


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>9:15 Morning Newspaper [P]</p> <p>9:30 Bodies in Motion</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Chair Volleyball</p> <p>1:00 Walking Club [O]</p> <p>1:30 Bingo [M]</p> <p>3:00 Afternoon Snack [P]</p> <p>4:00 Music w/ Isa</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">1</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Sit & Stretch</p> <p>10:30 Smoothies & Cookies [P]</p> <p>10:45 Sing Along</p> <p>1:00 Walking Club [O]</p> <p>1:30 outside games [PT]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Ball Game A-Z</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">2</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Building Muscle</p> <p>10:30 Cocoa, Juice & pastries in the Parlor</p> <p>11:00 Table Games</p> <p>1:00 Walking Club [O]</p> <p>1:30 Art Class [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Music Therapy w/ Joan [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">3</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Balance Exercise</p> <p>10:00 Communion</p> <p>10:30 Milkshakes, muffins and Music</p> <p>10:45 Bus Trip [O]</p> <p>1:00 Walking Club [O]</p> <p>1:15 Piano w/ Isa</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Chair Volleyball [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">4</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Staying Fit</p> <p>10:30 Smoothies and cookies</p> <p>11:00 Hand Massage [P]</p> <p>1:00 Walking Club [O]</p> <p>3:00 Afternoon snack:Ice Cream Sundaes</p> <p>3:30 BINGO [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">5</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Let's Play UNO</p> <p>1:00 Walking Club [O]</p> <p>2:00 Gen-Narrations [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Art Class</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">6</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies and Crackers</p> <p>11:00 Trivia</p> <p>1:00 Walking Club [O]</p> <p>2:00 Board games & Puzzles [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Sing Along [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">7</p>		
<p>9:15 Morning Newspaper [P]</p> <p>9:30 Bodies in Motion</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Chair Volleyball</p> <p>1:00 Walking Club [O]</p> <p>1:30 Bingo [M]</p> <p>3:00 Afternoon Snack [P]</p> <p>4:00 Music w/ Isa</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">8</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Sit & Stretch</p> <p>10:30 Smoothies & Cookies [P]</p> <p>10:45 Sing Along</p> <p>1:00 Walking Club [O]</p> <p>1:30 outside games [PT]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Ball Game A-Z</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">9</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Building Muscle</p> <p>10:30 Cocoa, Juice & pastries in the Parlor</p> <p>11:00 Table Games</p> <p>1:00 Walking Club [O]</p> <p>1:30 Expressive Design [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Word Game [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">10</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Balance Exercise</p> <p>10:00 Communion</p> <p>10:30 Milkshakes, muffins and Music</p> <p>10:45 Bus Trip [O]</p> <p>1:00 Walking Club [O]</p> <p>1:15 Piano w/ Isa</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Chair Volleyball [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">11</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Staying Fit</p> <p>10:30 Smoothies and cookies</p> <p>11:00 Hand Massage [P]</p> <p>1:00 Walking Club [O]</p> <p>3:00 Afternoon snack:Ice Cream Sundaes</p> <p>3:30 BINGO [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">12</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Let's Play UNO</p> <p>1:00 Walking Club [O]</p> <p>2:00 Gen-Narrations [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Art Class</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">13</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies and Crackers</p> <p>11:00 Trivia</p> <p>1:00 Walking Club [O]</p> <p>2:00 Board games & Puzzles [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Sing Along [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">14</p>		
<p>9:15 Morning Newspaper [P]</p> <p>9:30 Bodies in Motion</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Chair Volleyball</p> <p>1:00 Walking Club [O]</p> <p>1:30 Bingo [M]</p> <p>3:00 Afternoon Snack [P]</p> <p>4:00 Music w/ Isa</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">15</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Sit & Stretch</p> <p>10:30 Smoothies & Cookies [P]</p> <p>10:45 Sing Along</p> <p>1:00 Walking Club [O]</p> <p>1:30 outside games [PT]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Ball Game A-Z</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">16</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Building Muscle</p> <p>10:30 Cocoa, Juice & pastries in the Parlor</p> <p>11:00 Table Games</p> <p>1:00 Walking Club [O]</p> <p>1:30 Art Class [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Music Therapy w/ Joan [P]</p> <p>3:30 Word Game [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">17</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Balance Exercise</p> <p>10:00 Communion</p> <p>10:30 Milkshakes, muffins and Music</p> <p>10:45 Bus Trip [O]</p> <p>1:00 Walking Club [O]</p> <p>1:15 Piano w/ Isa</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Chair Volleyball [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">18</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Staying Fit</p> <p>10:30 Smoothies and cookies</p> <p>11:00 Hand Massage [P]</p> <p>1:00 Walking Club [O]</p> <p>2:00 Live Entertainment in the Parlor</p> <p>3:00 Afternoon snack:Ice Cream Sundaes</p> <p>3:30 BINGO [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">19</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Let's Play UNO</p> <p>1:00 Walking Club [O]</p> <p>2:00 Gen-Narrations [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Art Class</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">20</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies and Crackers</p> <p>11:00 Trivia</p> <p>1:00 Walking Club [O]</p> <p>2:00 Board games & Puzzles [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Sing Along [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">21</p>		
<p>9:15 Morning Newspaper [P]</p> <p>9:30 Bodies in Motion</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Chair Volleyball</p> <p>1:00 Walking Club [O]</p> <p>1:30 Bingo [M]</p> <p>3:00 Afternoon Snack [P]</p> <p>4:00 Music w/ Isa</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">22</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Sit & Stretch</p> <p>10:30 Smoothies & Cookies [P]</p> <p>10:45 Sing Along</p> <p>1:00 Walking Club [O]</p> <p>1:30 outside games [PT]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Ball Game A-Z</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">23</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Building Muscle</p> <p>10:30 Cocoa, Juice & pastries in the Parlor</p> <p>11:00 Table Games</p> <p>1:00 Walking Club [O]</p> <p>1:30 Expressive Design [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Word Game [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">24</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Balance Exercise</p> <p>10:00 Communion</p> <p>10:30 Milkshakes, muffins and Music</p> <p>10:45 Bus Trip [O]</p> <p>1:00 Walking Club [O]</p> <p>1:15 Piano w/ Isa</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Chair Volleyball [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">25</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Staying Fit</p> <p>10:30 Smoothies and cookies</p> <p>11:00 Hand Massage [P]</p> <p>1:00 Walking Club [O]</p> <p>2:00 Birthday Celebration in the Parlor</p> <p>3:00 Afternoon snack:Ice Cream Sundaes</p> <p>3:30 Expressive Design with Keith [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">26</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Let's Play UNO</p> <p>1:00 Walking Club [O]</p> <p>2:00 Gen-Narrations [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Art Class</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">27</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Exercise Class</p> <p>10:30 Smoothies and Crackers</p> <p>11:00 Trivia</p> <p>1:00 Walking Club [O]</p> <p>2:00 Board games & Puzzles [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Sing Along [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">28</p>		
<p>9:15 Morning Newspaper [P]</p> <p>9:30 Bodies in Motion</p> <p>10:30 Smoothies & Pastries [P]</p> <p>11:00 Chair Volleyball</p> <p>1:00 Walking Club [O]</p> <p>1:30 Bingo [M]</p> <p>3:00 Afternoon Snack [P]</p> <p>4:00 Music w/ Isa</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">29</p>	<p>9:15 Morning Newspaper [P]</p> <p>9:30 Sit & Stretch</p> <p>10:30 Smoothies & Cookies [P]</p> <p>10:45 Sing Along</p> <p>1:00 Walking Club [O]</p> <p>1:30 outside games [PT]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Ball Game A-Z</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">30</p>	<p>Happy Halloween!</p> <p>9:15 Morning Newspaper [P]</p> <p>9:30 Building Muscle</p> <p>10:30 Cocoa, Juice & pastries in the Parlor</p> <p>11:00 Table Games</p> <p>12:00 Halloween Buffet in AL [P]</p> <p>2:00 Halloween entertainment in AL [P]</p> <p>3:00 Afternoon Snack [P]</p> <p>3:30 Word Game [P]</p> <p>6:30 Evening Snack and Movie [P]</p> <p style="text-align: right;">31</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE!</p>			 <p>MEADOWBROOK Senior Living — AT AGOURA HILLS —</p>		<p>Location Keys</p> <p>Media Room M</p> <p>Outing O</p> <p>Parlor P</p> <p>Patio PT</p>