

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OCTOBER 2024 ARKC Activities Calendar	1 10am Trivia Tuesday <i>or</i> Pickup Trucks 11am Exercise 1pm Bowling <i>or</i> BINGO	2 10am Armchair Travels w/Rachel <i>or</i> Garden Project w/ Mark <i>or</i> Bookmobile 11am Exercise 1pm Rockin' w/ Regi <i>or</i> Flyswatter Tennis	3 10am Bay Area Food Culture w/ Mark <i>or</i> Sweaters 11am Exercise 1pm Drum Circle w/ Anita <i>or</i> Noodle Hockey <i>or</i> 🐻 Teddy	4 10am Social Change w/ Rachel <i>or</i> Leaf Collage 11am Exercise <i>or</i> Meditation w/ Bill 1pm Minute to Win It <i>or</i> BINGO	
	7 10am Happy News w/ Rachel <i>or</i> Bird Nests 11am Exercise 1pm Classical Piano w/ Theresa <i>or</i> Oh No Tic Tac Toe	8 10am Trivia Tuesday <i>or</i> Painted Jars 11am Exercise 1pm Horseshoes <i>or</i> BINGO	9 10am Armchair Travels w/ Rachel <i>or</i> Garden Project w/ Mark 11am Exercise 1pm Name That Tune <i>or</i> Noodle Hockey	10 10am Bay Area Food Culture w/ Mark <i>or</i> Stars 11am Exercise 1pm Laughter Yoga w/ Claire <i>or</i> Coloring <i>or</i> 🐻 Teddy	11 10am Social Change w/ Rachel <i>or</i> Spiders 11am Exercise <i>or</i> Meditation w/ Bill 1pm Anna on Piano <i>or</i> BINGO
	14 10am Happy News w/Rachel <i>or</i> Pasta Pumpkins 11am Exercise 1pm Sing-Along <i>or</i> Flyswatter Tennis	15 10am Trivia Tuesday <i>or</i> Watercolors 11am Exercise 1pm Maddaline on Piano <i>or</i> BINGO	16 10am Armchair Travels w/ Rachel <i>or</i> Haunted Houses w/ Girls' Middle School <i>or</i> Bookmobile 11am Exercise 1pm Drum Circle w/ Jane <i>or</i> Golf	17 10am Bay Area Food Culture w/ Mark <i>or</i> Coffee Filter Leaves 11am Exercise 1pm Darts <i>or</i> Scattergories <i>or</i> 🐻 Teddy	18 10am Social Change w/ Rachel <i>or</i> Ghosts 11am Exercise <i>or</i> Meditation w/ Bill 1pm Stories w/ Polly <i>or</i> BINGO
	21 10am Happy News w/ Rachel <i>or</i> Fall Trees 11am Exercise 1pm Classical Piano w/ Theresa <i>or</i> Darts	22 10am VTA Visit with the Community <i>Or</i> Paper Pumpkins 11am Exercise 1pm Duck Hunt <i>or</i> BINGO	23 10am Armchair Travels with Rachel <i>or</i> Garden Project w/ Mark 11am Exercise 1pm Name That Tune <i>or</i> Chair Volleyball	24 10am Bay Area Food Culture w/ Mark <i>or</i> Mummies 11am Exercise 1pm Timo on the Steel Drum <i>or</i> Parachute <i>or</i> 🐻 Teddy	25 10am Social Change w/ Rachel <i>or</i> Games w/ Castilleja School 11am Exercise <i>or</i> Meditation w/ Bill 1pm Anna on Piano <i>or</i> BINGO
	28 10am Happy News w/Rachel <i>or</i> Sand Art Spiderwebs 11am Exercise 1pm Rockin' w/ Regi <i>or</i> Golfing	29 10am Trivia Tuesday <i>or</i> Skeletons 11am Exercise 1pm Sing- Along <i>or</i> BINGO	30 10am Armchair Travels w/ Rachel <i>or</i> Garden Project w/ Mark <i>or</i> Bookmobile 11am Exercise 1pm Scattergories <i>or</i> Axe Throwing	31 10am Bay Area Food Culture w/ Mark <i>or</i> Pumpkin Patch 11am Exercise 1pm Halloween Dance Party <i>or</i> Coloring <i>or</i> 🐻 Teddy	

