

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p> <p>Clubs scheduled weekly *Programs subject to change</p>	<p>Alzheimer Poetry Project</p> <p>Field to Fare</p> <p>Memories in the Making</p> <p>Mindful Matters</p> <p>Spiritual</p>	<p>Stay Tuned for Therapy dog visits from Bernie, Tilly and Ripley!</p>	<p>Active Aging Week</p> <p>Blu Grotto Buddy Visits 2pm 1</p> <p>10:00 Seated Yoga</p> <p>10:30 What is Active Aging?</p> <p>11:00 Heartwarming Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 Armchair Travel: Germany</p> <p>3:00 Card Making with Kathie and Sharon</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>Active Aging Week</p> <p>Blu Grotto Buddy Visits 2pm 2</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Who/What/Where Am I?</p> <p>11:00 Dart Board Game</p> <p>1:00 Cookbook Perusing, Recipe Discussion- Apple Jack recipes</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si/Uno</p>	<p>Active Aging Week</p> <p>Blu Grotto Buddy Visits 2pm 3</p> <p>10:00 Daily Groove</p> <p>11:00 SPECIAL GUEST: Communion with Reverend Childress</p> <p>1:30 MSO HeartStrings Quartet September MakeUp Session</p> <p>2:00 Use Your Noodle- Exercise</p> <p>3:00 Dice Games/Table Top Games</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p>	<p>Active Aging Week</p> <p>Blu Grotto Buddy Visits 2pm 4</p> <p>9:30 Special Event: Walk to End Alz. Walk</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Life In Color Painting Session</p> <p>1:00 In the Kitchen</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 5</p> <p>10:00 Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>2:00 Table Top Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p>
	<p>Happy Birthday, Toni! 6</p> <p>10:00 Church Service Recording</p> <p>10:30 Daily Groove</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>7</p> <p>10:00 Daily Groove</p> <p>— Our Daily Bread</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Musical Monday</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm 8</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:30 SPECIAL GUEST: Qi Gong with Joan</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>9</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Who/What/Where Am I?</p> <p>1:00 Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si/Uno</p> <p>4:30 SPECIAL EVENT: Walk to End Alz Dance Party \$10 [CR]</p>	<p>Blu Grotto Buddy Visits 2pm 10</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles</p> <p>10:30 Life In Color Painting Session</p> <p>1:00 Scarf Dying Project</p> <p>2:00 Use Your Noodle- Exercise</p> <p>3:00 Dice Games/Table Top Games</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p>	<p>11</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Life In Color Painting Session</p> <p>1:00 In the Kitchen</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 12</p> <p>10:00 Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p>
<p>DAILY RHYTHM</p> <p>8:00 Breakfast</p> <p>10:00 Mindful Matters/Exercise</p> <p>10:30 Hydration</p> <p>11:00 This Day in History/Various Programs</p> <p>12:00 Lunch</p> <p>1:00 Walking Club</p> <p>2:00 Mindful Matters/Partner Programs</p> <p>3:00 Group Programs</p> <p>4:00 Art Corner/Recharge</p> <p>5:00 Dinner</p> <p>6:00 Resident's Choice</p>	<p>13</p> <p>10:00 Church Service Recording</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>Columbus Day Indigenous People's Day 14</p> <p>10:00 Daily Groove</p> <p>— Our Daily Bread</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Musical Monday</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm 15</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 I Spy Indoor Adventure Walk</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>16</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Who/What/Where Am I?</p> <p>1:00 Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si/Uno</p>	<p>Blu Grotto Buddy Visits 2pm 17</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles</p> <p>10:30 Life In Color Painting Session</p> <p>1:00 Walking Club</p> <p>1:30 MSO HeartStrings Quartet- Night at the Opera [CR]</p> <p>3:00 Dice Games/Table Top Games</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p>	<p>18</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Life In Color Painting Session</p> <p>1:00 In the Kitchen</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 19</p> <p>10:00 Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>2:00 Table Top Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p>
	<p>20</p> <p>10:00 Church Service Recording</p> <p>10:30 Daily Groove</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>21</p> <p>10:00 Daily Groove</p> <p>— Our Daily Bread</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Musical Monday</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm 22</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>23</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Who/What/Where Am I?</p> <p>1:00 Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si/Uno</p>	<p>Blu Grotto Buddy Visits 2pm 24</p> <p>Happy Birthday, Cliff!</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles</p> <p>1:00 Scarf Dying Project</p> <p>2:00 Use Your Noodle- Exercise</p> <p>3:00 Dice Games/Table Top Games</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p>	<p>25</p> <p>10:00 Chair Dancing</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Life In Color Painting Session</p> <p>1:00 In the Kitchen</p> <p>2:00 Badger Homecoming Pep Rally and Festivities</p> <p>3:00 Tailgate Treats</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p>	<p>Nail Care with Care Team/ Varied Times 26</p> <p>10:00 Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p> <p>3:00 SPECIAL EVENT: Men of Blackhawk Singers [CR]</p>
	<p>27</p> <p>10:00 Church Service Recording</p> <p>1:00 Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p>	<p>28</p> <p>10:00 Daily Groove</p> <p>— Our Daily Bread</p> <p>11:00 Poetry Corner</p> <p>1:00 Indoor Walk Club</p> <p>1:30 Musical Monday</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Virtual Museum Tour</p>	<p>Blu Grotto Buddy Visits 2pm 29</p> <p>10:00 Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 Yarn Crafter's Club [CR]</p> <p>2:00 I Spy Indoor Adventure Walk</p> <p>2:30 SPECIAL GUEST: Qi Gong with Joan</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 How is it Made?</p> <p>4:00 Music and Motion</p>	<p>30</p> <p>10:00 Mobility and Flexibility</p> <p>10:30 Who/What/Where Am I?</p> <p>1:00 Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si/Uno</p>	<p>Blu Grotto Buddy Visits 2pm 31</p> <p>Halloween</p> <p>10:00 Daily Groove</p> <p>10:30 Daily Chronicles</p> <p>10:30 Life In Color Painting Session- Halloween Theme</p> <p>1:00 Walking Club</p> <p>2:00 Halloween Hoopla!</p> <p>3:00 Dice Games/Table Top Games</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p>		