**Shining Star**

One of the residents said it perfectly, “He has a pleasant smile, very kind and gets the work done on time”. Thank you Ryan for being October’s Shining Star

**Ryan Young**

Maintenance Director

10 Months

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**October Birthdays**

10/1-Lynnette P.
10/9-Phil G.
10/19-Gabriela D.
10/24-Mario O.
10/26-Tom F.
10/31-Tony C.
10/31-Helen M.

**Wedding Anniversary**

10/27-Peggy and Roger R.

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**Meal Times**

Breakfast......................7:30 a.m. - 9:00 a.m.
Lunch..........................11:30 a.m. - 1:00 p.m.
Dinner.........................4:30 p.m. - 6:00 p.m.

**Transportation Schedule**

- **Mondays**
  - 10:00-4:00pm
- **Tuesdays**
  - Strider’s Walking Group..................9:45am
  - Wednesdays/Thursdays ............10:00am-3:00pm
- **Fridays**
  - Resident Outings: Times Vary
  - Saturdays/Sundays..........................9:00am-4:00pm
- Sign up 24 hours in advance for transportation

**Movie Showings**

Everyday 2:30 & 6:30 in Theater

- Mondays: Comedy
- Tuesdays: Western
- Wednesdays: Musical
- Thursdays: Book Club
- Fridays: Guided Meditation
- Saturdays: Documentary
- Sundays: Drama

**Reoccurring Activities**

- Bingo | Tuesdays & Fridays | 6:00-8:00
- Pet Therapy | Tuesdays | 1:00-3:00

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**Special Events**

10/5  Pink Panther Mocktail Social | 3:30
10/6  Mad Hatter Tea Party Luncheon | 12:00
10/6  Town Hall | 2:00
10/11  Where’s Ringo Band Performance | 2:30
10/12  Cooking Demonstration-Ghostly Cookies | 1:30
10/18  A Batty Social with Bob Johns | 3:00
10/26  Wicked Wine Club | 3:30
10/31  Halloween Pet Parade | 1:15
10/31  Halloween Monster Bash | 3:00

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**Outings**

10/7  Frank Llyod Wright Civic Center Tour | 10:00
10/8  Walk to End Alzheimer’s | 9:00
10/8  Nostalgia Car Show | 1:00
10/13  Scenic Drive to Nicasio Valley Cheese Shop | 1:00
10/20  Shopping at the Petaluma Outlet Mall | 1:00
10/27  Chabot Science and Space Center | 10:00
**OCTOBER**

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<th>SATURDAY</th>
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<tr>
<td>1:00 Ping Pong Matches, FS 1:30 Sunday Matinee at the Movie Theater, Van 2:00 Mindful Coloring, CR 3:00 Bingo, CR  Weekly Brainteasers available in the Library</td>
<td>9:15 Seniorcize w/ Carolyn, FS 10:30 Ladder Ball, BP 1:15 Sunshine News, PUB 3:00 Bean Bag Toss, DR 4:00 Trivia, PUB</td>
<td><strong>Yum Kippur</strong> 9:00 Strider’s Walking Group 10:30 Dog Agility-Pet Therapy, BP 1:15 Sunshine News, PUB 2:00 Balance Class, FS 2:30 Penny Black Jack, PUB 3:30 Jeopardy, PUB 6:00 Bingo, PUB</td>
<td><strong>Pink Panther Day</strong> 10:30 Monster Wreath-Art Therapy, CR 1:30 Community Garden, CR 2:00 Zumba Gold Chair, FS 2:30 Wheel of Fortune, PUB 3:30 Pink Panther Mocktails, PUB</td>
<td>10:30 Tai Chi For Osteoporosis, FS 12:00 &quot;Mad Hatter Tea Party&quot; Luncheon, DR 2:00 Town Hall, DR</td>
<td><strong>World Smile Day!</strong> 10:00 Frank Lloyd Wright Civic Center Tour, Van 2:30 Guided Meditation, 2:30 Yoga w/ Johanna, FS 3:30 Cranium Crunches, PUB 6:00 Bingo, CR</td>
<td>9:15 Seniorcize w/ Carolyn, FS 10:00 Travel Film, TH 10:00 Walking on Sunshine with Kate, Lobby 2:00 Documentary Film Club, &quot;New York, The Documentary&quot;, TH 2:30 Penny Black Jack, PUB</td>
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<td><strong>Sukkot begins</strong> 1:00 Ping Pong Matches, FS 2:00 Mindful Coloring, CR 3:00 Bingo, CR  Weekly Brainteasers available in the Library</td>
<td>10:30 Ladder Ball, BP 12:15-1:00 Country Store, CR 1:15 Sunshine News, PUB 2:00 Zumba Gold, FS 3:00 Bean Bag Toss, DR 4:00 Trivia, PUB</td>
<td>9:15 Seniorcize w/ Carolyn, FS 10:30 Colorful Clothespin Magnets-Art Therapy, CR 1:30 Community Garden, CR 1:30 Cooking Demonstration-Ghostly Cookies w/ Chef John, CR 2:30 Wheel Of Fortune, PUB</td>
<td>9:15 Seniorcize w/ Carolyn, FS 11:00 Welcome Committee, LIB 1:30 Scenic Drive to Nicasio Valley Cheese Shop, Van 2:30 Sing a Long with Gloria, PUB 3:00 Book Club, FS</td>
<td>9:15 Seniorcize w/ Carolyn, FS 1:30 Culinary Meeting, TH 2:30 Guided Meditation, TH 2:30 Yoga w/ Johanna, TH 6:00 Bingo, CR</td>
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<td>8:30 Walk to End Alzheimer’s Walk with Melinda, Van 1:00 Nostalgia Car Show, Van 2:00 Documentary Film Club, &quot;New York&quot;, TH 2:30 Penny Black Jack, PUB</td>
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<td><strong>Daytime Outing</strong> 1:00 Ping Pong Matches, FS 1:30 Sunday Matinee at the Movie Theater, Van 2:00 Mindful Coloring, CR 3:00 Bingo, CR  Weekly Brainteasers available in the Library</td>
<td>10:30 Ladder Ball, BP 1:15 Sunshine News, PUB 2:00 Zumba Gold, FS 3:00 Bean Bag Toss, DR 4:00 Trivia, PUB</td>
<td>9:00 Strider’s Walking Group 9:15 Seniorcize w/ Carolyn, FS 1:00 Dog Final Swim Party-Pet Therapy, BP 2:30 “Where’s Bingo” Band Performance-Birthday Bash, DR</td>
<td>10:30 Card Making-Art Therapy 1:00 Community Garden, CR 2:00 Zumba Gold Chair, FS 2:30 Wheel of Fortune, PUB</td>
<td>10:30 Tai Chi for Osteoporosis, FS 11:00 Welcome Committee, LIB 10:00 Walking on Sunshine with Kate, Lobby 2:00 Documentary Film Club, &quot;New York, The Documentary&quot;, TH 2:30 Penny Black Jack, PUB</td>
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**Activities Subject to Change**