

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	1 Coffee With Friends Music and Movement Trivia Swat The Fly	2 Coffee With Friends Senior Stretch Spontaneous Craft Finish That Line	3 Coffee With Friends Chair Yoga Brain Booster Duck Hunt	4 Coffee With Friends Senior Stretch Water Painting Chair Basketball
7 -STLC CLOSED- 	8 Coffee With Friends Music and Movement David Domingo Bingo	9 Coffee With Friends Senior Stretch Manipulatives DIY: Squishies	10 Coffee With Friends Music and Movement Finish the Phrase Garden Time Together	11 Coffee With Friends Senior Stretch Spontaneous Craft Movie Night Friday (With Lightshow)
14 Sports Attire Day- Wear your Favorite Teams Jersey /Shirt Coffee With Friends Chair Yoga Sports Trivia Chair Basketball	15 Color Wars Coffee With Friends Music and Movement Table Games Spontaneous Craft	16 Luau Day- Coffee With Friends Senior Stretch Brain Booster Jewelry Making	17 Decades Day- Pick a decade and Dress Up! Coffee With Friends Music and Movement Swat The Fly 50's 60's & 70's Slang Challenge	18 Elegant Dress Day- Wear Something Elegant! Coffee With Friends Senior Stretch PACE Elegant Party Fashion Show
21 Coffee With Friends Chair Yoga Hispanic Heritage Month Trivia Spontaneous Craft	22 First Day of Autumn Coffee With Friends Music and Movement Finish That Line Balloon Volleyball	23 Coffee With Friends Senior Stretch Corn Hole Table Games	24 Coffee With Friends Music and Movement Fall Collage Williams Family	25 Coffee With Friends Senior Stretch Trivia Ethan On the Piano
28 Coffee With Friends Music and Movement Brain Booster South America Tour	29 National Coffee Day Coffee With Friends Music and Movement Swat The Fly Cafecito, Pan y Chisme (South America customs)	30 Coffee With Friends Music and Movement Bingo South America Craft	<u>Survey Of Satisfaction</u> 	 HISPANIC HERITAGE <i>Month</i>

** activities subject to change

Our Activities are designed with purpose,
supporting the following areas of wellness:

- Physical
- Social
- Cognitive
- Emotional
- Environmental
- Spiritual
- Multi-Cultural
- Occupational

