# October 2024 Generations Calendar

WindChime of Marin
Memory Care Community
(415) 482-4100
LIC# 216800977

ACTIVITY LEGEND
- Be Adventurous
- Be Challenged
- Be Connected
- Be Inspired
- Be Social
- Be Well
- One Reflection

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | 1<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>9:30am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:00am Tai Chi with Richard<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Balloon, Beach Ball, Corn Hole, Bowling<br>3:00pm Choir Practice w/ Lisa & Sausalito Slim<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 2<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Balloon Tennis, Bowling, and/or Beach Ball Soccer<br>3:00pm Garden Club & Fun: Outdoor Games<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 3<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Music: Drum Circle w/ Matt<br>3:00pm Trivia, Current Events, Reading Newpapers & Discussion<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 4<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Happy Hour w/ live music: Sausalito Slim<br>3:00pm Armchair Travel Around the World<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 5<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Music: Drum Circle w/ Matt<br>3:00pm Painting & Drawing<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater |
| 6<br>Glam and Groom Day sponsored by Care Staff<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Sunday Mindfulness Meditation Practice<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Baking with Fely<br>1:30pm Bingo<br>2:30pm Care Staff: Activity Kits, Games & Puzzle<br>3:30pm Ballon tennis, bowling, beach ball soccer<br>4:00pm Sing Along w/ Scott | 7<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Baking with Fely<br>1:30pm Bingo<br>2:30pm Art & Activities: Fely's Choice<br>3:30pm Ballon tennis, bowling, beach ball soccer<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 8<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>9:30am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:00am Tai Chi with Richard<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Balloon, Beach Ball, Corn Hole, Bowling<br>3:00pm Choir Practice w/ Lisa & Sausalito Slim<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 9<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Balloon Tennis, Bowling, and/or Beach Ball Soccer<br>3:00pm Garden Club & Fun: Outdoor Games<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 10<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Music: Drum Circle w/ Matt<br>3:00pm Trivia, Current Events, Reading Newpapers & Discussion<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 11<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Happy Hour w/ live music: Sausalito Slim<br>3:00pm Armchair Travel Around the World<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater | 12<br>9:00am Chair Yoga w/ Sherry Zak Morris<br>10:00am Mindful Morning Check-In, Discussion, Daily Chronicle<br>10:30am Art Salon: Creating, Reading & Discussion<br>1:00pm Bingo<br>2:00pm Music: Drum Circle w/ Matt<br>3:00pm Poet's Corner: Reading, Writing & Discussion<br>4:00pm Sing Along w/ Scott<br>6:30pm Care Staff: Evening Movie in Theater |
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