

Monday

Tuesday

Wednesday

Thursday

Friday

October 2026

Blue Group



10:15am - **Third Eye Tai Chi (M)**
 11:30am - Flashback Today (C)(R)
 12:00pm - Table Talk (C)
 1:30pm - Wonders of the world (NL)
 2:00pm - Word game (SE)
 2:30pm - Wildlife Exploration (C)
 3:30pm - Historical Moments (E)
 4:00pm -Memory Mystery(NL)

2 10:00am - Flashback Today (C)(R)
 10:30am - Chair Exercise (M)
 11:30am - Name that Face (C)
 12:00pm - The Five Great Lakes (NL)
 1:30pm - Animal Discovery (C)
 2:30pm - *American Memories(NL)*
 3:30pm - Bowling (M)
 4:00 pm - Cars and Memories (SE)

10:00am - Flashback Today (C)(R) 5
 10:30am - Chair Exercise (M)
 11:30am - Picture Detective (C)
 12:00pm - History in Motion (NL)
 1:30pm - Guess the tv show (C)(NL)
 2:30pm - Animal Discovery (NL)(C)
3:00pm - Music w/ Tender (R)
 4:00pm - Brain Boost (NL)

10:00am - Flashback Today (C)(R) 6
 10:30am - Chair Exercise (M)
 11:30am - Memory Story (C)
 12:00pm - Conversation Corner (SE)
1:30pm - Melanie Edwards Music (R)
 2:30pm - Ball toss (C)(R)
 3:30pm - Game and Connect (P)(M)
 4:00pm - Perfect Guessing (NL)

10:00am - **Jazz with Eric (R)** 7
 10:30am - Flashback Today (C)(R)
 11:30am - Group Trivia (C)
 12:00pm - Name Five (C)
1:30pm - Music w/Sticks(Alondra)
 2:30pm - *History Trivia (NL)*
 3:30pm - Classic Films Chat (CE)
 4:00pm - Brain Boost Circle (NL)

10:00am - Flashback Today (C)(R) 8
11:30am - Pumpkin Creativity - Challenge
 1:30pm - Volleyball (M)
 2:00 pm - Brain boost (C)
 2:30pm - Famous Waterfalls (C)(R)
 3:30pm - Broadway Sing-Along (CE)
 4:00pm - Pick a Number (NL)

10:00am - Flashback Today (C)(R) 9
 10:30am - Chair Exercise(M)
 11:30am - Yellowstone National Park
 12:00pm - Table Talk (SE)
 1:30pm - Learn and Create (CE)
 2:00pm - Pass the Ball
3:30pm - Volleyball (M)
 4:00pm - Memory Match(NL)



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10:00am - Flashback Today (C)(R) 13
 10:30am - Chair Exercise (M)
 11:30am - Guess the Celebrity (NL)
 12:00pm -The History of Television(CE)
 1:30pm Jeopardy Labs (C)
 2:00pm - Travel Discussion (C)(R)
 3:30pm - Music Memories (R)(CE)
 4:00pm - Think And Share (NL)

10:00am - Music Clips (CE)(R) 14
 10:30am - Flex and Strength (M)
11:30am - Painting w/ Heather (NL)
 12:00pm - National parks disc. (NL)
 1:30pm - **Music w/Drums(Alondra)**
 2:30pm -*Events Changed America(NL)*
 3:30pm - Broadway Sing-Along (CE)
 4:00pm - Think Count and Solve (NL)

10:00am - **Third Eye Tai Chi (M)** 15
 11:30am - Flashback Today (C)(R)
 12:00pm - Conversation Corner (SE)
Fall Festival
 2:30pm
 4:00pm

10:00am - Flashback Today (C)(R) 16
 10:30am - Chair Exercise (M)
 11:30am - Recognize the Legend (C)
 12:00pm - Postcards around /world
 1:30pm - Animal Discovery (NL)(C)
 2:30pm - The Thinking Room (NL)
 3:30pm - Brain Builders (NL)
 4:00pm - Around the Table (SE)

10:00am - Music w/ Anthony (R) 19
 10:30am - Chair Exercise (M)
 11:30am - Picture Puzzle (C)
 12:00pm - Food and Nostalgia(CE)
 1:30pm - Unscramble the word (C)
 2:30pm - Animal Discovery (NL)(C)
 3:30pm - Game and Connect (P)(M)

10:00am - Flashback Today (C)(R) 20
 10:30am - Living Well Fitness(M)
 11:30am - Brain Fitness (NL)
 12:00pm - Lower Body Stretches
 1:30pm - Jeopardy Labs (C)
 2:30pm - Toss and Score (SE)
 3:30pm - Guess the Logos (CE)
 4:00pm - Count and Connect

10:00am - **Nashville Standard (R)** 21
 10:30am - Flashback Today (C)(R)
 11:30am - America's Great Outdoors(C)
 12:00pm - Upper Body Stretches(M)
 1:30pm - **Music w/Shakers/Alondra**
 2:30pm - *Hist. American Automobile*
 3:30pm - Guess Country Flags (C)(R)
 4:00pm - Questions and Connections vil

10:00am - Flashback Today (C)(R) 22
 11:30am -Flex and Strength (M)
 12:00pm - Broadway / Musicals (NL)
 1:30pm - *History Trivia (NL)*
 2:30pm - Memorable Journeys(C)(R)
 3:30pm - Volleyball (M)(SE)
 4:00pm - Quick Think (NL)

10:00am -Flashback Today (C)(R) 23
 11:30am Cars Through / Decades (NL)
 12:00pm - Around The World(NL)
 1:30pm - Animal Discovery (NL)(C)
2:00pm - Tai Chi w/ Cynthia (M)
 3:30 pm - Ball Toss (M)
 4:00pm - Afternoon Social (SE)

10:00am - Flashback Today (C)(R) 26
 10:30am - Chair Exercise (M)
 11:30am - Picture Detective (C)
 12:00pm - Comedy Corner (SE)
 1:30pm - Guess the tv show (C)(NL)
 2:30pm - Animal Discovery (NL)(C)
 3:00pm - Think and Solve (NL)
 4:00pm - Math Matters (NL)

10:00am - Paint Therapy / Heather 27
11:30am - Flashback Today (C)(R)
 12:00pm - Lower Body Stretches (M)
1:30pm - Melanie Edwards (R)
 2:30pm - Toss and Score (SE)
 3:30pm - Harvest and Beginning of
 Falls Discussions. (NL)
 4:00pm - Number Crunch (NL)

10:00am - Flashback Today (C)(R) 28
 10:30am - Chair Exercise (M)
 11:30am - Picture Detective (C)
 12:00pm - Famous Paintings (NL)
 1:30pm - **Around the World**
 2:30 pm - History of the White House
 3:30pm - Historical Moments (R)
 4:00pm Flip and Match (NL)

10:15am -Flashback Today (C)(R) 29
 11:30am - Movement in Motion (M)
 12:00pm - Famous inventions (NL)
1:30pm - Music / Tender (R)
 2:00pm - Historical Moments (R)
 2:30pm - Animal Discovery (NL)(C)
 3:30pm - Story Recall (NL)
 4:00pm - Getting to know you (NL)

10:00am - Flashback Today (C)(R) 30
 10:30am - Chair Exercise (M)
 11:30am - America's Historic Train Stn.
 12:00pm - Postcards around /world
 1:30pm - Animal Discovery (NL)(C)
 2:30pm - Memory Connections
3:00pm - Birthday Celebration
 4:00pm - Music and Memories (M)

Activity Types: Cognitive Engagement (C), Creative Expression (CE), Movement (M), Purpose (P), Reflection (R), Social Engagement (SE), New Learning (NL).

Additional Time Slots: 7:30am-10:00am = Montessori Centers / 11:00am -11:30 = Snack / 12:00pm - 1:00pm Lunch 3:00pm = Snack / 4:00pm - 5:30pm = Montessori Centers

Please note:Calendar are subject to change