 Coloring in the Activity Room

9:30 Morning Stretch
 10:00 Morning Snack & Daily Chronicles
 11:00 Donut Drive
 11:45 Namaste- Aromatherapy
 1:30 Bingo
 3:00 Musical Entertainer Manny Herrera
 4:00-6:00 Annual Fall Festival
 5:15 NFL Football: Vikings vs. Rams

9:30 Walking Club & Sunshine in the Courtyard
 10:00 Morning Snack & Daily Chronicles
 11:00 Sun Sound Reader
 11:45 Namaste- Aromatherapy
 1:30 Nail Polish Parlor & Spa
 2:30 Snack Social
 3:00 Brain Games
 4:00 PBS Nova
 6:00 Crossword Puzzles

9:30 Morning Stretch
 10:00 Reminisce
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Help Wanted
 2:30 Afternoon Snack
 3:00 Meet Me at the Movies: The Munsters
 6:00 Word Search in the Enclave

9:00 Baking Bread in the Lodge
 9:30 Good News, Coffee & Donuts
 10:00 Morning Snack
 11:00 Noodle Ball
 11:45 Namaste- Aromatherapy
 2:00 Church Service w/ Faith Community Church
 3:00 Classic Movie:
 5:20 NFL Football: Cowboys

9:30 Strength Training
 10:00 Communion
 10:15 Morning Snack
 10:30 Hootenanny Sing Along
 11:30 Namaste- Aromatherapy
 1:30 Balloon Volleyball
 2:30 Making Popcorn
 3:00 Meet Me at the Movies: Hocus Pocus
 6:00 Checkers in the Dining

9:30 Sit and Be Fit
 10:00 Music Therapy & Coffee
 11:00 Bingo
 11:45 Namaste- Aromatherapy
 1:30 Basket Bean Bag Toss
 3:00 Can You Guess What's in the Bag? Halloween Edition!
 4:00 Blue Ribbon Baking: Surprise Bakes & Cakes
 6:00 Word Search in the Enclave

9:30 Seated Chair Yoga
 10:00 Morning Snack
 10:30 Flower Arranging
 11:00 Crafty Corner: Mosaic Bean Flowers
 11:45 Namaste- Aromatherapy
 1:30 Finish the Lines
 3:00 Axe Throwing Target Game
 4:00 Funniest Pets & People
 6:00 Coloring in the Activity Room

9:30 Morning Stretch
 10:00 Morning Snack & Daily Chronicles
 11:00 Scenic Bus Ride
 11:45 Namaste- Aromatherapy
 1:30 Bingo
 3:00 Social: Monster Mash Music Hour w/ Hocus Pocus Punch
 4:00 Puzzles in the Activity Room
 5:15 NFL Football: Texans vs. Jets

Sierra Del Sol The Lodge



Schedule is subject to change. For the most updated information please see Activity Daily. Sierra Del Sol 8151E Speedway Tucson AZ 85710