

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 AM Walking Club (PL) 1 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Book Club (PL) 3:00 PM Rosewood and Ivory (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 2 10:00 AM History (PL) 10:30 AM Therapy/Puzzles (PL) 1:30 PM Bible Study (PL) 2:30 PM Community Social-Patterson (PL) 3:30 PM Therapy/Brain Games (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 3 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Music Tapestry (PL) 2:00 PM One Day: My Story (HCR) 3:00 PM Bingo (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 4 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Trivia (PL) 1:30 PM Creative Corner (PL) 2:00 PM Games: Cornhole, Baseball, Table Ball (PL) 3:00 PM Book Club (PL) 4:00 PM Happy Hour (PL)	9:30 AM Walking Club (PL) 5 10:30 AM Spa and Nails (PL) 11:00 AM Octoberfest 11:30 AM Performer Mike Gazdak 3:00 PM Institute of Dancing Arts (PL) 6:00 PM Musical Wind-Down (PL)
9:30 AM Chair Exercise (PL) 6 10:30 AM Hymns and Worship (PL) 1:00 PM Documentary Hour (PL) 3:00 PM BINGO (PL) 4:00 PM Punch Ball (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 7 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Poetry (PL) 1:30 PM Outing: Enstrom's Candy Making (BT) 1:30 PM Name That Tune (PL) 3:00 PM Bingo (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 8 10:00 AM Morning Devotions-MS (PL) 10:15 AM Wings and Warriors/Therapy Dogs (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Book Club (PL) 3:00 PM Performer Todd Mangold (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 9 10:00 AM History (PL) 10:30 AM Therapy/Puzzles (PL) 10:30 AM Early Voting (HCR) 1:30 PM Bible Study (PL) 2:30 PM Community Social-Patterson (PL) 3:30 PM Therapy/Brain Games (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 10 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:00 PM Resident's Rights Celebration (BT) 1:30 PM Cooking with Jane (PL) 3:00 PM Bingo (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 11 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Trivia (PL) 1:30 PM Creative Corner (PL) 2:00 PM Games: Cornhole, Baseball, Table Ball (PL) 3:00 PM Book Club (PL) 4:00 PM Happy Hour (PL)	9:30 AM Walking Club (PL) 12 10:30 AM Creative Corner: Hug Day Craft (PL) 2:00 PM Saturday Social (HCR) 6:00 PM Musical Wind-Down (PL)
9:30 AM Chair Exercise (PL) 13 10:30 AM Hymns and Worship (PL) 1:00 PM Documentary Hour (PL) 3:00 PM BINGO (PL) 4:00 PM Punch Ball (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 14 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Poetry (PL) 1:30 PM Name That Tune (PL) 3:00 PM Bingo (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 15 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Book Club (PL) 3:00 PM Performer: Hugh Plumleigh (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 16 10:00 AM History (PL) 10:30 AM Therapy/Puzzles (PL) 1:30 PM Bible Study (PL) 2:30 PM Community Social-Patterson (PL) 3:30 PM Therapy/Brain Games (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 17 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Music Tapestry (PL) 2:00 PM One Day: My Story (HCR) 3:00 PM Bingo (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 18 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Trivia (PL) 1:30 PM Creative Corner (PL) 2:00 PM Games: Cornhole, Baseball, Table Ball (PL) 3:00 PM Book Club (PL) 4:00 PM Happy Hour (PL)	9:30 AM Walking Club (PL) 19 10:30 AM "Pop Star" Karaoke (PL) 2:00 PM "Nailed it" Spa and Wine Social (PL) 6:00 PM Musical Wind-Down (PL)
9:30 AM Chair Exercise (PL) 20 10:30 AM Hymns and Worship (PL) 1:00 PM Documentary Hour (PL) 3:00 PM BINGO (PL) 4:00 PM Punch Ball (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 21 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Poetry (PL) 1:30 PM Name That Tune (PL) 3:00 PM Bingo (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 22 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Book Club (PL) 3:00 PM Balloon Volley Ball (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 23 10:00 AM History (PL) 10:30 AM Therapy/Puzzles (PL) 1:30 PM Bible Study (PL) 2:30 PM Community Social-Patterson (PL) 3:30 PM Therapy/Brain Games (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 24 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Cooking with Jane (PL) 3:00 PM Bingo (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 25 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Trivia (PL) 1:30 PM Creative Corner-Candy Spiders (PL) 2:00 PM Games: Cornhole, Baseball, Table Ball (PL) 3:00 PM Book Club (PL) 4:00 PM Happy Hour (PL)	9:30 AM Walking Club (PL) 26 1:00 PM Trunk or Treat 2:00 PM Performers Ty and Nat (PL) 3:30 PM Balloon Volleyball (PL) 6:00 PM Musical Wind-Down (PL)
9:30 AM Chair Exercise (PL) 27 10:30 AM Hymns and Worship (PL) 1:00 PM Documentary Hour (PL) 3:00 PM BINGO (PL) 4:00 PM Punch Ball (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 28 10:00 AM Reminisce/Coffee Talk (PL) 10:30 AM Poetry (PL) 1:30 PM Name That Tune (PL) 3:00 PM Bingo (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 29 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Book Club (PL) 3:00 PM Peggy Malone-Vocalist (PL) 6:00 PM Musical Wind-Down (PL)	9:30 AM Chair Exercise (PL) 30 10:00 AM History (PL) 10:30 AM Therapy/Puzzles (PL) 1:30 PM Bible Study (PL) 2:30 PM Resident Birthday Celebration-MS (PL) 3:30 PM Therapy/Brain Games (PL) 6:00 PM Movie/TV Special (PL)	9:30 AM Walking Club (PL) 31 10:00 AM Morning Devotions-MS (PL) 10:30 AM Balloon Valley Ball (PL) 1:30 PM Music Tapestry (PL) 2:00 PM Halloween Party (PL) 3:00 PM Bingo (PL) 6:00 PM Musical Wind-Down (PL)		

October 2019

Cappella of Grand Junction Calendar

Programs:
MS



Room Keys
PL - Patterson Living & Dining Room
(Downstairs)
TN - The Nook
RR - Rhythms Retreat
HPDR - Hayden Private Dining Room
WDR - Waddell's Dining Room

HCR - Harris Community
Room
TCR - Trumbo Community
Room
BCR - Beale Conference
Room
SFC - Strong Fitness Center
BT - Bus Trip

LO -
Lobby
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