

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Baking cupcakes 3:00- Fit Minds 5:00- Dinner	09:30- Sit & Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Pumpkin Wreaths 5:00- Dinner	09:30- Sit & Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Fancy Nails 5:00- Dinner	09:30- Sit & Fit 10:00-Kick Ball 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00-Tea Party 5:00- Dinner	09:30- Sit & Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Coloring Pages 5:00- Dinner	09:30- Sit & Fit 10:00- Bowling 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Monthly Birthday Party	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/ Dog Therapy 3:00- Fit Minds 5:00- Dinner <small>Simchat Torah Begins</small>
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Afternoon Stroll 3:00- Fit Minds 5:00- Dinner	09:30- Sit & Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Sip N' Paint 5:00- Dinner <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	09:30- Sit & Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Bingo 5:00- Dinner	09:30- Sit & Fit 10:00-Kick Ball 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Fall Crafts 5:00- Dinner	09:30- Sit & Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Happy Hour 5:00- Dinner	09:30- Sit & Fit 10:00- Bowling 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Trail Mix/Dog Therapy 5:00- Dinner	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Fancy Nails 3:00- Fit Minds 5:00- Dinner
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Baking Cookies 3:00- Fit Minds 5:00- Dinner	09:30- Sit & Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Puzzles with Hot Cocoa 5:00- Dinner	09:30- Sit & Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Fancy Nails 5:00- Dinner	09:30- Sit & Fit 10:00-Kick Ball 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Apples and Toppings 5:00- Dinner	09:30- Sit & Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Scarecrow Craft 5:00- Dinner	09:30- Sit & Fit 10:00- Bowling 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Scenic Drive 5:00- Dinner	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Bingo 3:00- Fit Minds 5:00- Dinner
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Trivia 3:00- Fit Minds 5:00- Dinner	09:30- Sit & Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Paint a Pumpkin 5:00- Dinner	09:30- Sit & Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Bingo 5:00- Dinner	09:30- Sit & Fit 10:00-Kick Ball 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Cider Tasting 5:00- Dinner	09:30- Sit & Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Fall Crafts 5:00- 7:00- Come Trick or Treat!	09:30- Sit & Fit 10:00- Bowling 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Happy Hour with Dog Therapy 5:00- Dinner	09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Dog Therapy 3:00- Fit Minds 5:00- Dinner
09:30- Starting up 10:30- Sit & Stretch 11:00- Fit Minds 12:00- Lunch 1:30- Rest & Relax 2:00- Snack/Afternoon Stroll 3:00- Fit Minds 5:00- Dinner	09:30- Sit & Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Matching Game 5:00- Dinner	09:30- Sit & Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest & Relax 2:00- Fit Minds/Snack 3:00- Movie Night 5:00- Dinner <small>Halloween</small>	<h1>October 2023</h1> <h2>Traditions at Reagan Park</h2>			

Memory Care Activities are subject to change. (AR) Activity Room (FE) Front Entrance (DR) Dining Room