						Assisted Living at Cadence at Mt. Zion	
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OCTOBER 2019	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Oct. 25th- Chili Cook Off Oct 31st Family Fun Night Howling Happy Hour 				11:30 One on One Time 01:00 BINGO 02:00 Activity Meeting 02:00 Happy Hour	10:00 Resistance Training 10:30 Silver Sneakers 11:00 Baker's Corner 11:30 One on One Time 01:00 Movie & Snacks 06:00 Action Movie	10:00 Rev. Hastings Message 11:30 One on One Time 01:00 BINGO	09:30 Morning News 10:30 Saturday Crossword 11:00 Wacky Wordies 02:00 Zion Hill Baptist Church Visit 03:00 Vanessa Chapman Gospel Blessings
			06:00 Turner Classic Movie	06:00 Wednesday Westerns		05:30 Musical Memories	05:30 Musical Stroll 06:30 Feel Good Evening Movie
	10:00 Sunday Bible Chat 10:45 Sunday Crossword 01:00 Audio Bible Scripture 02:30 Riverdale Christian Church 04:00 Televised Church Service 05:30 Music & Memories 06:30 Classic Christian Movie	10:30 Color My World 11:30 One on One Time 01:00 BINGO 02:00 Laugh Block 02:30 Beating The Heat 03:00 Watercolor 06:00 Chick Flick		11:30 One on One Time 01:00 BINGO 02:00 Happy Hour 03:00 Resident Council Meeting 03:30 Classic Tv Series 06:00 Wednesday Westerns	10:00 Resistance Training 10:30 Silver Sneakers 11:00 Baker's Corner 11:30 One on One Time 01:00 BINGO 02:00 Nail Spa 03:00 Thirsty Thursday 06:00 Action Movie	10:00 Rev. Hastings Message 11:30 One on One Time 01:00 Movie & Snacks 02:00 Groov'in To The Music 05:30 Musical Memories 06:30 Viewer's Choice Movie	09:30 Morning News 10:00 Apostolic Tabernacle Bible Study 01:00 Artistic Expressions 03:30 Searching for Saturday 05:30 Musical Stroll 06:30 Feel Good Evening Movie
	10:00 Sunday Bible Chat 10:30 Sunday BINGO 01:00 Audio Bible Scripture 02:00 Room to Room World Changers 04:00 Televised Church Service 05:30 Music & Memories 06:30 Classic Christian Movie	Columbus Day 10:30 Color My World 11:30 One on One Time 01:00 BINGO 02:00 Laugh Block 02:30 Beating The Heat 03:00 Canvas Art 06:00 Chick Flick	10:00 Cardio Training 10:30 Radio Remembrance 11:00 Musical Memories	11:30 One on One Time 01:00 BINGO 02:00 Happy Hour 03:00 Romeo Meeting	10:00 Resistance Training 10:30 Silver Sneakers 11:00 Baker's Corner 11:30 One on One Time 01:00 Movie & Snacks 06:00 Action Movie	10:00 Rev. Hastings Message 11:30 One on One Time 01:00 BINGO 01:00 Nail Spa 02:00 Groov'in To The Music	09:30 Morning News 01:30 Faith Walk Ministries Visit 03:00 Vanessa Chapman Gospel Blessings 05:30 Musical Stroll 06:30 Feel Good Evening Movie
	01:00 Audio Bible Scripture	10:30 Color My World 11:30 One on One Time 01:00 BINGO 02:00 Laugh Block 02:30 Beating The Heat 03:00 Canvas Art 06:00 Chick Flick	02:00 Shopping Trip	10:30 Chair Dancing 11:30 One on One Time 01:00 BINGO 02:00 Happy Hour 03:00 Juliette Meeting 03:30 Classic Tv Series 06:00 Wednesday Westerns	10:00 Resistance Training 10:30 Silver Sneakers 11:00 Baker's Corner 11:30 One on One Time 01:00 BINGO 02:00 Nail Spa 03:00 Thirsty Thursday 06:00 Action Movie	10:00 Rev. Hastings Message 11:30 Chili Cook Off 01:00 Movie & Snacks 02:00 Groov'in To The Music 06:30 Viewer's Choice Movie	09:30 Morning News 10:00 Artistic Expressions 01:30 Love Culture Church Visit 03:30 Searching for Saturday 05:30 Musical Stroll 06:30 Feel Good Evening Movie
	10:00 Sunday Bible Chat 10:30 Sunday BINGO 01:00 Audio Bible Scripture 02:00 World Changers Bible Study 04:00 Televised Church Service 05:30 Music & Memories 06:30 Classic Christian Movie	10:30 Color My World 11:30 One on One Time 01:00 BINGO 02:00 Laugh Block 02:30 Beating The Heat 03:00 Canvas Art 06:00 Chick Flick	01:00 One on One Time	10:30 Chair Tai Chi 11:30 One on One Time 01:00 BINGO 02:00 Happy Hour 03:30 Classic Tv Series	10:00 Resistance Training 10:30 Silver Sneakers 11:00 Baker's Corner 11:30 One on One Time 01:00 Movie & Snacks 06:00 Howling Happy Hour	1	