





# Payson Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:45am Rolling Refreshments BW 10:45am Morning Exercise SSR 1:15pm Fall Observation CY 2:15pm Rolling Refreshments BW 3:30pm Fall Crafts SSR 6:15pm Evening Movie PM	<b>2</b> 9:45am Rolling Refreshments BW 10:45am Walking Yoga SSR 1:15pm Creative Coloring SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 3:30pm Autumn Poems SSR 6:15pm Music & Massage SSR	<b>3</b> 9:30am Communion BW 9:45am Rolling Refreshments BW 10:45am Poetry Club SSR 11:45am Out to lunch with Barry PDR 1:15pm Manicures & Massage SSR 2:15pm Rolling Refreshments BW 3:30pm <b>Wine &amp; Cheese w/ Flash</b> LB 6:15pm Prayer Reading SSR	<b>4</b> 9:45am Rolling Refreshments BW 9:45am <b>Creative Painting w/ Nancy</b> LY 9:45am <b>Creative Painting w/ Nancy</b> LY 11:45am Lovely Ladies Luncheon PDR 1:15pm Travel Club SSR 2:15pm Rolling Refreshments BW 2:30pm Walks Outside CY 6:15pm Sing Along Video SSR <b>8:20pm Patriots vs. Colts</b> LY	<b>5</b> 9:00am <b>Portland Wheelers</b> O 9:45am Rolling Refreshments BW 10:45am Walks Outside CY 1:15pm Fall Crafts SSR 2:15pm Rolling Refreshments BW 3:00pm Outdoor Activities CY 3:30pm Van Outing O 6:15pm Aromatherapy SSR	<b>6</b> 9:45am Rolling Refreshments BW 10:30am Ball Toss SSR 1:15pm Active Games SSR 2:15pm Rolling Refreshments BW 3:30pm <b>Ice Cream Social</b> LB 6:15pm Story Telling SSR
<b>7</b> 9:45am Rolling Refreshments BW 10:30am Freddie the Dog Visit BW 11:45am Sunday Lunch w/ Dyllan PDR 1:15pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Lee Todd</b> LB 6:15pm Poetry Time SSR	<b>8</b> 9:45am Rolling Refreshments BW 10:45am Morning Exercise SSR 1:15pm Fall Observation SCY 2:15pm Rolling Refreshments BW 3:30pm Packing for a Picnic SSR 6:15pm Evening Movie PM	<b>9</b> 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 1:15pm Beach Ball Games SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Walks Outside CY 6:15pm Music and Massage SSR	<b>10</b> 9:30am Communion BW 9:45am Rolling Refreshments BW 10:45am Prayer Reading SSR 11:45am Out to Lunch with Barry PDR 1:15pm Manicures & Massage SSR 2:15pm Rolling Refreshments BW 3:30pm <b>Wine &amp; Cheese w/ Glenn</b> LB 6:15pm Story Telling SSR	<b>11</b> 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 11:45am Lovely Ladies Luncheon PDR 1:15pm Artistic Expression SSR 2:15pm Rolling Refreshments BW 3:30pm Poetry Club SSR 6:15pm Sing Along Video SSR	<b>12</b> 9:45am Rolling Refreshments BW 10:30am Looking for Fall CY 1:15pm Photography Club SSR 2:15pm Rolling Refreshments BW 2:30pm Painting Club O 3:30pm Van Outing O 4:15pm Outdoor Activities CY 6:00pm Aromatherapy SSR	<b>13</b> 9:45am Rolling Refreshments BW 10:30am Morning Stretch SSR 1:15pm Complete the Phrase SSR 2:15pm Rolling Refreshments BW 3:30pm Poetry Club SSR 3:30pm <b>Apple Cider Social</b> LB 6:15pm Story Telling SSR
<b>14</b> <i>Circle of Friends Week</i> 🍁 9:45am Rolling Refreshments BW 10:30am Coffee & Croissants SSR 11:45am Sunday Lunch w/ Dyllan PDR 1:15pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Bess</b> LB 6:15pm Poetry Time SSR <b>8:20pm Patriots vs. Chiefs</b> LY	<b>15</b> <i>Circle of Friends Week</i> 🍁 9:45am Rolling Refreshments BW 10:45am Morning Exercise SSR 1:15pm Beauty of the Season Crafts SS 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Monique</b> LB 6:15pm Evening Movie PM	<b>16</b> <i>Circle of Friends Week</i> 🍁 9:45am Rolling Refreshments BW 10:45am Dancing with Daniela SSR 1:15pm Flower Arranging SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Walking Yoga SSR 6:15pm Music & Massage SSR	<b>17</b> <i>Circle of Friends Week</i> 🍁 9:30am Communion BW 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 11:45am Out to Lunch with Barry PDR 1:15pm Manicure & Massage SSR 2:15pm Rolling Refreshments BW 3:30pm <b>Wine &amp; Cheese w/ Tom &amp; Per</b> LB 6:15pm Story Telling SSR	<b>18</b> <i>Circle of Friends Week</i> 🍁 9:45am Rolling Refreshments BW 10:45am Morning Exercise SSR 11:30am Lovely Ladies Luncheon PDR 1:15pm Travel Club SSR 2:15pm Rolling Refreshments BW 3:30pm Pumpkin Decorating SSR 6:15pm Sing Along Video SSR	<b>19</b> <i>Circle of Friends Week</i> 🍁 9:00am <b>Portland Wheelers</b> O 9:45am Rolling Refreshments BW 10:45am Beach Ball Games SSR 1:15pm Fall Watercolor Painting SSR 2:15pm Rolling Refreshments BW 2:30pm Van Outing O 3:00pm Outdoor Activities CY 6:15pm Aromatherapy in Fall SSR	<b>20</b> <i>Circle of Friends Week</i> 🍁 9:45am Rolling Refreshments BW 10:30am Sing-A-Long SSR 1:15pm Word Games SSR 2:15pm Rolling Refreshments BW 3:30pm Walks Outside CY 6:15pm Story Telling SSR
<b>21</b> 9:45am Rolling Refreshments BW 10:30am Freddie the Dog visit BW 11:45am Sunday Lunch w/ Dyllan PDR <b>1:00pm Patriots vs. Bears</b> LY 1:15pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Anni</b> LB 6:15pm Poetry Time SSR	<b>22</b> 9:45am Rolling Refreshments BW 10:45am Photography Club SSR 1:15pm Gardening Club SCY 2:15pm Rolling Refreshments BW 3:30pm Resident Council Meeting LY 6:15pm Evening Movie PM	<b>23</b> 9:45am Rolling Refreshments BW 10:45am Beach Ball Games SSR 1:15pm Artistic Expression SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Crafting Projects SSR 6:15pm Music & Massage SSR	<b>24</b> 9:30am Communion BW 9:45am Rolling Refreshments BW 10:45am Artistic Expression SSR 11:45am Out to lunch with Barry PDR 1:15pm Manicures & Massages SSR 2:15pm Rolling Refreshments BW 3:30pm <b>Wine &amp; Cheese w/ Sorcha &amp; Per</b> LB 6:15pm Story Telling SSR	<b>25</b> 9:45am Rolling Refreshments BW 9:45am <b>Creative Painting w/ Nancy</b> LY 11:45am Lovely Ladies Luncheon PDR 1:15pm Poetry Club SSR 2:15pm Photography Club SSR 2:30pm Rolling Refreshments BW 4:00pm Beach Ball Games SSR 6:15pm Sing Along Video SSR	<b>26</b> 9:45am Rolling Refreshments BW 10:45am Artistic Expression SSR 1:15pm Beach Ball Games SSR 2:15pm Rolling Refreshments BW 3:00pm Origins SSR 3:30pm Van Outing O 6:15pm Aromatherapy SSR	<b>27</b> 9:45am Rolling Refreshments BW 10:45am Balloon Volleyball SSR 1:15pm Sing-A-Long SSR 2:15pm Rolling Refreshments BW 3:30pm Artistic Expression SSR 3:30pm <b>Apple Cider Social</b> LB 6:15pm Story Telling SSR
<b>28</b> 9:45am Rolling Refreshments BW 10:30am Sing-A-Long SSR 11:45am Sunday Lunch w/ Dyllan PDR 1:15pm Sunday Worship GR 2:15pm Rolling Refreshments BW 3:30pm <b>Live Music w/ Sorcha</b> LB 6:15pm Poetry Time SSR	<b>29</b> 9:45am Rolling Refreshments BW 10:45am Morning Exercise SSR 1:15pm Watercolor Painting SSR 2:15pm Rolling Refreshments BW 3:30pm Packing for a Picnic SSR 6:15pm Evening Movie PM <b>8:15pm Patriots vs. Bills</b> LY	<b>30</b> 9:45am Rolling Refreshments BW 10:45am National Geographic SSR 1:15pm Beach Ball Games SSR 2:15pm Rolling Refreshments BW 3:00pm <b>Vitality Tai Chi</b> LB 4:00pm Walks Outside CY 6:15pm Music and Massage SSR	<b>31</b> 9:30am Communion BW 9:45am Rolling Refreshments BW 10:45am Prayer Reading SSR 11:45am Out to Lunch with Barry PDR 1:15pm Manicures & Massage SSR 2:15pm Rolling Refreshments BW 3:30pm <b>Wine &amp; Cheese w/ Jose</b> LB 6:15pm Story Telling SSR			

### Activity Locations

CY	Center Courtyard
GR	Game Room (Stroudwater)
LB	Lobby
LY	Library
PM	Payson Movie Room
SA	Salon
SCY	Secure Courtyard

SDR	Secure Dining Room
SSR	Secure Sitting Room (Payson)
DR	Dining Room
BW	Building Wide
DRP	Patio outside DR
O	Outside
PDR	Private Dining Room

### Meal Times

Breakfast	7:45am
Lunch	11:45am
Dinner	4:45pm

\*\*Special lunches are listed on the calendar\*\*