

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HERITAGE POINTE

LOVE LIFE AT EVERY POINTE

Assisted Living ACTIVITIES

October 2026

4 10:30 Simchat Torah Festival Service w/ Rabbi Sherman 2:00 Afternoon Entertainment 6:30 Movies and Popcorn	5 10:00 Strength/Conditioning Class w/ Jazz 10:30 Open Forum w/ Rochelle 1:00 Nail Polishing 2:00- Heart Health Matters w/ Providence Mission Hospital 2:30 Current Events w/ Lois 3:00 Water Aerobics w/ Jazz 6:30 Bingo in the Evening	6 10:00 Upper/Lower Body Conditioning with Jazz 10:30 "Dot Art" with Cheryl 10:45 Water Aerobics with Jazz 2:00 Afternoon Program 3:00 Chair Yoga with Jazz 3:00 Bingo!!! at Sage Living 6:30 Wii Bowling	7 9:45 Morning Outing 10:00 Balance at the Barre w/ Jazz 1:15 Chair Exercise with Jazz 2:00 Town Hall Meeting 3:00 Drum Circle with Jazz 3:00 Popsicles in the Afternoon 6:30 In the Spotlight with Betsy	8 10:00 Upper/Lower Body Conditioning with Jazz 10:30 Expressive Painting Class 10:30 Wii Bowling 10:45 Water Aerobics w/ Jazz 1:00 Bingo in the Afternoon 2:30 Trivia with Myra 3:00 Games with Jazz 3:45 Happy Hour in Bonnie's Bar	9 9:45 Morning Outing 10:00 Strength/Conditioning Class with Jazz 10:30 Bereavement Group 1:30 Afternoon Program 2:30 Chair Yoga with Jazz 4:15 Shabbat Service with Rabbi Sherman	10 10:00 Shabbat/Shemini Atzeret/Yizkor Service Rabbi Sherman 1:30 Shemini Atzeret/Simchat Torah Text Service with Rabbi Sherman 3:00 Play/Learn Sudoku with the Silvers
11 10:30 Wii Bowling 1:00 Young Philanthropists Visiting 2:00 Afternoon Program 6:30 Movies and Popcorn	12 10:00 Strength/Conditioning Class w/ Jazz (FC) 10:30 Wii Bowling 2:30 Afternoon Program 3:00 Water Aerobics w/ Jazz 6:30 Bingo in the Evening	13 10:00 Upper/Lower Body Conditioning with Jazz 10:30 Art of Coloring with Diane 10:45 Water Aerobics with Jazz 1:30 Monthly Birthday Celebration 3:00 Chair Yoga with Jazz 3:00 Bingo!!! at Sage Living 6:30 Evening Entertainment	14 9:45 Morning Outing 10:00 Balance at the Barre w/ Jazz 1:15 Chair Exercise w/ Jazz 2:00 Travel to Viet Nam 3:00 Sports Day with Jazz 3:00 Popsicles in the Afternoon	15 10:00 Upper/Lower Body Conditioning with Jazz 10:30 Expressive Painting Class 10:30 Wii Bowling 10:45 Water Aerobics w/ Jazz 1:00 Bingo in the Afternoon 2:30 Trivia with Myra 3:00 Games with Jazz 3:45 Happy Hour in Bonnie's Bar	16 9:45 Morning Outing 10:00 Strength/Conditioning Class with Jazz 10:30 Bereavement Group 1:30 Afternoon Program 2:30 Chair Yoga with Jazz 3:00 Fun Brain Activities with the Silvers 4:15 Shabbat Service with Rabbi Sherman	17 10:00 Shabbat Morning Service with Rabbi Sherman 1:30 Afternoon Program 3:00 Saturday Discussion Group
18 10:30 Wii Bowling 2:00 Afternoon Program 6:30 Movies and Popcorn	19 10:00 Strength/Conditioning Class w/ Jazz 10:30 Open Forum w/ Rochelle 10:30 Art through the Ages 1:00 Nail Polishing 2:30 Current Events w/ Lois 3:00 Water Aerobics w/ Jazz 6:30 Bingo in the Evening	20 10:00 Upper/Lower Body Conditioning with Jazz 10:30 "Dot Art" with Cheryl 10:45 Water Aerobics with Jazz 2:00 Program with Rabbi Joe 3:00 Chair Yoga with Jazz 3:00 Bingo!!! at Sage Living 6:30 Wii Bowling	21 9:45 Morning Outing 10:00 Balance at the Barre w/ Jazz 10:30 Greeting Card Class 1:15 Chair Exercise w/ Jazz 2:00 Discussion with Batia 2:30 Afternoon Outing 3:00 Drum Circle with Jazz 3:00 Popsicles in the Afternoon	22 10:00 Upper/Lower Body Conditioning with Jazz 10:30 Expressive Painting Class 10:30 Wii Bowling 10:45 Water Aerobics w/ Jazz 1:00 Bingo in the Afternoon 2:30 Trivia with Myra 3:00 Games with Jazz 3:45 Happy Hour in Bonnie's Bar	23 9:45 Morning Outing 10:00 Strength/Conditioning Class with Jazz 10:30 Bereavement Group 1:30 Afternoon Program 2:30 Chair Yoga with Jazz 4:15 Shabbat Service with Rabbi Sherman	24 10:00 Shabbat Morning Service with Rabbi Sherman 1:30 Afternoon Program 3:00 Play/Learn Sudoku with the Silvers
25 10:30 Wii Bowling 2:00 HP Thinkers w/ Ida Bobrow 6:30 Movies and Popcorn	26 10:00 Strength/Conditioning Class w/ Jazz 10:30 Open Forum w/ Rochelle 11:30 Labor Day BBQ 2:00 Book Review with Carol 3:00 Water Aerobics with Jazz 6:30 Bingo in the Evening	27 10:00 Upper/Lower Body Conditioning with Jazz 10:30 Art of Coloring with Diane 10:45 Water Aerobics with Jazz 2:00 Resident Council Meeting 3:00 Chair Yoga with Jazz 3:00 Bingo!!! at Sage Living 6:30 Wii Bowling	28 9:45 Morning Outing 10:00 Balance at the Barre w/ Jazz 1:15 Chair Exercise w/ Jazz 1:30 Timeless Melodies 2:00 HP Variety Show 2:30 Afternoon Outing 3:00 Sports Day with Jazz 3:00 Popsicles in the Afternoon 6:30- Evening Entertainment with Sharon & Nat	29 10:00 Upper/Lower Body Conditioning with Jazz 10:30 Expressive Painting Class 10:30 Wii Bowling 10:45 Water Aerobics w/ Jazz 1:00 Bingo in the Afternoon 2:30 Trivia with Myra 3:00 Games with Jazz 3:45 Happy Hour in Bonnie's Bar	30 9:45 Morning Outing 10:00 Strength/Conditioning Class with Jazz 10:30 Bereavement Group 1:30 Afternoon Program 2:30 Chair Yoga with Jazz 4:15 Shabbat Service w/ Rabbi Sherman	31 10:00 Shabbat Morning Service with Rabbi Sherman 1:30 Afternoon Program (MR)

Heritage Pointe

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