

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Activities Subject to Change			1 Hello October Day	2 International Music Day
			Breakfast at Little Blue House Café (S) Stretching & Seated Yoga (P) Current Events (I) Hydration Cart October Spotlights (S) Autumn Themed Crafts (C) Lunch Patio Rendezvous: Cornhole (P) Spelling Bee (I) San Diego October Events (E) Snack September Highlights (S) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) Current Events & Poker Hour (E/I) Hydration Cart Floral Arrangements (C) Lunch BINGO: Musical Edition (S) Patio Rendezvous: Axe Throwing (P) Vinyl Coaster Painting Craft (C) Move & Groove w/ Laura (S/P) Snack Learning the Genres of Music (E) An Afternoon at Laura's Bistro (S/P)
5 World Farm Animals Day	6 National Mad Hatter Day	7 World Space Day	8 Happy John Lennon Day	9 Love A Yarn Ball Friday
Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) The San Diego Union-Tribune (I) Hydration Cart BINGO: Farm Animals Edition (S) Lunch Patio Rendezvous: Axe Throwing (P) 3D Paper Farm Animals Craft (C) Snack Animal Therapy: Mini Horses (S) Movie of Choice (E) Music and Massage (S) Sprout Society (S/P/C)	Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) Current Events (I) Hydration Cart BINGO: Fairytale Edition (S) Lunch Mixology 101 (C) Scavenger Hunt: Find All Alices (S/P) Patio Rendezvous: Golf (P) Teacup Hats Craft (C) Snack Movie: Alice In Wonderland (E) Table Games (S) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Yoga (P) In the News! & Word Play (I) Hydration Cart HTA - Dance w/ Amal & Lisa (P) Mixology Club (C) Lunch BINGO: Space Edition (S) Poker (E/I) Chalk Painting the Universe (C) Snack Movie: Interstellar (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) Current Events (I) Hydration Cart Silhouette Splash Art Painting (C) Lunch Piano Concert with Glenn (S) Woodworking Club (C) Spelling Bee (I) Snack The Life of John Lennon (E) Choir: John Lennon & The Beatles (S) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) Current Events & Poker Hour (E/I) Hydration Cart Relax by Breath with Ed (E) Floral Arrangements (C) Lunch BINGO: (S) Patio Rendezvous: Axe Throwing (P) LBH Artists Club (C) Move & Groove w/ Laura (S/P) Snack How It's Made: Yarn Edition (E) An Afternoon at Laura's Bistro (S/P)
12 Be A Book Worm Day	13 Happy Birthday U.S Navy!	14 Build A Bridge Wednesday	15 Happy I Love Lucy Day	16 Let's Get FUNKY Day!
Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) The San Diego Union-Tribune (I) Hydration Cart Decorate A Bookmark (C) Lunch Book Club in Laura's Bistro (S/E) Spelling Bee (I) Snack BINGO: Famous Novels (S) Importance of Reading (E) Music and Massage (S) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) Current Events (I) Hydration Cart BINGO: Military Life Edition (S) Stories for Seniors with Walter (I) Lunch Men's Club in Laura's Bistro (S) Jeopardy: Military & Branches (I) Snack Choir: Patriotic Themed Edition (S) History of the U.S Navy (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) In the News! & Word Play (I) Hydration Cart Table Games (S) Lunch Build & Decorate a Bridge (C) Patio Rendezvous: Bowling (P) Poker/Go Fish (E/I) Snack BINGO: Autumn Edition (S) Architecture Club (C/E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Yoga (P) Current Events (I) Hydration Cart Love on a Leash (S) Lunch BINGO: 50's, 60's & 70's Celebs (S) Jeopardy: I Love Lucy (I) Snack October Themed Crafts (C) Patio Rendezvous: Cornhole (P) Life of Lucille Ball (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) Current Events & Poker Hour (E/I) Hydration Cart Relax by Breath with Ed (E) Floral Arrangements (C) Lunch FUNKY Social Celebration (S) Patio Rendezvous: Axe Throwing (P) Funky Magazine Collages (C) Move & Groove w/ Laura (S/P) Snack Choir: Retro 80's Edition (S) An Afternoon at Laura's Bistro (S/P)
19 Fly Like A Bird Day	20 National SMILE Day	21 National Waterfall Wednesday	22 Happy Painting Day	23 National Boston Cream Pie Day
Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) The San Diego Union-Tribune (I) Hydration Cart Helen Woodward PET Encounter (S) Build & Paint a Bird House (C) Lunch Sprout Society: Bird Feeders (S/P/C) Scavenger Hunt: Find the Birds (S/P) Snack Learning All About Birds (E) Music and Massage (S) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Yoga (P) Current Events (E/I) Hydration Cart Red Hat Society in Cafe (S) Spelling Bee (I) Lunch Splash Painting Craft (C) Patio Rendezvous: Golf (P) Guess That Baby: Staff Edition (I) Snack Importance of Smiling (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) The San Diego Union-Tribune (I) Hydration Cart HTA - Dance w/ Amal & Lisa (P) Lunch How to Draw a Waterfall (C) Five Senses Video & Activity (E/I/S) Mixology 101 (C) Snack BINGO: Nature Edition (S) How are Waterfalls Made? (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) The San Diego Union-Tribune (I) Hydration Cart Music & Artists BINGO (S) Lunch Art Impressions (C) Patio Rendezvous: Bowling (P) Jeopardy: Famous Artists (I) LBH Artists Club (C) Snack Life of Pablo Picasso (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Yoga (P) Current Events & Poker Hour (E/I) Hydration Cart Relax by Breath with Ed (E) Floral Arrangements (C) Armchair Travel: Boston (E) Lunch Taste N' Tell: Boston Donut (S) Patio Rendezvous: Axe Throwing (P) Move & Groove w/ Laura (S/P) Snack How It's Made: Donuts (E) An Afternoon at Laura's Bistro (S/P)
26 National Black Cat Day	27 National Pumpkin Day	28 Bat Appreciation Day	29 National Candy Corn Day	30 SpoOOoOoky Halloween Party!
Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) The San Diego Union-Tribune (I) Hydration Cart BINGO: Cats Edition (S) Lunch Cat Silhouette Painting Craft (C) Patio Rendezvous: Axe Throwing (P) Jeopardy: October & Holidays (I) Popsicle Stick Cat Craft (C) Snack San Diego Humane Cat Society (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Yoga (P) Current Events (I) Hydration Cart BINGO: Foods Edition (S) Lunch Mixology 101 (C) Patio Rendezvous: Bowling (P) BIGGEST Pumpkin Contest (E) Yarn Puff Pumpkins Craft (C) Snack Movie: Halloweentown (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Exercise (P) The San Diego Union-Tribune (I) Hydration Cart Colorful Coffee Filter Bat Craft (C) Lunch Bat Silhouette Painting Craft (C) Trivia: Nature & Animals (I) Snack BINGO: Animal Edition (S) Importance of Bats & Role in Eco. (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Seated Zumba (P) The San Diego Union-Tribune (I) Hydration Cart Music & Artists BINGO (S) Lunch Textured Candy Corn Painting (C) Patio Rendezvous: Axe Throwing (P) October Trivia (I) Taste N' Tell: Candy Corn (S) Snack How It's Made: Candy Corn (E) An Afternoon at Laura's Bistro (S/P)	Breakfast at Little Blue House Café (S) Stretching & Spooky Exercise (P) Current Events & Poker Hour (E/I) Hydration Cart Relax by Breath with Ed (E) Floral Arrangements (C) Lunch Halloween Celebration (S) Create Your Own BOO Basket (C) HTA - Dance w/ Amal & Lisa (P) Snack San Diego Halloween (E) An Afternoon at Laura's Bistro (S/P)

(S) = Social | (P) = Physical | (I) = Intellectual | (C) = Creative | (E) = Education

Birthdays!

Friday, Oct. 9th: Martin I.
Monday, Oct. 12th: Carol P.
Monday, Oct. 12th: Yuko D.

Thursday, Oct. 15th: Nick K.
Wednesday, Oct. 21st: Lena P.



3686 4th Avenue San Diego, CA 92103

Special Events

Friday, Oct. 16th: Let's Get FUNKY Day!
Friday, Oct. 30th: Halloween Party!