2023 October Activity Calendar

10/01/23 Sunday	10/02/23 Monday	10/03/23 Tuesday	10/04/23 Wednesday	10/05/23 Thursday	10/06/23 Friday	10/07/23 Saturday
09:45-10:00 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi
9:45-11:00 Churching	9:45-11:00 Nylon DIY	10:00-11:00 Chinese Painting	9:45-10:15 Folk Song	9:45-10:15 Tai Chi	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show
10:00-11:00 TV Show	10:00-11:00 Painting	10:00-11:00 iPad Lessons/Humns	10:00-11:00 Painting/Peking Opera	9:45-11:00 English Class	10:00-11:00 TV Show	10:10-11:00 Bingo
10:10-11:00 Bingo	10:00-11:00 Bible Story	10:40-11:30 Female Chorus	10:20-11:10 Square Dance	9:50-10:30 Armchair Exercise	10:00-11:00 Fabric Collge	10:00-11:45 games/coloring
11:00-11:45 games/coloring	10:30-11:15 Yoga	10:45-11:15 Entertainment	10:30-11:15 Yoga	9:45-11:00 Grocery Shopping	10:10-11:00 Bingo	Karaoke
Karaoke				10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	
				10:00-11:00 Cantonese Group	Karaoke	
				10:00-11:00 groovy movement		

10/08/23 Sunday	10/09/23 Monday	10/10/23 Tuesday	10/11/23 Wednesday	10/12/23 Thursday	10/13/23 Friday	10/14/23 Saturday
09:45-10:00 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi
9:45-11:00 Churching	9:45-11:00 Nylon DIY	10:00-11:00 Chinese Painting	9:45-10:15 Folk Song	9:45-10:15 Tai Chi	9:45-11:00 Grocery Shopping	9:45-11:00 Shopping
10:00-11:00 TV Show	10:00-11:00 Painting	10:00-11:00 iPad Lessons/Humns	10:00-11:00 Painting/Peking Opera	9:45-11:00 English Class	10:00-11:00 TV Show	10:00-11:00 TV Show
10:10-11:00 Bingo	10:00-11:00 Bible Story	10:40-11:30 Female Chorus	10:20-11:10 Square Dance	9:50-10:30 Armchair Exercise	10:00-11:00 Fabric Collge	10:10-11:00 Bingo
11:00-11:45 games/coloring	10:30-11:15 Yoga	10:45-11:15 Entertainment	10:30-11:15 Yoga	9:45-11:00 Grocery Shopping	10:10-11:00 Bingo	10:00-11:45 games/coloring
Karaoke				10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	Karaoke
				10:00-11:00 groovy movement	Karaoke	

10/15/23 Sunday	10/16/23 Monday	10/17/23 Tuesday	10/18/23 Wednesday	10/19/23 Thursday	10/20/23 Friday	10/21/23 Saturday
09:45-10:00 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi
9:45-11:00 Churching	9:45-11:00 Nylon DIY	10:00-11:00 Chinese Painting	9:45-10:15 Folk Song	9:45-10:15 Tai Chi	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show
10:00-11:00 TV Show	10:00-11:00 Painting	10:00-11:00 iPad Lessons/Humns	10:00-11:00 Painting/Peking Opera	9:45-11:00 English Class	10:00-11:00 TV Show	10:10-11:00 Bingo
10:10-11:00 Bingo	10:00-11:00 Bible Story	10:40-11:30 Female Chorus	10:20-11:10 Square Dance	9:50-10:30 Armchair Exercise	10:00-11:00 Fabric Collge	11:00-11:45 games/coloring
11:00-11:45 games/coloring	10:30-11:15 Yoga	10:45-11:15 Entertainment	10:30-11:15 Yoga	9:45-11:00 Grocery Shopping	10:10-11:00 Bingo	Karaoke
Karaoke				10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	
				10:00-11:00 Cantonese Group	Karaoke	
				10:00-11:00 groovy movement		

10/22/23 Sunday	10/23/23 Monday	10/24/23 Tuesday	10/25/23 Wednesday	10/26/23 Thursday	10/27/23 Friday	10/28/23 Saturday
09:45-10:00 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi
9:45-11:00 Churching	9:45-11:00 Nylon DIY	10:00-11:00 Chinese Painting	9:45-10:15 Folk Song	9:45-10:15 Tai Chi	9:45-11:00 Grocery Shopping	9:45-11:00 Shopping
10:00-11:00 TV Show	10:00-11:00 Painting	10:00-11:00 iPad Lessons/Humns	10:00-11:00 Painting/Peking Opera	9:45-11:00 English Class	10:00-11:00 TV Show	10:00-11:00 TV Show
10:10-11:00 Bingo	10:00-11:00 Bible Story	10:40-11:30 Female Chorus	10:20-11:10 Square Dance	9:50-10:30 Armchair Exercise	10:00-11:00 Fabric Collge	10:10-11:00 Bingo
11:00-11:45 games/coloring	10:30-11:15 Yoga	10:45-11:15 Entertainment	10:30-11:15 Yoga	9:45-11:00 Grocery Shopping	10:10-11:00 Bingo	10:00-11:45 games/coloring
Karaoke				10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	Karaoke
				10:00-11:00 groovy movement	Karaoke	

10/29/23 Sunday	10/30/23 Monday	10/31/23 Tuesday				
09:45-10:00 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi				
9:45-11:00 Churching	9:45-11:00 Nylon DIY	10:00-11:00 Chinese Painting				
10:00-11:00 TV Show	10:00-11:00 Painting	10:00-11:00 iPad Lessons/Humns				
10:10-11:00 Bingo	10:00-11:00 Bible Story	10:40-11:30 Female Chorus				
11:00-11:45 games/coloring	10:30-11:15 Yoga	10:45-11:15 Entertainment				
Karaoke						

Activity Structure	
09:00 - 09:30	Breakfast
09:30-11:30	Activities
11:30 - 12:00	Rest /Lunch
12:30 - 01:00	Board Games
	Departure

Hair cut	10/11/2023
	10/18/2013
	10/25/2013
Birthday	10/10/2023
Members Art Exhibition	

Daily regular activity	
08:00 - 09:00	Morning
9:30-10:00	Exercise
9:30-10:00	Sudoku(Tue,Fri)