



# October 2024

# Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>BELLA MAR</b> ROYAL PALM BEACH</p>		<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>10:30 Chair Yoga</li> <li>11:00 Ball Games Galore</li> <li>1:30 White Board Games</li> <li>2:00 Tasty Tuesday</li> <li>3:00 Meaningful Moment</li> <li>3:30 Open Game Time</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Holy Communion Services</li> <li>11:00 Cardio Fitness &amp; Balance</li> <li>1:30 Jeopardy</li> <li>2:30 Wind Down Wednesday</li> <li>3:30 Blackjack</li> <li>6:30 Evening Bingo</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>10:00 Fitness Fun</li> <li>10:00 Fitness Fun</li> <li>1:30 Penny Keno</li> <li>2:30 Thirsty Thursday</li> <li>3:30 Rosh Hashanah Rabbi Visit</li> <li>6:30 Live Entertainment</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Nature Walk &amp; Meditation</li> <li>10:30 Sit and Be Fit</li> <li>11:00 I Pad Games</li> <li>2:00 Comedy &amp; Laughs</li> <li>3:00 Happy Hour</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Televised Shabbat Services</li> <li>10:00 Pet Therapy</li> <li>10:30 Strength Training</li> <li>11:30 Creating Floral Centerpieces</li> <li>1:30 Afternoon Matinee</li> <li>2:30 Pictionary</li> <li>3:30 Table Games</li> <li>6:30 Sing Along Saturdays</li> </ul>	
	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Televised Worship Service</li> <li>10:30 Chair Yoga</li> <li>11:00 Televised Game Show</li> <li>1:30 Ball Games Galore</li> <li>2:30 Sunday Snacks</li> <li>3:30 Bingo</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Positive Affirmations</li> <li>10:00 Chair Yoga</li> <li>11:00 Puzzle Solvers</li> <li>1:30 I Pad Games</li> <li>2:30 Monday Munchies</li> <li>3:30 Musical Bingo</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 News &amp; Views</li> <li>10:30 Gentle Chair Exercise</li> <li>11:00 Trivia</li> <li>1:30 Ball Games Galore</li> <li>2:30 Tasty Tuesday</li> <li>3:30 Open Game Time</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Holy Communion Services</li> <li>10:30 Chair Yoga</li> <li>11:00 White Board Games</li> <li>1:30 Jeopardy</li> <li>2:30 Wind Down Wednesday</li> <li>3:30 Blackjack</li> <li>6:30 Evening Bingo</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Morning Meditation</li> <li>10:00 Fitness Fun</li> <li>10:30 White Board Games</li> <li>1:30 Table Game Challenges</li> <li>2:30 Thirsty Thursday</li> <li>3:30 Penny Keno/Learn a New Game</li> <li>6:30 Live Entertainment</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Nature Walk &amp; Meditation</li> <li>10:30 Chair Yoga</li> <li>11:00 I Pad Games</li> <li>1:30 Music Therapy</li> <li>2:30 Comedy &amp; Laughs</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Televised Shabbat Services</li> <li>10:30 Fitness Fun</li> <li>11:30 Creating Floral Centerpieces</li> <li>1:30 Afternoon Matinee</li> <li>2:30 Pictionary</li> <li>3:30 Table Games</li> <li>6:30 Sing Along Saturdays</li> </ul>
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	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Televised Worship Service</li> <li>10:30 AM Workout</li> <li>11:00 Inspirational Reading &amp; Quotes</li> <li>1:30 Memory Lane</li> <li>2:30 Sunday Snacks</li> <li>3:30 Bingo</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Positive Affirmations</li> <li>10:00 Chair Yoga</li> <li>11:00 Puzzle Solvers</li> <li>1:30 White Board Games</li> <li>2:30 Monday Munchies</li> <li>3:30 Musical Bingo</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>9:30 News and Views</li> <li>10:30 Gentle Chair Exercise</li> <li>11:00 Shopping Boutique</li> <li>1:30 I Pad Games</li> <li>2:30 Tasty Tuesday</li> <li>3:30 Open Game Time</li> <li>6:00 Bella Mar Cinema</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Holy Communion Services</li> <li>11:00 Cardio Fitness &amp; Balance</li> <li>11:30 Group Chat</li> <li>1:30 Jeopardy</li> <li>2:30 Monthly Birthday Celebration</li> <li>3:30 Blackjack</li> <li>6:30 Evening Bingo</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 News and Views</li> <li>10:00 Fitness Fun</li> <li>10:30 Crafty Corner</li> <li>1:30 Table Game Challenges</li> <li>2:30 Thirsty Thursday</li> <li>3:30 Penny Keno/Learn a New Game</li> <li>6:30 Live Entertainment</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Nature Walk &amp; Meditation</li> <li>10:30 The Happy Baker's</li> <li>1:30 Music Therapy</li> <li>2:00 Comedy &amp; Laughs</li> <li>3:00 Happy Hour</li> <li>6:30 Trunk or Treat / Live Entertainment</li> </ul>	<ul style="list-style-type: none"> <li>8:30 Personal Connections</li> <li>9:30 Televised Shabbat Services</li> <li>10:00 Strength Training</li> <li>10:30 Ball Games</li> <li>11:30 Creating Floral Centerpieces</li> <li>1:30 Afternoon Matinee</li> <li>2:30 Pictionary</li> <li>3:30 Table Games</li> <li>6:30 Sing Along Saturdays</li> </ul>
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