

<p>3 Tuesday</p> <p>10:30 Happy Birthday Julie Andrews 11:00 Active Game 11:30 News Currents 1:00 Cognitive Challenge 1:30 Exercise 2:15 Participant's Choice 2:45 Music</p>	<p>5 Thursday</p> <p>10:30 "Think Positive Thursday" Discussion with Sheryl 11:00 Active Game 11:30 This Week in History 1:00 Cognitive Challenge 1:30 Tai Chi/Yoga with Cynthia 2:15 Autumn Art 2:45 Music</p>	<p>6 Friday</p> <p>10:30 "My Favorite Photo" Discussion w/ Jim L. 11:00 Active Game 11:30 Group Challenge: Who said that? 12:00 You be the Judge 1:00 Cognitive Challenge 1:30 Active Game 2:00 Fall Jeopardy! 2:45 Music</p>
<p>10 Tuesday</p> <p>10:30 Let's Discuss: Columbus Day 11:00 Active Game 11:45 News Currents 1:00 Group Challenge 1:15 Harp Music with Judy 2:00 Sit & Get Fit 2:45 Music</p>	<p>12 Thursday</p> <p>10:30 Music with Jessica 11:15 Active Game 11:45 This Week in History 1:00 Cognitive Challenge 1:30 Sit & Get Fit 2:00 "Remember when..." Discussion 2:45 Music</p>	<p>13 Friday</p> <p>George Mason Percussion Department Concert</p> <p>10:30 Let's Discuss: Superstitions 11:00 Active Game 11:30 Lunch 12:00 Depart for George Mason 1:15 Return to Insight 1:30 Exercise 2:00 This Week in Pictures 2:45 Music</p>
<p>17 Tuesday</p> <p>10:30 Exercise with Joanne and Theo 11:00 Active Game 11:30 News Currents 1:00 Cognitive Challenge 1:30 Let's travel to Alaska with Jim M. 2:00 Music with Karen & Virginia 2:30 You be the Judge</p>	<p>19 Thursday</p> <p>Friday Morning Music Group Concert</p> <p>10:30 Food for thought discussion 11:00 Edible Art: Pumpkin Parfait 11:30 Depart for Concert 1:30 Lunch 2:00 This Week in History 2:45 Music</p>	<p>20 Friday</p> <p>George Mason Vocal Department Concert</p> <p>10:30 Let's Discuss: Famous Musical Melodies 11:00 Cognitive Challenge 11:30 Lunch 12:00 Depart for George Mason Concert 1:40 Return to Insight 2:00 Exercise 2:30 This Week in Pictures</p>
<p>24 Tuesday</p> <p>10:30 News Currents 11:15 Active Game 11:45 Let's Discuss: Hungary with Denny 1:00 Brain Fitness 1:30 Art Appreciation w/ Roshna 2:15 Exercise 2:45 Music</p>	<p>26 Thursday</p> <p>10:30 Let's Discuss: Famous Paintings with Bob M. 11:00 Active Game 11:30 This Week in History 1:00 Cognitive Challenge 1:30 Tai Chi/Yoga with Cynthia 2:15 "Vocab Roots and Prefixes" discussion with Brian</p>	<p>27 Friday</p> <p>Oak Marr Mini Golfing</p> <p>10:30 Leave for: Oak Marr Mini Golf 12:15 Return to Insight 1:00 Brain Fitness Challenge 1:30 Exercise 2:00 This Week in Pictures 2:45 Group Challenge</p>
<p>31 Tuesday</p> <p>10:30 All Hallows Eve Discussion 11:00 Music with Frank 11:45 News Currents 1:00 Cognitive Challenge 1:30 Exercise 2:00 Halloween Jeopardy 2:45 Music</p>		<p>Daily Activities</p> <p>10:00 Morning Coffee & Conversation 12:30 Lunch (unless otherwise noted!)</p> <p>Memory Café 1st & 3rd Wednesday, 4:00 pm to 6:00 pm</p> <p>Early Stage Support Group 2nd Tuesday, 2:00 pm to 3:00 pm</p> <p>Classes for Caregivers 3rd Wednesday from 1:00 pm to 3:00 pm</p>