

Vista Winds Senior Living Community		 Elements		Elements Neighborhood					October 2026				
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								9:00 Richard Simmons Fitness 10:00 Scenic Ice-cream Run 2:30 International Coffee Day 3:00 CONE RACE 3:30 Watch Favorite Tv Show 5:30 Evening Movie ~ RomCom		9:30 Silver Sneakers Beyonce 10:30 Activity Room Fun 11:30 Hallway Trivia 1:00 Volleyball with AL 3:00 Happy Hour Social 4:00 Tommy Buffa Entertainment 5:30 Evening Movie ~ Musicals		9:00 Energetic Chair Workout 9:30 Let's Plant Seeds 10:00 Massage & Aromatherapy 11:00 Art ~ Wooden Crafts 1:15 Weekend Stroll 2:30 Scripture & Chronicle 3:00 My Favorite Things 5:30 Evening Movie ~ Drama	
9:30 Sunday Sneakers 10:00 Sunday Devotional 10:30 Magnetic Tiles 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Chair Tai Chi 10:00 Music Monday ~ 1950's 10:30 UNO 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Beachball Volleyball 10:00 Scripture of the Day 10:30 Creating Sensory Books 11:30 Brain Exercises 1:15 Walking Warriors 2:30 Painting ~ European Canvas 5:30 Evening Movie ~ Comedy		9:00 Metro Workout ~ M.J. 10:00 Wednesday Scripture 10:30 Balloon & Water Blaster 2:30 Woman to Woman Hour 3:30 Co-ed Dessert Social 5:00 Wednesday Walkers 5:30 Evening Movie ~ Adventure		9:00 Richard Simmons Fitness 10:00 Scenic Ice-cream Run 2:30 BADMINTON 3:00 Domino Stack & Fall 3:30 The Daily Scripture 5:30 Evening Movie ~ RomCom		9:30 Silver Sneakers Beyonce 10:30 Activity Room Fun 11:30 Hallway Trivia 1:00 Volleyball with AL 2:30 Scripture & Chronicle 3:00 Happy Hour Social 5:30 Evening Movie ~ Musicals		9:00 Energetic Chair Workout 9:30 Garden Helpers 10:00 Massage & Aromatherapy 11:00 Music Bingo 1:15 Weekend Stroll 2:30 Scripture & Chronicle 3:00 Ballon Circle 5:30 Evening Movie ~ Drama	
9:30 Sunday Sneakers 10:00 Sunday Devotional 10:30 Table Tennis 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Chair Tai Chi 10:00 Motown Monday 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Beachball Volleyball 10:00 Scripture of the Day 10:30 Silver Scratch Creations 11:30 Brain Exercises 1:15 Walking Warriors 2:30 Joanna LaFleur Activity 5:30 Evening Movie ~ Comedy		9:00 Metro Workout ~ M.J. 10:00 Wednesday Scripture 10:30 Cinnamon Apple Bake 2:30 Joanna LaFleur Activity 3:30 Pet Comedy 5:00 Wednesday Walkers 5:30 Evening Movie ~ Adventure		9:00 Richard Simmons Fitness 10:00 Scenic Ice-cream Run 2:30 Stack the Cup Challenge 3:00 Table Tennis 3:30 The Daily Scripture 5:30 Evening Movie ~ RomCom		9:30 Silver Sneakers Beyonce 10:30 Activity Room Fun 11:30 Hallway Trivia 1:00 Volleyball with AL 2:30 Hallway Music Parade 3:00 Happy Hour Social 5:30 Evening Movie ~ Musicals		9:00 Energetic Chair Workout 9:30 Indoor Gardening 10:00 Massage & Aromatherapy 11:00 Activity Room Fun 1:15 Weekend Stroll 2:30 Scripture & Chronicle 3:00 Name That Tune 5:30 Evening Movie ~ Drama	
9:30 Sunday Sneakers 10:00 Sunday Devotional 10:30 Sort The Socks Contest 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Chair Tai Chi 10:00 Pick Your Activity 10:30 UNO 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Beachball Volleyball 10:00 Scripture of the Day 10:30 Joanna LaFleur Activity 11:30 Brain Exercises 1:15 Walking Warriors 2:30 FAMILY FEUD 5:30 Evening Movie ~ Comedy		9:00 Metro Workout ~ M.J. 10:00 Wednesday Scripture 10:30 Nature Walk 2:30 Joanna LaFleur Activity 3:30 Tabletop Ring Toss 5:00 Wednesday Walkers 5:30 Evening Movie ~ Adventure		9:00 Richard Simmons Fitness 10:00 Scenic Ice-cream Run 2:30 Paper Basketball Challenge 3:00 Create Greeting Cards 3:30 The Daily Scripture 5:30 Evening Movie ~ RomCom		9:30 Silver Sneakers Beyonce 10:30 Activity Room Fun 11:30 Hallway Trivia 1:00 Volleyball with AL 2:30 Bubble Dance Party 3:00 Happy Hour Social 5:30 Evening Movie ~ Musicals		9:00 Energetic Chair Workout 9:30 Tend to the Garden 10:00 Massage & Aromatherapy 11:00 Create Floral Bouquets 1:15 Weekend Stroll 2:30 Scripture & Chronicle 4:00 Tommy Buffa Entertainment 5:30 Evening Movie ~ Drama	
9:30 Sunday Sneakers 10:00 Sunday Devotional 10:30 Sensory Bins 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Chair Tai Chi 10:00 Puzzle Time 2:30 Daily Chronicle 3:00 Bingo & Refresh 5:30 Evening Movie		9:00 Beachball Volleyball 10:00 Scripture of the Day 10:30 Joanna LaFleur Activity 11:30 Brain Exercises 1:15 Walking Warriors 2:30 FAMILY BINGO by Hospice of the West 5:30 Evening Movie ~ Comedy		9:00 Metro Workout ~ M.J. 10:00 Wednesday Scripture 10:30 Let's Create Memory Boxes 2:30 Joanna LaFleur Activity 2:30 Life Story Interviews 5:00 Wednesday Walkers 5:30 Evening Movie ~ Adventure		9:00 Richard Simmons Fitness 10:00 Scenic Ice-cream Run 2:30 Joanna LaFleur Activity 3:30 The Daily Scripture 4:00 FAMILY DEMENTIA EDUCATION 5:30 Evening Movie ~ RomCom		9:30 Silver Sneakers Beyonce 10:30 Activity Room Fun 11:30 Hallway Trivia 1:00 Volleyball with AL 2:30 Fidget Blanket Social 3:00 Happy Hour B-day Celebration 5:30 Evening Movie ~ Musicals		9:00 Energetic Chair Workout 9:30 Indoor Greenhouse 10:00 Massage & Aromatherapy 11:00 Let's Make Parfaits 1:15 Weekend Stroll 2:30 Scripture & Chronicle 3:00 Parfaits in the Sun 5:30 Evening Movie ~ Drama	
Happy Birthday!				30th – Bette C.				Location Key:					