


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2024 SOUL Calendar 		1 9:30 Shake it off Zumba 10:30 Bird Walking Club 1:00 Mother Earth's Floral Arrangements 3:00 Hello, Bingo! 6:00 Spooky Film: <i>Hubie Halloween</i>	2 9:30 Zen Yoga 10:30 Paint with Friends 1:00 Cafe Cart de La SOUL 2:00 Comedy Improv Hour 3:00 Design your own SOUL Flag 6:00 <i>"I Love Lucy"</i> Series Marathon Rosh Hashanah begins at sundown	3 9:30 Morning Refreshments 10:30 Rosh Hashanah: Celebrating New Year Traditions 1:00 Pop Up, Popcorn Savory Cart 2:00 Soul Adventures: The Broad Museum 3:00 Short Stories Neighborly Book Club 6:00 Classic Love Film: <i>The Princess Switch</i>	4 9:30 Soul Breakfast Power Up 10:30 Breathe Right Exercise 1:00 SOUL: Pen Pal Hour 3:00 Card Game Tournament: Black Jack 21 6:00 Musical Theatre Movies Rosh Hashanah ends at sundown	5 9:30 Aromatherapy Massage 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap-Major League Baseball (MLB) 2:00 Toffee Nut Coffee Cafe 3:00 SOUL Ultimate Spa Day 6:00 Hollywood Blockbuster
6 9:30 Chair Cycling Power Hour 10:30 Soul Remembrance & TEA 1:00 Soul Hair Salon 2:00 Hair Spa Refreshments 3:00 Harvest Gardening on Patio 6:00 Classic Television Marathon	7 9:30 Mindful Meditation 10:30 Morning Manicures 1:00 SOUL Pet Therapy Play with Me 2:00 SOUL French Café 3:00 Music Appreciation: Samuel Cook 6:00 Movie based on a true story	8 9:30 Joint Therapy Massage 10:30 Pilates Workout 1:00 Soul Harvest High Tea 2:00 Power Up Hour 3:00 Family Discussion: What Makes You, YOU ? 6:00 Spooky Film: <i>Haunted Mansion</i>	9 9:30 Hand to Hand Meditation 10:30 Body Moment Warm up 1:00 DIY: Holiday S'mores Bar 2:00 Classic Cinnamon Rolls Hour 3:00 DIY Jewelry: Friendship Necklaces 6:00 <i>"I Love Lucy"</i> Series Marathon	10 9:30 Positive Morning Affirmations 10:30 Local News: Los Angeles 1:00 Cake Parfaits on the Patio 2:00 Soul Adventures: LA Science Center 3:00 Tournament: HD Word Search 6:00 Classic Love Film	11 9:30 Morning Warm Up 10:30 Savory Lox & Bagels 1:00 Acrylic Painting: Bringing Awareness to Breast Cancer 2:00 Delicious Praline Crunch Hour 3:00 Yom Kippur Services 6:00 Musical Theatre Movies Yom Kippur Begins at sundown	12 9:30 Breathe Right Exercise! 10:30 Sending Positive Blessings: Words Of Affirmations 1:00 Ultimate Sports Recap-Major League Baseball (MLB) 1:00 Flowers from the Heart 2:00 Game day Variety Snack Tray 3:00 GAME DAY: Pictionary" 6:00 Film: <i>National Treasure</i> Yom Kippur ends at sundown
13 9:30 Early Bird Stretches 10:30 Soul Breakfast Warm up 1:00 DIY: Tropical Soul Trees 2:00 Ice-Cream Parlor: Snickerdoodle Cookie Dough 3:00 SOUL Brain Teaser: World Map Puzzle 6:00 Classic Television Marathon	14 9:30 Coffee and Biscuits 10:30 Flag Appreciation: U.S. 1:00 "What does it mean to be indigenous?" 2:00 SOUL Give Thanks Cobbler Hour 3:00 Art Appreciation: Vincent Willem Van Gogh 6:00 Movie based on a true story Columbus Day (US) Indigenous Peoples' Day	15 9:30 Assorted Donuts & Coffee 10:30 Aromatherapy Warm Up 11:00 Short Stories Book Club 1:00 SOUL Flower Arrangements 2:00 Healthy Stuffed Baked Potato 6:00 Spooky Film: <i>Hocus Pocus</i> 3:00 Neighborly Book Club	16 9:30 Health Focused Affirmation Meditations 10:30 Paint with Friends 1:00 SOUL Band: Beat of the Drums 2:00 HAPPY HOUR: Residents' Birthday Celebration 3:00 Neighborly Book Club 6:00 <i>"I Love Lucy"</i> Series Marathon Sukkot Begins at sundown	17 9:30. Morning Refreshments 10:30 Aromatherapy Massage 11:00 Resistance Band Workout 1:00 Roasted Pumpkin Seed Hummus 2:00 Soul Adventures: Downtown LA: Angels Flight 3:00 Sukkot Celebration 6:00 Spooky Film: Goosebumps	18 9:30 Breathe Right Yoga 10:30 Morning Facials 1:00 SOUL Tennis Tournament 2:00 Tasty Soup of the Day 3:00 Top 10 Animals of the Wild 6:00 Musical Theatre Movies	19 9:30 Positive Morning Affirmations 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap-Major League Baseball (MLB) 2:00 Wild Side: Creamy Pumpkin Cheesecakes 3:00 DIY; Crafty Halloween Owls 6:00 Hollywood Blockbuster
20 9:30 Zen Yoga 10:30 Backyard Adventures: Garden Discoveries 1:00 Admiring & Feeding Soul Birds 2:00 Hand Massages 3:00 Soul Juice Bar: Let's Blend it Up! 6:00 Classic Television Marathon	21 9:30 Today's News & Tea 10:30 Resistance Band Workout 11:00 Card Game: GO Fish! 2:00 Soul Yogurt Parfait Day 4:00 Music Appreciation: Madonna Louise Ciccone 6:00 Movie based on a true story	22 9:30 Morning Refreshments 10:30 Holiday Zumba: Micheal Jackson THRILLER 1:00 Card Game Tournament: Old Maid 2:00 SOUL Tasty Treats 3:00 Poems From The Heart 6:00 Spooky Film: <i>Hocus Pocus</i> <i>Hocus Pocus</i>	23 9:30 Mindful Meditation 10:30 Pilates Body Stretches 1:00 DIY: Nature Cat Portraits 2:00 Crispy Refreshing Baked Apples 3:00 WELCOME: New Residents' Happy Hour 6:00 <i>"I Love Lucy"</i> Series Marathon Sukkot ends at sundown	24 9:30 Stationary Cycling 10:30 Halloween Picture Frame Decorations 1:00 Apple Cider Donuts Hour 2:00 Soul Adventures: Long Beach Pier "The Pike" 3:00 Ghouls & Gals Game Night: Family Feud 6:00 Film: <i>A Haunting in Venice</i> Simchat Torah begins at sundown	25 9:30 Morning Stretch 10:30 Morning Refreshments 1:00 DIY: Flying Ghouls & Witches 2:00 Chef Demo: Halloween Sugar Cookies 3:00 Spooky Lanes Bowling 6:00 Musical Theatre Movies	26 9:30 Local Daily News Updates 10:30 Sending Positive Blessings to All 1:00 Ultimate Sports Recap-Major League Baseball (MLB) 2:00 Pumpkin Spice Café 3:00 Holiday Tournament: The Spooky Hangman 6:00 Hollywood Blockbuster
27 9:30 Inhale And Exhale Warm Up 10:30 Sunday Morning Stroll 1:00 Spooky Sundae Bar. 2:00 SOUL Sticky Almond Buns 3:00 Soul Karaoke: Sing-a-Long Duets 6:00 Classic Television Marathon	28 9:30 Power Up Hour 10:30 Heart to Heart Therapy 1:00 Memory Matching 2:00 Residents Pick: Fall Desert 3:00 Art Appreciation: Pablo Ruiz Picasso 6:00 Movie based on a true story	29 9:30 Ginger Bread Cookies & Tea 10:30 Halloween Pumpkin Painting 1:00 All Hallows Eve Candy Scavenger Hunt 2:00 Halloween Trivia 3:00 Halloween Prize Bingo 6:00 Spooky Film: <i>Cruella</i>	30 9:30 Positive Morning Meditations 10:30 Essential Warm-Up & Stretches 1:00 Halloween Rock 'n' Roll Music 2:00 HAPPY HOUR: Residents' Birthday Celebration 6:00 <i>"I Love Lucy"</i> Series Marathon	31 9:30 Stationary Cycling 10:30 Soul Adventures: Farmer's Market 1:00 Halloween Cheesecake Bites 2:00 Picture Day Halloween Costume Selfies 3:00 Witches & Warlock's Halloween Costume Party 6:00 Spooky Film: Casper Halloween	