

SUN MON TUE WED THUR FRI SAT

SUN	MON	TUE	WED	THUR	FRI	SAT			
<p>ROOM KEY ALGR - Gathering Room</p>				<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 12:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 12:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 12:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 12:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 12:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 12:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>
<p>8:30 Christian Hymns Singalong with Lyrics (Channel 900) 9:30 Stretching & Range of Motion Exercise (Channel 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 9:45 "Did You Know..." Current Events Conversation (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 11:00 Core Exercise Block (Channel 900) 11:00 "Did You Know..." Current Events Conversation (Garden Gate Hallway) 11:15 Fab 5 Hallway Exercise Class (Magnolia Way Hallway) 2:15 Memorable Memories (Show and/or Share a treasure or memory) (Magnolia Way Hallway) 3:30 Rosary (Channel 900) 7:00 The Pioneers of Flight (1900 to 1945) (50 min) (Channel 900)</p>	<p>8:30 Coffee and Donut Delivery 9:00 Stretching & Range of Motion Exercise (Channel 900) 9:45 Hallway BOCCB Ball (Garden Gate Hallway) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 11:00 Core Exercise Block (Channel 900) 11:00 Hallway BOCCB Ball (Magnolia Way Hallway) 1:00 Travel Documentary: Hercule Poirot's Orient Express (47min) (Channel 900) 1:15 Fab 5 Hallway Exercise Class (Garden Gate Hallway) 1:30 Cocktail Cart! 2:15 Hallway OBSTACLE Course (Garden Gate Hallway) 3:00 Hallway OBSTACLE Course (Magnolia Way Hallway) 3:30 Rosary (Channel 900) 7:00 Who is Mona Lisa? -Documentary (42 min) (Ch. 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 9:45 Chair Bowling (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 11:00 Hallway BOCCB Ball (Magnolia Way Hallway) 11:00 Chair Bowling (Garden Gate Hallway) 1:15 Fab 5 Hallway Exercise Class (Magnolia Way Hallway) 2:00 Worship Service (Channel 900) 2:15 Fall Crafts (Magnolia Lane Hallway) 3:00 Fall Crafts (Garden Gate Hallway) 3:30 Rosary (Channel 900) 5:30 How It Works Ep. 4 & 5- Documentary (47 Min) (Ch. 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 1:00 Travel Documentary: Belfast and Northern Ireland (25m) (Ch. 900) 1:15 Fab 5 Hallway Exercise Class (Garden Gate Hallway) 2:00 Faith Facts Series (Garden Gate Hallway) 2:45 Faith Facts Series (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 9:30 File & Polish (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 10:45 File & Polish (Garden Gate Hallway) 11:00 Core Exercise Block (Channel 900) 1:30 Farmer's Market Traveling Cart 1:30 Ice Cream Delivery! 2:00 How It Works Ep. 4 & 5- Documentary (47 Min) (Ch. 900) 3:30 Rosary (Channel 900) 7:00 Friday Night Movie: Rebecca of Sunnybrook Farm" (1h, 20m) (Ch. 900)</p>	<p>9:30 Stretching & Range of Motion Exercise (Channel 900) 9:45 Hallway BINGO (Magnolia Way Hallway) 10:30 Hallway BINGO (Garden Gate Hallway) 3:30 Rosary (Channel 900) 6:00 Voter Services Candidate Forum #2 (2h, 27m) (Ch. 900)</p>			
<p>8:30 Christian Hymns Singalong with Lyrics (Channel 900) 9:30 Stretching & Range of Motion Exercise (Channel 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Virtual Cruise with Rick Steves (55m) (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>Columbus Day 9:00 Stretching & Range of Motion Exercise (Channel 900) 9:45 "Did You Know..." Current Events Conversation (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 11:00 Core Exercise Block (Channel 900) 11:00 "Did You Know..." Current Events Conversation (Garden Gate Hallway) 1:00 The Life of Carl "Alfalfa" Switzer (38m) (Ch. 900) 1:15 Fab 5 Hallway Exercise Class (Magnolia Way Hallway) 3:30 Rosary (Channel 900) 6:00 Grace Kelly: The Life of an American Princess (58m) (Ch. 900)</p>	<p>8:30 Coffee and Donut Delivery 9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 11:00 Core Exercise Block (Channel 900) 1:15 Fab 5 Hallway Exercise Class (Garden Gate Hallway) 1:30 Cocktail Cart! 2:00 Movie Matinee: ** (ALGR) 2:00 Superheroes: A Never-Ending Battle Documentary 1 (55m) (Ch. 900) 3:30 Rosary (Channel 900) 6:00 Pittsburgh Symphony Orchestra (1h 24m) (Ch. 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 11:00 Core Exercise Block (Channel 900) 1:15 Fab 5 Hallway Exercise Class (Magnolia Way Hallway) 2:00 Pumpkin Decorating Contest** (ALGR) 2:00 Worship Service and Holy Communion (Chapel and Channel 900) 2:15 Fall Crafts (Magnolia Lane Hallway) 3:00 Fall Crafts (Garden Gate Hallway) 3:30 Rosary (Channel 900) 6:00 Superheroes: A Never-Ending Battle Documentary 1 (55m) (Ch. 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 1:00 Virtual Cruise with Rick Steves (55m) (Ch. 900) 1:15 Fab 5 Hallway Exercise Class (Garden Gate Hallway) 3:30 Rosary (Channel 900) 6:30 **Keyboard Conversations (Ch.900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 9:30 File & Polish (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 10:45 File & Polish (Garden Gate Hallway) 11:00 Core Exercise Block (Channel 900) 1:30 Ice Cream Delivery! 2:00 Grace Kelly: The Life of an American Princess (58m) (Ch. 900) 3:00 Pumpkin Winner Announced! (ALGR) 3:30 Rosary (Channel 900) 4:00 The Life of Carl "Alfalfa" Switzer (38m) (Ch. 900) 7:00 Friday Night Movie: Charade (1963) (1h, 53m) (Ch. 900)</p>	<p>9:30 Stretching & Range of Motion Exercise (Channel 900) 9:45 Hallway BINGO (Magnolia Way Hallway) 10:30 Hallway BINGO (Garden Gate Hallway) 3:30 Rosary (Channel 900) 6:00 Voter Services Candidate Forum #1 (1h, 55m) (Ch. 900)</p>			
<p>8:30 Christian Hymns Singalong with Lyrics (Channel 900) 9:30 Stretching & Range of Motion Exercise (Channel 900) 1:30 Chair Exercise (Garden Gate Hallway) 2:00 Travel Documentary: Rick Steves' Iran (Ch. 900) 2:15 Chair Exercise (Magnolia Way Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 9:45 "Did You Know..." Current Events Conversation (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 11:00 Core Exercise Block (Channel 900) 11:00 "Did You Know..." Current Events Conversation (Garden Gate Hallway) 1:15 Fab 5 Hallway Exercise Class (Magnolia Way Hallway) 2:15 Memorable Memories (Show and/or Share a treasure or memory) (Magnolia Way Hallway) 3:00 Memorable Memories (Show and/or Share a treasure or memory) (Garden Gate Hallway) 3:30 Rosary (Channel 900)</p>	<p>8:30 Coffee and Donut Delivery 9:00 Stretching & Range of Motion Exercise (Channel 900) 10:00 Horse Races (ALGR) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 11:00 Core Exercise Block (Channel 900) 1:00 Travelogue Tuesday: Rick Steves' Iran (55m) (Ch. 900) 1:15 Fab 5 Hallway Exercise Class (Garden Gate Hallway) 1:30 Cocktail Cart! 2:00 Movie Matinee: ** (ALGR) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 11:00 Core Exercise Block (Channel 900) 1:15 Fab 5 Hallway Exercise Class (Magnolia Way Hallway) 2:00 Worship Service and Memorial Remembrance (Channel 900) 2:15 Fall Crafts (Magnolia Lane Hallway) 3:00 Fall Crafts (Garden Gate Hallway) 3:30 Rosary (Channel 900)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 10:30 Cardio Block Exercises: Fab 5 (Channel 900) 10:30 Hallway BINGO (Magnolia Way Hallway) 11:00 Core Exercise Block (Channel 900) 11:15 Hallway BINGO (Garden Gate Hallway) 1:15 Fab 5 Hallway Exercise Class (Garden Gate Hallway) 3:30 Faith Facts (ALGR)</p>	<p>9:00 Stretching & Range of Motion Exercise (Channel 900) 9:30 File & Polish (Magnolia Way Hallway) 10:00 Daily Reflection with Chaplain Gerhard (Channel 900) 10:45 File & Polish (Garden Gate Hallway) 11:00 Core Exercise Block (Channel 900) 1:30 Ice Cream Delivery! 3:30 Rosary (Channel 900) 7:00 Friday Night Fright: Alfred Hitchcock's "Rope" (1948) (1h, 20m) (Ch. 900)</p>	<p>9:30 Stretching & Range of Motion Exercise (Channel 900) 9:45 Hallway BINGO (Magnolia Way Hallway) 10:30 Hallway BINGO (Garden Gate Hallway) 3:30 Rosary (Channel 900) 6:00 Voter Services Candidate Forum #2 (2h, 27m) (Ch. 900)</p>			
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October 2020

Assisted Living

***Denotes advance sign-up is needed.

