

OCT 2026



Breast Cancer Awareness

"Making aging engaging one activity at a time!"

SUN	MON	TUE	WED	THU	FRI	SAT
27	SU 28	Spirit 29	Week 30	Gold Day 01	Jersey 02	03
Party	Wear Jaguar Print Day!	Wear SU Color Blue Out Day!	Wear SU Swag Bling, Bling Day!	Beyond Bingo 10am Brain Games 8am Tech. Class 9am SMP @ 10:30a	SEA Fun Friday! SU Scavenger Hunt Chair Yoga 9:30am Popcorn/Movie 10a	SU Game Day
04	05	06	07	Pink Out 08	09	10
	Brain Games 8am Fitness 9:30am Financial Lit. 10A Inspiration 11am	Brain Games 8am SEA Meet 8:15am Nutritional Ed 9 am SEA Bingo 10am Snacks 10am Inspiration 11am	Brain Games Board Games Zumba 9:30am Inspiration 11 am Wellness Wednesday Fitness 12:30pm	Brain Games 8am Beyond Bingo 10am Snacks 10am Inspiration 11am	SEA Fun Friday! Chair Yoga 9:30 am Fall Family Feud Popcorn/Movie 10am Inspiration 11am	
11	LSU 12	Spirit 13	Week 14	15	16	Birthdays
	Brain Games 8am Financial Lit. 10A SEA Meet 9:30AM Twins Day	Fitness 9:30am SEA Bingo 10am Brain Game 8am Nutritional Ed. Mix Match Shoes	YOGA 9:30am Wellness Wednesday Brain Games Board Games Hat Day	Beyond Bingo 10am Brain Games 8am Tech. Class 9am Socks Day	SEA Fun Friday! Brain Games Board Games Tailgate Popcorn/Movie 10am	H. Grimes 6th
18	Stripes Day 19	Purple Day 20	LSU Swag 21	Gold Day 22	Jersey Day 23	
	PINK WEEK Brain Games 8am Financial Lit. 10 a.m Inspiration 11am	PINK WEEK Brain Games 8 am SEA Meet 8:15 am SEA Bingo 10am Snacks 10am Nutritional Ed.	PINK WEEK Brain Games Board Games Zumba 9:30am Wellness Wednesday Inspiration 11am	PINK WEEK Beyond Bingo 10 AM Brain Games 8am Tech. Class 9am Inspiration 11am	PINK WEEK SEA Fun Friday! Brain Games 8am Fall Trivia 10am Popcorn/Movie 10a	
25	Spooky 26	Spirit 27	Week! 28	29	Pink Out 30	
	Brain Games 8am Financial Lit. 10A SEA Meet 9:30AM Inspiration 11am	Brain Games 8am SEA Meet 8:15 am; SEA Bingo 10 am Snacks 10am Nutritional Ed. Inspiration 11am	Zumba 9:30am Wellness Wednesday Fitness 12:30pm Brain Games Board Games Inspiration 11am	Beyond Bingo 10am Brain Games 8am Tech. Class 9am Inspiration 11am	Chair Yoga 9:30am 10a Popcorn/Movie Halloween Party Dance Contest Inspiration 11am	
31	Mismatch Monday	Twin Tuesday	Western Wednesday	Thrills Thursday	Freaky Friday	

NOTES: Center

Monday ~ Friday Daily Schedule
8:00AM – 9:30AM – Coffee & Conversation
9:30AM - Inspirational Words
11:30AM – 1:00PM Lunch



Antioch Senior

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Hours – 8:00AM – 4:00PM