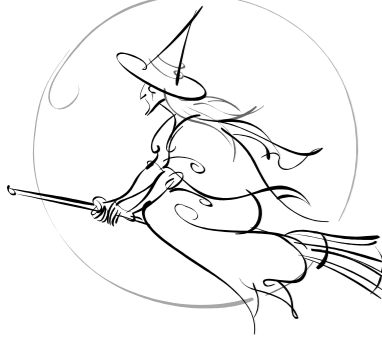



October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		VENUE FOR THE ACTIVITY GH - Grand Hall CR - Card Room PDR - Private Dining Room DyR - Day Room Th - Theater AR - Activities Room		1 <i>Medical Appt. Transportation</i> 9:00 Podiatrist Visit (Dr.Luong) 9:30 Chair Exercise (Th) 10:30 Trivia (CR) 1:00-2:00 GWI Resident Store 1:30 <i>Target/Marshalls Shopping</i> 1:30 Arts & Crafts (AR) 3:00 Matinee Movie (Th) 3:00 Ice Cream Social 7:00 Evening Movie	2 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour - Brian Chapman 7:00 Evening Movie	3 9:30 Chair Exercise (Th) 10:30 Songs of Woody Guthrie Featuring Mr.C and ET 2:00 Black Jack (CR) 3:00 Ice Cream Social 3:00 Entertainment - Beverly McSween 7:00 Evening Movie
4 9:15 Church Shuttle 10:30 Board Games (CR) 11:15 Catholic Church Service 1:30 Scenic Drive - Pillar Point Harbor, Half Moon Bay 3:00 Ice Cream Social 7:00 Evening Movie	5 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:00 Resident Council & Food Committee Meetings (PDR) 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 1:00 Tai-Chi w/ Michael (GH) 3:00 Ice Cream Social 7:00 Evening Movie	6 <i>Medical Appt. Transportation</i> 9:30 Exercise & Health Tips (Th) 10:30 Nail Painting (CR) 1:00 YMCA Presentation 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	7 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 4:00 Karaoke Singing (CR) 7:00 Evening Movie	8 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:00 Outing: Cantor Arts Center, Stanford 10:30 Memory Games (CR) 1:00-2:00 GWI Resident Store 1:00 Current Events w/ Jaleh (CR) 1:30 Arts & Crafts w/Jaleh (AR) 3:00 Ice Cream Social 7:00 Evening Movie	9 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour - Chris Goslow 7:00 Evening Movie	10 9:30 Chair Exercise (Th) 10:30 Furry Friends Pet Visit 1:30 Musical: Cinderella, San Jose 3:00 Ice Cream Social 7:00 Evening Movie
11 9:15 Church Shuttle 10:30 Board Games (CR) 11:15 Catholic Church Service 1:30 Scenic Drive - Los Altos & Woodside Hills 3:00 Entertainment - Beverly McSween 3:00 Ice Cream Social	12 Columbus Day <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 3:00 Ice Cream Social 7:00 Evening Movie	13 <i>Medical Appt. Transportation</i> 9:30 Exercise & Health Tips (Th) 10:30 Nail Painting (CR) 1:00-2:00 GWI Resident Store 2:00 Afternoon Tea Party Speaker: Lorna Knott 3:00 Ice Cream Social 7:00 Evening Movie	14 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 1:00 Bridge 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 5:30 Menlo Park Chamber of Commerce Mixer (Th) 7:00 Evening Movie	15 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Trivia (CR) 1:00 Resident's General Meeting 2:00-3:00 GWI Resident Store 2:00 Woodside Plaza Shopping 3:00 Matinee Movie (Th) 3:00 Ice Cream Social 7:00 Evening Movie 7:00 Dancing with Olivia (Th)	16 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour - Larry Martin 7:00 Evening Movie	17 9:30 Chair Exercise (Th) 10:00 Outing: Art & Pumpkin Festival, Half Moon Bay 2:00 Black Jack (CR) 3:00 Ice Cream Social 3:00 Entertainment - Brian Chapman 7:00 Evening Movie
18 9:15 Church Shuttle 10:30 Board Games (CR) 11:15 Catholic Church Service 1:30 Scenic Drive - Niles Canyon Road 3:00 Ice Cream Social 7:00 Evening Movie	19 <i>Medical Appt. Transportation</i> 9:30 Chair Yoga w/ Shawna 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 1:00 Tai-Chi w/ Michael (GH) 3:00 Ice Cream Social 7:00 Evening Movie	20 <i>Medical Appt. Transportation</i> 9:30 Exercise & Health Tips (Th) 10:30 Nail Painting (CR) 1:00 Presentation on Medicare Approved Products 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	21 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 6:30 An Evening of Broadway Music - A Piano Performance By Chris Goslow 7:00 Evening Movie	22 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Memory Games (CR) 1:00-2:00 GWI Resident Store 1:00 Acupressure Exercise w/ Aya (Th) 1:30 Wal-Mart Shopping 2:30 Arts & Crafts (AR) 3:00 Ice Cream Social 7:00 Evening Movie	23 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour - Redo Concepcion 7:00 Evening Movie	24 9:30 Chair Exercise (Th) 10:00 Electrical Car Show 10:30 Word Games (CR) 2:00 Black Jack (CR) 3:00 Ice Cream Social 7:00 Evening Movie
25 9:15 Church Shuttle 10:30 Board Games (CR) 11:15 Catholic Church Service 1:30 Scenic Drive - Lake Elizabeth 3:00 Entertainment - Tony Braganza 3:00 Ice Cream Social 7:00 Evening Movie	26 <i>Medical Appt. Transportation</i> 9:30 Chair Yoga w/ Shawna 10:30 Out to the Movies 11:15 Catholic Rosary (CR) 1:00 Bridge (CR) 3:00 Ice Cream Social 7:00 Evening Movie	27 <i>Medical Appt. Transportation</i> 9:30 Exercise & Health Tips (Th) 10:30 Nail Painting (CR) 1:00 Book Club (Th) 1:00-2:00 GWI Resident Store 3:00 Drawing Class (AR) 3:00 Ice Cream Social 7:00 Evening Movie	28 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 1:00 Bridge (CR) 2:00 Qi-Gong (Th) 3:00 Ice Cream Social 3:00 Residents' Birthday Celebration (GH) - Harmony Works 7:00 Evening Movie	29 <i>Medical Appt. Transportation</i> 9:30 Chair Exercise (Th) 10:30 Trick or Treat - Kids from Job Train 1:00-2:00 GWI Resident Store 1:30 Stanford Mall Shopping 1:30 Arts & Crafts (AR) 3:00 Ice Cream Social 7:00 Evening Movie	30 9:30 Chair Exercise (Th) 10:30 Board Games (DyR) 2:30 Bingo (CR) 3:00 Ice Cream Social 4:00 Happy Hour - Beverly McSween 7:00 Evening Movie	31 Halloween 9:30 Chair Exercise (Th) 10:30 Word Games (CR) 3:00 Halloween Party 3:00 Ice Cream Social 7:00 Evening Movie 

October 2009

Glenswood Inn