

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2020

Palazzo News Network (PNN) in room Channel 1960  
Please see Daily Sheet for Daily event changes  
All Activities Subject to change

Palermo

<p>10:00 Non-Denominational Church Service CH 1960 <b>4</b></p> <p>4:00 Weekend Word Puzzles Pickup in Activity Room</p> <p><b>Movie Times: 11am, 2:30pm, 4:30pm &amp; 7pm</b></p>	<p>9:00 Meditation w/ Whitney <b>5</b></p> <p>9:00 Yoga: Televeda</p> <p>10:00 Immunity W/ Breath &amp; Movement</p> <p>1:15 Training w/Henry</p> <p>1pm Group Exercise/gym</p> <p>2pm Popcorn &amp; Snack/ CR</p> <p>2:30 Cinema Feature</p> <p>2:30 Water Aerobics w/ Vickie- Pool Area</p> <p>3pm Scarecrow Mason Jars</p>	<p>9:00 Meditation w/ Whitney <b>6</b></p> <p>10:00 Adaptive Fitness &amp; Strength Training w/ Vickie</p> <p>10:00 Beading: ALN</p> <p>11:00 Yiddish Club: CR</p> <p>12:00 Watercolor WKSP: Televeda</p> <p>1:15 Group Workout</p> <p>Following Henry: gym</p> <p>2:00 Ice Cream</p> <p>Social..... Distancing</p> <p>3:00 Banana Grams</p>	<p>9:00 Meditation w/ Whitney <b>7</b></p> <p>10:00 Yoga for Daily Life Movement w/ Vickie</p> <p>10:00 What am I?</p> <p>11:00 Chair Yoga: Televeda</p> <p>1:00 Bingo: Televeda</p> <p>1:15 Workout w/ Henry Channel 196</p> <p>2:00 Sip n' Paint: Naples 2<sup>nd</sup> Floor</p> <p>2:30 Water Aerobics w/ Vickie - Pool Area</p>	<p>9:00 Meditation with Whitney</p> <p>10:00 Energy Up Adaptive Fitness w/Vickie <b>1</b></p> <p>10:00 Trivia</p> <p>10:00 Brain Games: Televeda</p> <p>10am Rummikub / PAR</p> <p>11:15 Zen Flow: On Televeda</p> <p>1:00 Bingo: On Televeda</p> <p>1:15 Training w/ Henry</p> <p>2:00 Bingo-Session 1</p> <p>3:15 Bingo Session 2</p>	<p>9:00 Meditation w/ Whitney <b>2</b></p> <p>10:00 Line Dancing w/ Vickie</p> <p>10:00 The Daily Chronicles</p> <p>11:30 Televeda Meet your Neighbor the secret Entrepreneur</p> <p>1:15 Training w/Henry</p> <p>1:30-2:30 Register to Vote</p> <p>2:00 Jeopardy</p> <p>Sukkot Begins</p>	<p>9:30 Shabbat Morning Service W/ Beth El <b>3</b></p> <p>1:00 Word Puzzles</p> <p>2:00 Bingo- PAR</p> <p><b>Movie Times: 12am, 2:30pm, 4:30pm &amp; 7pm</b></p>
<p>10:00 Non-Denominational Church Service CH 1960 <b>11</b></p> <p>4:00 Weekend Word Puzzles Pickup in Activity Room</p> <p><b>Movie Times: 11am, 2:30pm, 4:30pm &amp; 7pm</b></p>	<p>9:00 Meditation w/ Whitney <b>12</b></p> <p>9:00 Yoga: Televeda</p> <p>10:00 Immunity w/ Breath &amp; Mvmt</p> <p>1:15 Training w/Henry</p> <p>2pm Popcorn &amp; Snack/ CR</p> <p>2:30 Cinema Feature Channel 1960</p> <p>2:30 Drawing Class: Televeda</p> <p>2:30 Water Aerobics w/ Vickie- Pool Area</p> <p>Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>9:00 Meditation w/ Whitney <b>13</b></p> <p>10:00 Adaptive Fitness &amp; Strength Training w/ Vickie</p> <p>10:30 Tai Chi: Televeda</p> <p>12:00 Watercolor Workshop: Televeda</p> <p>11:00 Yiddish Club: CR</p> <p>1:15 Group Exercise</p> <p>Following Henry: GYM</p> <p>2:00 Ice Cream</p> <p>Social..... Distancing</p> <p>3:00 Banana Grams</p>	<p>9:00 Meditation w/ Whitney <b>14</b></p> <p>10:00 Yoga for Daily Life Movement w/ Vickie</p> <p>11:00 Chair Yoga: Televeda</p> <p>1:00 Bingo: Televeda</p> <p>1:15 Workout w/ Henry Channel 1960</p> <p>2:00 Sip n' Paint: Naples 2<sup>nd</sup> Floor</p> <p>2:30 Water Aerobics w/ Vickie - Pool Area</p>	<p>9:00 Meditation with Whitney <b>15</b></p> <p>10:00 Energy Up Adaptive Fitness w/Vickie</p> <p>10:00 Brain Games: On Televeda</p> <p>10am Who Am I?/ PAR</p> <p>11:15 Zen Flow: On Televeda</p> <p>1:00 Bingo: On Televeda</p> <p>1:15 Training w/ Henry</p> <p>2:00 Bingo-Session 1</p> <p>3:15 Bingo Session 2</p>	<p>9:00 Meditation w/ Whitney <b>16</b></p> <p>10:00 Line Dancing w/ Vickie</p> <p>10:00 Beading: PCR</p> <p>11:00 Taste of Shabbat Cinema Room</p> <p>11:30 Tech Time w/ Abbie</p> <p>11:30 The Artist &amp; Makers of Peoria - Televeda</p> <p>1:15 Training w/Henry</p> <p>1:30 Fresh Start Strong Televeda</p> <p>2:00 Jeopardy</p> <p>Simchat Torah Begins</p>	<p>9:30 Shabbat Morning Service W/ Beth El <b>17</b></p> <p>1:00 Word Puzzles</p> <p>2:00 Bingo- PAR</p> <p><b>Movie Times: 12am, 2:30pm, 4:30pm &amp; 7pm</b></p>
<p>10:00 Non-Denominational Church Service CH 1960 <b>18</b></p> <p>4:00 Weekend Word Puzzles Pickup in Activity Room</p> <p><b>Movie Times: 11am, 2:30pm, 4:30pm &amp; 7pm</b></p>	<p>9:00 Meditation w/ Whitney <b>19</b></p> <p>9:00 Yoga: Televeda</p> <p>10:00 Immunity W/ Breath &amp; Movement</p> <p>1pm Group Exercise/gym</p> <p>1:15 Training W/ Henry</p> <p>2pm Popcorn &amp; Snack/ CR</p> <p>2:30 Water Aerobics/ w/ Vickie - Pool Area</p> <p>3pm Paper Mache Bowls/ PAR</p>	<p>9:00 Meditation w/ Whitney <b>20</b></p> <p>10:00 Adaptive Fitness &amp; Strength Training w/ Vickie</p> <p>10:00 Beading: ALN</p> <p>10:00 Ballot Help w/ Ruthanna</p> <p>10:30 Tai Chi Televeda</p> <p>11:00 Yiddish Club: CR</p> <p>1:15 Group Exercise</p> <p>Following Henry: Gym</p> <p>2:00 Ice Cream</p> <p>Social..... Distancing</p> <p>3:00 Banana Grams</p>	<p>9:00 Meditation w/ Whitney <b>21</b></p> <p>10:00 Yoga for Daily Life Movement w/ Vickie</p> <p>11:00 Chair Yoga on Televeda</p> <p>1:00 Bingo: On Televeda</p> <p>1:15 Workout w/ Henry Channel 1960</p> <p>2:00 Sip n' Paint Naples 2<sup>nd</sup> Floor</p> <p>2:30 Water Aerobics w/ Vickie - Pool Area</p>	<p>9:00 Meditation with Whitney <b>22</b></p> <p>10:00 Energy Up Adaptive Fitness w/Vickie</p> <p>10:00 Brain Games: On Televeda</p> <p>10am Rummikub / PAR</p> <p>11:15 Zen Flow: On Televeda</p> <p>1:00 Televeda Bingo</p> <p>1:15 Training w/ Henry</p> <p>2:00 Bingo-Session 1</p> <p>3:15 Bingo Session 2</p>	<p>9:00 Meditation w/ Whitney <b>23</b></p> <p>10:00 Line Dancing w/ Vickie</p> <p>10:00 Coffee Social: Mani Street</p> <p>11:00 Taste Of Shabbat Cinema Room</p> <p>11:30 Televeda Meet your Neighbor the secret Entrepreneur</p> <p>1:15 Training w/Henry</p> <p>1:30 Televeda Fresh Start Strong</p> <p>2:00 Jeopardy</p>	<p>9:30 Shabbat Morning Service W/ Beth El <b>24</b></p> <p>1:00 Word Puzzles</p> <p>2:00 Bingo- PAR</p> <p><b>Movie Times: 12am, 2:30pm, 4:30pm &amp; 7pm</b></p>
<p>10:00 Non-Denominational Church Service CH 1960 <b>25</b></p> <p>4:00 Weekend Word Puzzles Pickup in Activity Room</p> <p><b>Movie Times: 11am, 2:30pm, 4:30pm &amp; 7pm</b></p>	<p>9:00 Meditation w/ Whitney <b>26</b></p> <p>9:00 Yoga: Televeda</p> <p>10:00 Immunity W/ Breath &amp; Movement</p> <p>1:15 Training w/Henry</p> <p>1pm Group Exercise/gym</p> <p>2pm Popcorn &amp; Snack/ CR</p> <p>2:30 Water Aerobics w/ Vickie - Pool Area</p> <p>3pm Bad Hair Day Zentangle Drawings/PAR</p>	<p>9:00 Meditation w/ Whitney <b>27</b></p> <p>10:00 Adaptive Fitness &amp; Strength Training w/ Vickie</p> <p>11:00 Yiddish Club: CR</p> <p>12:00 Watercolor Workshop: Televeda</p> <p>1:15 Group Exercise</p> <p>Following Henry: Gym</p> <p>2:00 Ice Cream</p> <p>Social..... Distancing</p> <p>3:00 Banana Grams</p>	<p>9:00 Meditation w/ Whitney <b>28</b></p> <p>10:00 Yoga for Daily Life Movement w/ Vickie</p> <p>11:00 Chair Yoga: Televeda</p> <p>1:00 Bingo: Televeda</p> <p>1:15 Workout w/ Henry Channel 1960</p> <p>2:00 Sip n' Paint Naples 2<sup>nd</sup> Floor</p> <p>2:30 Water Aerobics w/ Vickie - Pool Area</p>	<p>9:00 Meditation with Whitney <b>29</b></p> <p>10:00 Energy Up Adaptive Fitness w/Vickie</p> <p>10:00 Brain Games: On Televeda</p> <p>10am Beading / Craft Room</p> <p>11:15 Zen Flow: On Televeda</p> <p>1:00 Bingo: On Televeda</p> <p>1:15 Training w/ Henry Halloween Bingo!</p> <p>2:00 Bingo-Session 1</p> <p>3:15 Bingo Session 2</p>	<p>9:00 Meditation w/ Whitney <b>30</b></p> <p>10:00 Line Dancing w/ Vickie</p> <p>11:00 Taste of Shabbat Cinema Room</p> <p>11:30 Meet your Neighbor the secret Entrepreneur</p> <p>1:15 Training w/Henry</p> <p>1:30 Televeda Fresh Start Strong</p> <p>2:00 Jeopardy</p>	<p>9:30 Shabbat Morning Service W/ Beth El <b>31</b></p> <p>1:00 Word Puzzles</p> <p>2:00 Bingo- PAR</p> <p><b>Alfred Hitchcock Movie Marathon</b></p> <p><b>Movie Times: 12am, 2:30pm, 4:30pm &amp; 7pm</b></p> <p>Halloween</p>