Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30a Morning Meditation Spr 9:30a Coffee Social Aut 9:30a Your Choice Activities Act 9:30a Tech Table Act 10:30a Word Search Act **2:00p Church Service Aut** 3:00p Ice Cream Social Aut 3:00p Variety Hour Act Daylight Saving Time Ends	2 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Bead Designs Act 10:30a Variety Hour Act **2:00p Patio Games** **BBQ Patio** 3:00p Resident Store 3:00p Open Activities Act	3 8:30a Sit & Be Fit Spr 9:30a Coffee Social Aut 9:30a Arts & Crafts Act 10:30a Open Activities Act **2:00p Karaoke Superstar Aut** 3:00p Variety Hour Act 3:00p Room Visits	4 7:00a Resident Breakfast Act 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Garden/Book Club Act 10:30a Drama Club Act **2:00 Bingo Fun! Aut** 3:00p Resident Store 3:00p Library Act	5 8:30a Chair Yoga/Balance Spr 9:30a Coffee Social Aut 9:30a Brain Games Act 10:30a Open Activities Act 10:30a Java Music Aut **2:00p Movie Matinee Aut**	6 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Math Whiz Act 10:30a Tech Table Act **2:00p Happy Hour** **Entertainment Aut** 3:00p Library Act	7 8:30a Walking the Halls Act 9:30a Coffee/Church Aut 9:30a Fancy Fingers Spa Act 10:30a Variety Hour Act 11:30a Catholic Strolling Service **2:00p Bingo Fun! Aut** 3:00p Resident Store
8 8:30a Morning Meditation Spr 9:30a Coffee Social Aut 9:30a Your Choice Activities Act 9:30a Tech Table Act 10:30a Word Search Act **2:00p Church Service Aut** 3:00p Ice Cream Social Aut 3:00p Variety Hour Act Diwali (Hindi)	9 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Bead Designs Act 10:30a Variety Hour Act **2:00p Serenity Spa Aut** 3:00p Resident Store 3:00p Open Activities Act	10 8:30a Sit & Be Fit Spr 9:30a Coffee Social Aut 9:30a Science for Seniors Act 10:30a Open Activities Act **2:00p Bingo Fun! Aut** 3:00p Variety Hour Act 3:00p Room Visits	11 8:30a Morning News/TV Wat 9:30a Coffee Social Aut 9:30a Garden/Book Club Act 10:30a Drama Club Act **2:00p Veterans Day** **Celebration Aut** 3:00p Resident Store Veterans Day Remembrance Day (Canada)	12 8:30a Chair Yoga/Balance Spr 9:30a Coffee Social Aut 9:30a Brain Games Act 10:30a Open Activities Act 10:30a Java Music Aut **2:00p Movie Matinee Aut**	13 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Math Whiz Act 10:30a Tech Table Act **2:00p Happy Hour** **Entertainment Aut** 3:00p Library Act	14 8:30a Walking the Halls Act 9:30a Coffee/Church Aut 9:30a Fancy Fingers Spa Act 10:30a Variety Hour Act 11:30a Catholic Strolling Service **2:00p Bingo Fun! Aut** 3:00p Resident Store
15 8:30a Morning Meditation Spr 9:30a Coffee Social Aut 9:30a Your Choice Activities Act 9:30a Tech Table Act 10:30a Word Search Act **2:00p Church Service Aut** 3:00p Ice Cream Social Aut 3:00p Variety Hour Act	16 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Bead Designs Act 10:30a Variety Hour Act **2:00p Serenity Spa Aut** 3:00p Resident Store 3:00p Open Activities Act	17 8:30a Sit & Be Fit Spr 9:30a Coffee Social Aut 9:30a Culinary Workshop Act 10:30a Open Activities Act **2:00p Disco Club Dance Aut** 3:00p Variety Hour Act 3:00p Room Visits	18 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Garden/Book Club Act 10:30a Drama Club Act 1:30p Van Ride Outing **2:00p Bingo Fun! Aut** 3:00p Resident Store 3:00p Library Act	19 8:30a Chair Yoga/Balance Spr 9:30a Coffee Social Aut 9:30a Brain Games Act 10:30a Open Activities Act 10:30a Java Music Aut **2:00p Movie Matinee Aut**	20 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Math Whiz Act 10:30a Tech Table Act **2:00p Happy Hour** **Entertainment Aut** 3:00p Library Act	21 8:30a Walking the Halls Act 9:30a Coffee/Church Aut 9:30a Fancy Fingers Spa Act 10:30a Variety Hour Act 11:30a Catholic Strolling Service **2:00p Bingo Fun! Aut** 3:00p Resident Store
22 8:30a Morning Meditation Spr 9:30a Coffee Social Aut 9:30a Your Choice Activities Act 9:30a Tech Table Act 10:30a Word Search Act **2:00p Church Service Aut** 3:00p Ice Cream Social Aut 3:00p Variety Hour Act	23 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Bead Designs Act 10:30a Variety Hour Act **2:00p What is That??? Aut** 3:00p Resident Store 3:00p Open Activities Act	24 8:30a Sit & Be Fit Spr 9:30a Coffee Social Aut **9:30a Resident Council Act** 10:30a Open Activities Act **2:00p Baby Shower for** **Angie Aut**	25 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Garden/Book club Act 10:30a Drama Club Act **2:00p Bingo Fun! Aut** 3:00p Resident Store 3:00p Library Act	26 8:30a Chair Yoga/Balance Spr 9:30a Coffee Social Aut 9:30a Brain Games Act 12:00p Family Thanksgiving Luncheon Act **2:00p Movie Matinee Aut** Thanksgiving Day (U.S.)	27 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Math Whiz Act 10:30a Tech Table Act **2:00p Happy Hour** **Birthday Aut** 3:00p Library Act	28 8:30a Walking the Halls Act 9:30a Coffee/Church Aut 9:30a Fancy Fingers Spa Act 10:30a Variety Hour Act 11:30a Catholic Strolling Service **2:00p Bingo Fun! Aut** 3:00p Resident Store
29 8:30a Morning Mediation Spr 9:30a Coffee Social Aut 9:30a Your Choice Activities Act 9:30a Tech Table Act 10:30a Word Search Act **2:00p Church Service Aut** 3:00p Ice Cream Social Aut 3:00p Variety Hour Act	30 8:30a Morning Stretch Spr 9:30a Coffee Social Aut 9:30a Bead Designs Act 10:30a Variety Hour Act **2:00p Horseracing Aut** 3:00p Resident Store 3:00p Open Activities Act					

Janet Sosky/Activities Director, Intercommunity Care Center, 2626 Grand Ave., Long Beach, CA 90815 TP#(562) 427-8915 ***Smoking @ 8:10a, 1:00p & 4:00p Beach Patio