

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sit & Be Fit Daily Chronicles + Pumpkin Spice Coffee Coloring Quiz Games Short Story + Snack Table Activities Pumpkin Spice Day	2 Chair Yoga Daily Chronicles + Snack Spooky Reading Balloon Volleyball Music + Snack Jeopardy	3 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn Simchat Torah Begins
4 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	5 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	6 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games	7 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group	8 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	9 Chair Yoga Daily Chronicles + Snack Spooky Reading Balloon Volleyball Music + Snack Jeopardy	10 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn
11 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	12 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games	14 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group	15 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	16 Chair Yoga Daily Chronicles + Snack Spooky Reading Baking Class Music + Snack Jeopardy National Boss Day	17 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn
18 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee Mary Lucy Creitz	19 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	20 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games	21 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group	22 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	23 Chair Yoga Daily Chronicles + Snack Pumpkin Painting Balloon Volleyball Music + Snack Jeopardy	24 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn
25 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	26 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	27 Chair Yoga Daily Chronicles + Snack Spanish 101 Meditation Sing-A-Long + Snack Quiz Games Orange & Black Day	28 Chair Exercise Daily Chronicle + Snack Painting Karaoke Puzzles + Snack Reading group Paiama Day	29 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities Crazy Hair Day	30 Pre-Show Prep Daily Chronicles + Snack Fashion Show Baking Class Music + Snack Jeopardy Fashion Show Day	31 Virtual Church Service Chair Exercise Daily Chronicles + Snack Coloring Sing-A-Long + Snack Movie Matinee + Popcorn Get In The Harvest Spirit Halloween

Type the name, address, and other information about your community/company here.