

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Birthdays Karen Llewellyn (10/07) David Beeman (10/09) John Ioannis (10/20) Colleen Ogden (10/25) Don Brundige (10/28)	Schedule transportation to and from medical appointments: Mon, Wed, Thurs, and Fri Torrance Apt on Wed Only Come get your hair styled at our salon on Thursdays and manicures on Mondays.		BREAST CANCER AWARENESS 1 9:30 Strength Training w/ Michael RR 10:30 Activity Chat GR 2:00 Store Trip: Sprouts (Sign Up) 1:45 Blackjack w/ South Bay Casino GR 3:30 Brain Games FD 4:00 Walking Group - Lobby 6:30 Name That Tune w/ Jon GR	2 9:30 Tai Chi w/ Manny RR 10:30 Bible Study w/ Pat RR 10:30 Live Music w/ George LR 2:00 Meet the Food Director GR 2:00 Store Trip: Dollar Tree (Sign Up) 3:30 Trivia w/ Joy GR 4:00 Walking Group - Lobby 6:30 Mini Series GR NOBLE HOUSE Espisode 3	3 9:30 Slow Stretching w/ Kathie GR 10:30 Bingo GR 1:30 Walking Group - Lobby 2:00 Sign Language w/ Joy GR 3:00 American Song Book w/ Seth GR 6:30 Movie Night GR NOBLE HOUSE Episode 4	4 9:00 Virtual Catholic Mass GR 10:00 Coffee & Donuts GR 11:20 Communion w/ Debbie GR 2:00 Rosary w/ Alexandra GR 2:00 Strength Training RR 3:30 T.V. CONCERT DOO WOP 6:30 Karen's Cinema Night GR PAPER CHASE
9:30 Fitness DVD GR 5 10:30 Current Events GR Coffee & Cookies 1:30 American Folk Art w/ Wendie RR 3:00 Crosswords w/ Holly GR 4:00 Walking Group - Lobby 6:30 Documentary GR ONCE UPON A TIME Episode 3	9:30 Chair Aerobics w/ Carl RR 6 10:15 CVS (Sign Up) 10:30 Horse Racing LR 2:00 Entertainment for Oktoberfest LR 3:00 Happy Hour GR 4:00 Walking Group - Lobby 6:30 Documentary GR ONCE UPON A TIME Episode 4	9:30 Strength Training w/ Michael RR 7 10:30 Bingo RR 12:00 Men's Luncheon GR 1:30 Yoga w/ Eden GR 2:15 Triominos w/ Joy CR 4:00 Walking Club - Lobby 6:30 T.V. Concert GR – DOLLY PARTON	9:30 Strength Training w/ Michael RR 8 10:30 Pumpkin Decorating w/ Michael RR 1:30 Left, Center, Right GR 2:00 Store Trip: CVS (Sign Up) 2:30 Live Music w/ Nina on the Piano LR 3:30 Brain Games FD 4:00 Walking Group - Lobby 6:30 Name That Tune w/ Jon GR	9:30 Sit & Get Fit RR 9 10:30 Live Music w/ Felice LR 1:30 Family Feud in Teams RR 2:00 Store Trip: Vons (Sign Up) 2:30 Resident Led Discussion GR 3:30 Snowman GR 4:00 Walking Group - Lobby 6:30 Movie Night GR - JULIA & JULIA	9:30 Slow Stretching w/ Kathie GR 10 10:30 Bingo RR 1:45 The Carol Burnett Show GR 1:30 Walking Group - Lobby 2:30 Scenic Drive - L (Sign Up) 6:30 Movie Night GR THE PROPOSAL	9:00 Virtual Catholic Mass GR 11 10:00 Coffee & Donuts GR 11:20 Communion w/ Debbie GR 2:00 Rosary w/ Alexandra GR 2:00 Strength Training RR 3:00 Church Service w/ First Presbyterian GR 6:30 Karen's Cinema Night GR WHAT WOMEN WANT
INDIGENOUS PEOPLE'S DAY 12 9:30 Fitness DVD GR 10:00 Activity w/ Silver Spur Garden Club GR 1:30 Singing w/ Felice RR 2:45 Crosswords w/ Holly GR 4:00 Walking Group - Lobby 6:30 Documentary GR CHRISTOPHER COLUMBUS STORY	9:30 Chair Aerobics w/ Carl RR 13 10:15 CVS (Sign Up) 10:30 Horse Racing LR 1:30 Excursion: Ross (Sign Up) 1:30 Discussion w/ Anthony RR 3:00 Scrabble CR 4:00 Walking Group - Lobby 6:30 Documentary GR - DOLLY PARTON	9:30 Strength Training w/ Michael RR 14 10:30 Bingo RR 12:00 Educators Luncheon GR 1:30 Walking Group - Lobby 2:00 Trionimos w/ Joy CR 3:30 All Resident Meeting RR 6:30 T.V. Concert GR TINA TURNER	9:30 Strength Training w/ Michael RR 15 10:30 Arcade Fun CR 2:00 Writing Club w/ Author Carolyn RR 2:00 Trip: Bank & Post Office (Sign Up) 3:30 Brain Games FD 4:00 Walking Group - Lobby 6:30 Name That Tune w/ Jon GR	9:30 Tai Chi w/ Manny RR 16 10:30 Bible Study w/ Pat RR 10:30 Live Music w/ Michael LR 2:00 Store Trip: Target (Sign Up) 2:00 Tech Class (Sign Up) BS 4:00 Walking Group - Lobby 6:30 Movie Night GR SIDEWAYS	9:30 Slow Stretching w/ Kathie GR 17 10:30 Bingo RR 1:30 Walking Group - Lobby 2:00 Creative Crafts w/ Joy RR 6:30 Movie Night GR THE MAN THAT GOT AWAY	9:00 Virtual Catholic Mass GR 18 10:00 Coffee & Donuts GR 11:20 Communion w/ Debbie GR 2:00 Strength Training RR 3:00 Church Services GR Trinity Lutheran 6:30 Karen's Cinema Night GR BECAUSE I SAID SO
9:30 Fitness DVD GR 19 10:30 Current Events GR Coffee & Cookies 2:00 Dr Duke Speaks LR Increase Immunity 3:30 Crosswords w/ Holly GR 4:00 Walking Group - Lobby 6:30 Movie Night GR AFRICAN QUEEN	9:30 Chair Aerobics w/ Carl RR 20 10:15 CVS (Sign Up) 10:30 Horse Racing LR 1:30 Excursion: Burlington (Sign Up) 2:00 Low Vision Group GR 3:00 Scrabble CR 4:00 Walking Group - Lobby 6:30 Documentary GR I AM JACKIE O.	9:30 Strength Training w/ Michael RR 21 10:30 Bingo RR 12:00 Healthcare Professionals Luncheon GR 1:30 Sound Meditation GR 2:45 Eye Glass Cleaning CR 4:00 Walking Group - Lobby 6:30 T.V. Concert GR WILLIE NELSON	FLU & COVID CLINIC 22 9:30 Strength Training w/ Michael RR 10:30 Bingo RR 10:00 Flu Clinic GR 2:00 Store Trip: Trader Joe's (Sign Up) 2:30 Reiki Seminar w/ Carmen GR 3:30 Brain Games FD 4:00 Walking Group - Lobby 6:30 Name That Tune w/ Jon GR	WORLD SERIES GAME 1 23 9:30 Fitness Drumming RR 10:30 Live Music w/ Justin E. - LR 1:30 Backgammon w/ Joy LIB 2:00 Store Trip: Target (Sign Up) 2:00 Food Demo w/ Steve GR 3:30 You're a Genius w/ Joy GR 4:00 Walking Group - Lobby 6:30 New Release GR – BEST OF THE BEST	9:30 Slow Stretching w/ Kathie GR 24 10:30 Bingo RR 1:30 Walking Group - Lobby 2:00 Halloween Student Recital LR 2:30 Trip to San Pedro Library (Sign Up) 6:30 Movie Night GR THE HUNT FOR RED OCTOBER	9:00 Virtual Catholic Mass GR 25 10:00 Coffee & Donuts GR 11:20 Communion w/ Debbie GR 2:00 Rosary w/ Alexandra GR 2:00 Strength Training RR 3:00 Church Services GR ST Peter's Episcopal 6:30 Karen's Cinema Night GR FAMILY MAN
9:30 Fitness DVD GR 26 10:30 Current Events GR Coffee & Cookies 1:30 Singing w/ Felice RR ALL IS WELCOME 2:45 Crosswords w/ Holly GR 4:00 Walking Group - Lobby 6:30 Movie Night GR THE WITNESS	9:30 Chair Aerobics w/ Carl RR 27 10:15 CVS (Sign Up) 10:30 Horse Racing LR 11:30 Lunch Outing: N.Y Deli (Sign Up) 1:30 Foot Doctor (Please sign up at the front desk) 3:00 Scrabble CR 4:00 Walking Group - Lobby 6:30 Documentary GR - HARRISON FORD	9:30 Strength Training w/ Michael RR 28 10:30 Reminiscing w/ Gayle GR 12:00 New Resident Luncheon GR 2:00 Book Club GR 3:00 Vocab w/ Holly GR 4:00 Walking Group - Lobby 6:30 T.V. Concert GR PETER PAUL & MARY	9:30 Strength Training w/ Michael RR 29 10:30 Password Game CR 2:00 Store Trip: Family Dollar (Sign Up) 2:00 Pokeno GR 2:30 Left, Center, Right GR 3:30 Brain Games FD 4:00 Walking Group - Lobby 6:30 Name That Tune w/ Jon GR	HALLOWEEN CELEBRATION 30 9:30 Tai Chi w/ Manny RR 10:30 Bible Study w/ Pat RR 10:30 Halloween Party w/ Carla D LR 1:30 Beg. Sign Language w/ Joy GR 2:30 Happy Hour LR 3:30 Halloween Trivia GR 4:00 Walking Group - Lobby 6:30 Movie Night GR - HOCUS POCUS	9:30 Slow Stretching w/ Kathie GR 31 10:30 Bingo RR 1:30 Walking Group – Lobby 1:30 Movie: ADDAMS FAMILY VALUES 2:00 Triominos w/ Joy CR 3:30 You be the Judge GR 6:30 Movie Night GR HAUL OUT THE HALLOWEEN	Legend Living Room LR Garden Room GR Rose Room RR Beauty Salon BS Library LIB Coffee Room CR