

 Elements Neighborhood					October 2026	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 5K 10:00 Gardening (AR) 1:00 Sip & Paint (AR) 2:00 Pet Therapy with Rosie (HOW) (T) 2:30 Chair Zumba (T) 3:00 Brain Aerobics (T) 6:00 Movie & Popcorn (T) 1	9:00 Donuts & Coffee (DR) 10:00 Bingo with Dianne (AR) 12:00 Manicures (AR) 1:00 Puzzles (AR) 2:00 Mindful Music & Movement with Darlene (DR) 3:00 Armchair Travel (T) 6:00 Light Stretching & Meditation (T) 2	10:00 Chair Excercise (T) 2:00 Bingo (DR) 5:00 Relaxing Art & Music 6:00 Movie & Popcorn (T) 3
9:00 Chair Excercise (T) 10:00 Bingo (DR) 1:00 White Board Games (DR) 6:00 Puzzles (DR) 4	9:45 Stretching (T) 10:00 Bingo (AR) 12:00 Puzzles (AR) 1:00 Exercise with Jessica (AL) 2:30 Brain Aerobics (T) 3:00 Wii Bowling (T) 6:00 Light Stretching & Meditation (T) 5	9:00 5K 10:00 Bingo (AR) 12:30 Chair Excercise (T) 2:00 Entertainment & Happy Hour (Joey S.) (DR) 3:00 Manicures (AR) 6:00 Movie & Popcorn (T) 6	9:00 Bible Study with Tony (AL) 10:00 Noodle Knockout (T) 11:00 Cracker Barrel Lunch outing 2:30 Chair Exercise With Weights (ALAR) 3:15 Relaxing Art & Music (AL) 6:00 Light Stretching & Meditation (T) 7	9:00 5K 10:00 Gardening (AR) 1:15 Bouncy Britches (T) 2:30 Chair Zumba (T) 3:00 Brain Aerobics (T) 6:00 Movie & Popcorn (T) 8	9:00 Donuts & Coffee (DR) 10:00 Bingo with Dianne (AR) 12:00 Manicures (AR) 1:00 Cruising and Views 3:00 Armchair Travel (T) 6:00 Light Stretching & Meditation (T) 9	10:00 Chair Excercise (T) 2:00 Bingo (DR) 5:00 Relaxing Art & Music 6:00 Movie & Popcorn (T) 10
9:00 Chair Excercise (T) 10:00 Bingo (DR) 1:00 White Board Games (DR) 6:00 Puzzles (DR) 11	9:45 Stretching (T) 10:00 Bingo (AR) 1:00 Phoenix Symphony String Quartet (AL) 2:30 Brain Aerobics (T) 3:00 Relaxing art & Music (T) 6:00 Light Stretching & Meditation (T) 12	9:00 5K 10:00 Bingo (AR) 1:00 Activity Store (AR) 2:00 Entertainment (Gary H.) (AL) 3:00 Trivia (AR) 6:00 Movie & Popcorn (T) 13	9:00 Bible Study with Tony (AL) 10:00 Noodle Knockout (T) 11:00 Oreganos Lunch outing 2:30 Chair Drumming Exercise (T) 3:15 Relaxing Art & Music (AL) 6:00 Light Stretching & Meditation (T) 14	9:00 5K 10:00 Gardening (AR) 12:30 Manicures 2:00 Pet Therapy with Rosie (HOW) (T) 3:00 Brain Aerobics (T) 4:00 Memory Support Group (See Flyer) (MSL) 6:00 Movie & Popcorn (T) 15	9:00 Donuts & Coffee (DR) 10:00 Bingo with Dianne (AR) 12:00 Manicures (AR) 1:00 Puzzles (AR) 2:00 Mindful Music & Movement with Darlene (DR) 3:00 Armchair Travel (T) 6:00 Light Stretching & Meditation (T) 16	10:00 Chair Excercise (T) 2:00 Bingo (DR) 5:00 Relaxing Art & Music 6:00 Movie & Popcorn (T) 17
9:00 Chair Excercise (T) 10:00 Bingo (DR) 1:00 White Board Games (DR) 6:00 Puzzles (DR) 18	9:45 Stretching (T) 10:00 Bingo (AR) 1:00 Exercise with Jessica (AL) 2:30 Brain Aerobics (T) 3:00 Wii Bowling (T) 6:00 Light Stretching & Meditation (T) 19	9:00 5K 10:00 Bingo (AR) 1:30 Chair Volleyball (DR) 3:00 Manicures (AR) 6:00 Movie & Popcorn (T) 20	9:00 Bible Study with Tony (AL) 10:00 Noodle Knockout (T) 11:00 Angry Crab Lunch outing 2:30 Chair Exercise With Weights (ALAR) 3:15 Relaxing Art & Music (AL) 6:00 Light Stretching & Meditation (T) 21	9:00 5K 10:00 Gardening (AR) 12:30 Pumpkin Painting (DR) 2:00 Entertainment (DR) 3:00 Brain Aerobics (T) 6:00 Movie & Popcorn (T) 22	9:00 Donuts & Coffee (DR) 10:00 Bingo with Dianne (AR) 12:00 Manicures (AR) 1:00 Puzzles (AR) 1:30 Music & Movement with Darlene (DR) 3:00 Armchair Travel (T) 6:00 Light Stretching & Meditation (T) 23	10:00 Car Show (T) 2:00 Bingo (DR) 5:00 Relaxing Art & Music 6:00 Movie & Popcorn (T) 24
9:00 Chair Excercise (T) 10:00 Bingo (DR) 1:00 White Board Games (DR) 6:00 Puzzles (DR) 25	9:45 Stretching (T) 10:00 Bingo (AR) 1:00 Exercise with Jessica (AL) 2:30 Brain Aerobics (T) 3:00 Wii Bowling (T) 6:00 Light Stretching & Meditation (T) 26	9:00 5K 10:00 Bingo (AR) 12:15 Chair Excercise (T) 1:00 Activity Store (AR) 2:00 Entertainment & Happy Hour (Jeff S) (DR) 3:00 Manicures (AR) 6:00 Movie & Popcorn (T) 27	9:00 Bible Study with Tony (AL) 10:00 Noodle Knockout (T) 11:00 Hole n one Lunch outing 2:30 Chair Drumming Exercise (T) 3:15 Relaxing Art & Music (AL) 6:00 Light Stretching & Meditation (T) 28	9:00 5K 10:00 Gardening (AR) 12:15 Bouncy Britches (T) 2:00 Pet Therapy with Rosie (HOW) (T) 3:00 Brain Aerobics (T) 6:00 Movie & Popcorn (T) 29	9:00 Donuts & Coffee (DR) 10:00 Bingo with Dianne (AR) 11:00 Boo Bash BBQ (C) 12:45 Manicures (AR) 1:00 Puzzles (AR) 3:00 Armchair Travel (T) 6:00 Light Stretching & Meditation (T) 30	10:00 Chair Excercise (T) 2:00 Bingo (DR) 5:00 Relaxing Art & Music 6:00 Movie & Popcorn (T) 31
Happy Birthday! Gloria E. – 23rd Marilyn V. – 31st			All Events Are Subject To Change		Location Key: AR = Activity Room T = Theater DR = Dining Room CY = Courtyard B = Bistro L = Lounge IL = Independent Living PDR = Private Dining Room AL = Assisted Living MSL = Memory Support Lounge	