



October

No Information

— Untagged — Action — Artistry — Learning — Melody — Emotional —
Cognitive — Physical — Vocational — Social — Spiritual — Health —
Intellectual — Health Services — SBCC



Monday

Tuesday

Wednesday

Thursday

Friday

10:00am Memory Lane Music
10:00am Art and Chat
10:30am Pet Therapy with Gerrie
11:00am SBCC - Travel & Exploration
1:00pm Trudy & Rob
1:00pm Card games
2:00pm Music of Our Lives & Times SBCC
2:00pm Word Search Club
3:00pm Halloween Cards with Maria
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Ring Toss

10:00am Word Games
10:00am News and Chat
10:30am Finish the Lyric
10:30am Pet Therapy with Gerrie
11:00am Tai Chi
11:30am Dance Fitness with Leslie Sokol
1:00pm Mind & Memory Games
1:00pm Cycling without Age
1:00pm SBCC - World Of Intrest
2:00pm Bingo
2:00pm Calm & Create
3:00pm Ball Toss and Games
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Puzzles & Trivia

10:00am Balloon Fun with Paul
10:00am Puzzles and Chat
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am Category Game
1:00pm Beach Walk
1:00pm SBCC - Art Exploration
2:15pm Flower Arrangements
3:00pm Bingo
3:00pm Nutrition & Wind Down
3:00pm Garden Club

9:30am Name That Tune
10:00am Finish the Lyric
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am SBCC - Body & Mind Awareness
1:00pm Guess that Animal
1:00pm Cycling without Age
1:00pm Men's Group
1:45pm Music of Our Lives & Times SBCC
2:00pm Crossword Puzzles
3:00pm Bingo
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Puzzles & Trivia

9:30am Name that State
10:00am Word Scramble
10:30am Pet Therapy with Gerrie
11:00am Chair Zumba
12:30pm Word Games
12:45pm Bingo
1:00pm Happy Hour
1:45pm Music of Our Lives & Times SBCC
2:15pm Garden Club

10:00am Songs for Seniors
10:00am Art and Chat
10:30am Pet Therapy with Gerrie
11:00am SBCC - Travel & Exploration
1:00pm Bingo
1:00pm Calm & Create
1:45pm Music of Our Lives & Times SBCC
2:00pm Card games
3:00pm Stain Glass Art with Maria
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Word Search Club

10:00am SB Dance Institute
10:00am News and Chat
10:30am Pet Therapy with Gerrie
11:00am Live Music with Tom
1:00pm Ball Toss and Games
1:00pm Cycling without Age
1:00pm SBCC - World Of Intrest
2:00pm Dot Art with Mary
2:00pm Crossword Puzzles
3:00pm Bingo
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Mind & Memory Games

10:00am Guess the Celebrity
10:00am Puzzles and Chat
10:00am Cycling without Age
10:30am Word Games
10:30am Pet Therapy with Gerrie
11:00am Category Game
1:00pm Beach Walk
1:00pm SBCC - Art Exploration
2:15pm Flower Arrangements
3:00pm Bingo
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Puzzles & Trivia

10:00am Name That Tune: Hangman
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am SBCC - Body & Mind Awareness
1:00pm Live Music with Gem
1:00pm Word Search Club
1:00pm Cycling without Age
1:45pm Music of Our Lives & Times SBCC
2:00pm Mind & Memory Games

10:00am Chair Exercise with Erika
10:30am Pet Therapy with Gerrie
11:00am History of Halloween with Brian
12:30pm Word Games
12:45pm Bingo
1:00pm Happy Hour
1:45pm Music of Our Lives & Times SBCC
2:15pm Garden Club

10:00am Guess Who?
10:00am Art and Chat
10:30am Pet Therapy with Gerrie
11:00am SBCC - Travel & Exploration
1:00pm Trudy & Rob
1:00pm Ball Toss and Games
2:00pm Calm & Create
2:00pm Music of Our Lives & Times SBCC
3:00pm Craft: Masquerade mask with Lily
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Puzzles & Trivia

10:00am Roundtable Chats with Brian: Halloween
10:00am News and Chat
10:30am Pet Therapy with Gerrie
11:00am Chair Zumba
11:30am Dance Fitness with Leslie Sokol
1:00pm Crossword Puzzles
1:00pm Cycling without Age
1:00pm SBCC - World Of Intrest
2:00pm The Unaccompanied Miners
2:00pm Card games
3:00pm Dia de Los Muertos Art with Erika
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Word Games

10:00am Ring Toss with Paul
10:00am Puzzles and Chat
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am Gentle Stretch
1:00pm Beach Walk
1:00pm SBCC - Art Exploration
2:15pm Flower Arrangements
3:00pm Bingo
3:00pm Nutrition & Wind Down
3:00pm Garden Club

10:00am Cauldron Toss with Mary
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am SBCC - Body & Mind Awareness
1:00pm Joyous Movement with Beth Amine
1:00pm Cycling without Age
1:00pm Men's Group
1:45pm Music of Our Lives & Times SBCC
2:00pm Word Search Club
3:00pm Bingo
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm RingToss

10:00am Bingo
10:30am Pet Therapy with Gerrie
11:00am Chair Zumba
12:30pm Word Games
12:45pm Pumpkin Decorating with Brian
1:00pm Happy Hour
1:45pm Music of Our Lives & Times SBCC
2:15pm Garden Club

10:00am Fall Word Scramble
10:00am Art and Chat
10:30am Pet Therapy with Gerrie
11:00am SBCC - Travel & Exploration
1:00pm Category Game - Fall Edition
1:00pm Ball Toss and Games
1:45pm Music of Our Lives & Times SBCC
2:00pm Calm & Create
3:00pm Craft with Lily: Halloween Decorations
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Puzzles & Trivia

10:00am Memory Lane Music
10:00am News and Chat
10:30am Pet Therapy with Gerrie
11:00am Seated Boxing Class
1:00pm Card games
1:00pm Cycling without Age
1:00pm SBCC - World Of Intrest
2:00pm Bingo
2:30pm Taste of Italy with Erika
3:00pm Word Games
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Art Table

10:00am Name That Tune: Hangman
10:00am Puzzles and Chat
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am Tai Chi
1:00pm Beach Walk
1:00pm SBCC - Art Exploration
2:15pm Flower Arrangements
3:00pm Bingo
3:00pm Halloween Word Game
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Ring Toss

10:00am Memory Lane Music
10:00am Cycling without Age
10:30am Pet Therapy with Gerrie
11:00am SBCC - Body & Mind Awareness
12:00pm Halloween Party!
1:00pm Cycling without Age
2:00pm Music of Our Lives & Times SBCC
2:00pm Puzzles & Trivia
3:00pm Nutrition & Wind Down
3:00pm Garden Club
4:00pm Art Table

10:00am Dia de Los Muertos Introduction
10:30am Where is your family from?
10:30am Pet Therapy with Gerrie
11:00am Chair Zumba
12:30pm Word Games
12:45pm Bingo
1:00pm Happy Hour
1:45pm Music of Our Lives & Times SBCC
2:15pm Garden Club

