


October Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Weight & Blood Pressure 1:30 🎤 Musical Memories	2 10:00 🧘 Aromatherapy Yoga 10:30 🍴 Ceramic Class 1:15 BINGO	3 10:00 Balance/Strength 10:30 🏐 Volleyball 1:15 🍎 Halloween Crafts	4 9:00 🏛️ Communion 10:30 🍵 Tea Social 1:15 BINGO	5 10:00 Snack Cart 10:30 🎨 Weekend Coloring 1:15. 🎵 Music with Mark Jasper
6 10:30. 🎵 Sing-along 12:00 🍴 Lunch 1:30 🏛️ Church Service-visual 2:00 Snack Cart	7 9:45 🧘 Morning Stretch 10:15 🎵 Music with Michael 1:15 BINGO	8 10:00 🧘 Chair Stretching 10:15 Ball Toss 10:30 Trivia/Quiz 1:30. WL SPA DAY	9 10:00 🧘 Aromatherapy Yoga 10:30 🍹 Juicing 11:00. 🖐️ Name 5 Game 1:15. BINGO	10 10:00 Balance/Strength 10:30 Do You Remember? 1:15. 🎵 Music with Julian	11 9:00 🏛️ Communion 10:30 🪑 Chair Dancing 11:00. Morning Chat 1:15 BINGO	12 10:00 Snack Cart 10:15 Exercise with Rowena 1:15 🎻 Violin Concert with Antonio
13 10:30 🏐 Volleyball 12:00 🍴 Lunch 1:30 🏛️ Church Service 2:00 Snack Cart	14 9:45 🧘 Morning Stretch 10:15 🎵 Music with Alfredo 1:15 BINGO	15 10:00 🧘 Chair Stretching 10:15. Ball Toss 10:30 Food Tasting 1:15 ML SPA DAY	16 10:00. 🧘 Aromatherapy Yoga 10:30 🛍️ What's In The Bag? 1:15. 🎰 BINGO STORE	17 10:00 Balance/Strength 10:30 Smell and Tell 1:15 Resident Council Meeting 2:00. Board Games	18 9:00 🏛️ Communion 10:30 🪑 Chair Dancing 11:00 Charades 1:15. BINGO	19 10:00 Snack Cart 10:30 🎨 Weekend Coloring 1:30. Afternoon Movie
20 10:30 🌸 Flower Arranging 12:00 🍴 Lunch 1:30 🏛️ Church Service-visual 2:00 Snack Cart	21 9:45 🧘 Morning Stretch 10:15 🎵 Music with Michael 1:15 BINGO	22 10:00 🧘 Chair Stretching 10:15 Ball Toss 10:30 Word Games 1:15 ♠️ Poker Club	23 10:00 🧘 Aromatherapy Yoga 10:30 🍂 Pumpkin Carving 1:15 BINGO	24 10:00 Balance/Strength 10:30 📖 Reading Group 1:15. 🎳 Bowling	25 9:00 🏛️ Communion 10:30. 🪑 Chair Dancing 11:00. 📰 Current News 1:15. BINGO	26 10:00 Snack Cart 10:30 🍹 Juicing 1:15 🎻 Violin Concert with Antonio
27 10:30 🪑 Armchair Travel 12:00 🍴 Lunch 1:30 🏛️ Church Service-visual	28 9:45 🧘 Morning Stretch 10:15 🎵 Music with Alfredo 1:15 BINGO	29 10:00 🧘 Chair Stretching 10:30 🍎 Halloween Trivia 1:15 Hand Massages & Room Visits	30 10:00 🧘 Aromatherapy Yoga 10:30 Memory Lane 1:15 BINGO	31 10:00 🍎 Halloween Costume Party 10:15. 🎵 Music with Alfredo 1:30. 🚗 Trunk-O-Treat 🍎	🏛️ Sunday Church Service will be provided by Acts 2 Network	
						