



October

2006



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:45AM Kick Ball 11:15AM Hand Massage 1:15PM Movie Time 2:00PM Room Visits 3:45PM Church Service 6:15PM Balloon Toss	2 10:45AM Exercise Class(DR) 11:00AM Sensory Time (VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Bowling 4:15PM Horseshoes 6:15PM Kick Ball	3 Oktoberfest Lunch 10:45AM Bingo(DR) 11:00AM Hand Massage (VR) 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Kick Ball 4:15PM Paddle Ball 6:15PM Balloon Toss	4 1:30pm Outing to Museum 10:45AM Creative Arts 11:00AM Sensory Stim(VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Sing-A-Long 4:15PM Hand Massage 6:15PM Current Events	5 10:45AM **Music 1:30PM Room Activities 2:00PM Movie Time 3:45PM Exercise Class 4:15PM Hand Massage 6:15PM Balloon Toss	6 10:45AM Balloon Toss 11:05AM Parade 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Sing-A-Long 3:55PM Pretty Nails(VR) 6:15PM Kick Ball	7 10:45AM Paddle Ball 1:15PM Movie Time 2:00PM Room Visits 3:45PM Kick Ball 4:15PM Hand Massage 6:15PM Current Events
8 10:45AM Kick Ball 11:15AM Hand Massage 1:15PM Movie Time 2:00PM Room Visits 3:45PM Bingo 6:15PM Balloon Toss	9 10:45AM Exercise Class(DR) 11:00AM Sensory Time (VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Bowling 4:15PM Horseshoes 6:15PM Kick Ball	10 10:45AM Bingo(DR) 11:00AM Hand Massage (VR) 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Kick Ball 4:15PM Paddle Ball 6:15PM Balloon Toss	11 10:45AM Creative Arts 11:00AM Sensory Stim(VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Sing-A-Long 4:15PM Hand Massage 6:15PM Current Events	12 10:45AM **Music 1:30PM Room Activities 2:00PM Movie Time 3:45PM Exercise Class 4:15PM Hand Massage 6:15PM Balloon Toss	13 10:45AM Balloon Toss 11:05AM Parade 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Sing-A-Long 3:55PM Pretty Nails(VR) 6:15PM Kick Ball	14 Retirement Party 10:45AM Paddle Ball 1:15PM Movie Time 2:00PM Room Visits 3:45PM Kick Ball 4:15PM Hand Massage 7:00PM Retirement Party
15 10:45AM Kick Ball 11:15AM Hand Massage 1:15PM Movie Time 2:00PM Room Visits 3:45PM Church Service 6:15PM Balloon Toss	16 10:45AM Exercise Class(DR) 11:00AM Sensory Time (VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Bowling 4:15PM Horseshoes 6:15PM Kick Ball	17 10:45AM Bingo(DR) 11:00AM Hand Massage (VR) 1:30PM Church Service 1:30PM Room Activities 3:45PM Kick Ball 4:15PM Paddle Ball 6:15PM Balloon Toss	18 10:45AM Creative Arts 11:00AM Sensory Stim(VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Sing-A-Long 4:15PM Hand Massage 6:15PM Current Events	19 10:45AM **Music 1:30PM Room Activities 2:00PM Movie Time 3:45PM Exercise Class 4:15PM Hand Massage 6:15PM Balloon Toss	20 10:45AM Balloon Toss 11:05AM Parade 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Sing-A-Long 3:55PM Pretty Nails(VR) 6:15PM Kick Ball	21 10:45AM Paddle Ball 1:15PM Movie Time 2:00PM Room Visits 3:45PM Kick Ball 4:15PM Hand Massage 6:15PM Current Events
22 10:45AM Kick Ball 11:15AM Hand Massage 1:15PM Movie Time 2:00PM Room Visits 3:45PM Bingo 6:15PM Balloon Toss	23 10:45AM Exercise Class(DR) 11:00AM Sensory Time (VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Bowling 4:15PM Horseshoes 6:15PM Kick Ball	24 10:30AM Ras Rights 11:15AM Ras Council 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Kick Ball 4:15PM Paddle Ball 6:15PM Balloon Toss	25 10:45AM Creative Arts 11:00AM Sensory Stim(VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Sing-A-Long 4:15PM Hand Massage 6:15PM Current Events	26 10:45AM **Music 1:30PM Room Activities 2:00PM Movie Time 3:45PM Exercise Class 4:15PM Hand Massage 6:15PM Balloon Toss	27 10:45AM Balloon Toss 11:05AM Parade 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Sing-A-Long 3:55PM Pretty Nails(VR) 6:15PM Kick Ball	28 10:45AM Paddle Ball 1:15PM Movie Time 2:00PM Room Visits 3:45PM Kick Ball 4:15PM Hand Massage 6:15PM Current Events
29 10:45AM Kick Ball 11:15AM Hand Massage 1:15PM Movie Time 2:00PM Room Visits 3:45PM Bingo 6:15PM Balloon Toss	30 10:45AM Exercise Class(DR) 11:00AM Sensory Time (VR) 1:30PM Room Activities 2:00PM Meditation Time 3:45AM Bowling 4:15PM Horseshoes 6:15PM Kick Ball	31 Happy Halloween 10:30AM Halloween Party 1:30PM Room Activities 2:00PM Leisure Lounge 3:45PM Kick Ball 4:15PM Paddle Ball 6:15PM Balloon Toss				

**San Mateo Adult School Classes on:
 Thursday @ 10:45AM Music Appreciation

10:00AM Juice Social Daily
 VR- Victorian Room
 DR- Day Room
 Activity Calendar subject to change.