

October Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Volleyball 12:00 Lunch 1:30 Church Service-visual 2:00 Snack Cart	9:45 Morning Stretch 10:15 Music with Michael 1:15 BINGO	10:00 Chair Stretching 10:15 Ball Toss 10:30 Juicing 1:15 Mix & Mingle	10:00 Aromatherapy Yoga 10:30 Ceramic Class 1:15 BINGO	9:00 Weights & Blood Pressure 1:15 Scrabble	9:00 Communion 10:30 Chair Dancing 11:00 Morning Chat 1:15 BINGO	10:00 Snack Cart 10:30 Weekend Coloring 1:15 Music with Mark Jasper
10:30 Flower Arranging 12:00 Lunch 1:30 Church Service- 2:00 Snack Cart	9:45 Morning Stretch 10:15 Music with Alfredo 1:15 BINGO	10:00 Chair Stretching 10:15 Ball Toss 10:30 Halloween Crafts 1:15 WL Spa Day	10:00 Aromatherapy Yoga 10:30 Food Tasting 1:15 BINGO	10:00 Strength & Flexibility with Mary 10:30 Relaxing Hand Massge 1:15 Music with Julian	9:00 Communion 10:30 Chair Dancing 11:00 Charades 1:15 BINGO	10:00 Snack Cart 10:30 Exercise with Rowena 1:00 Violin Concert with Antonio
10:30 Piano with Mark 12:00 Lunch 1:30 Church Service-visual 2:00 Snack Cart	9:45 Morning Stretch 10:15 Music with Michael 1:15 BINGO	10:00 Chair Stretching 10:15 Ball Toss 10:30 Golden Age of Hollywood Match 1:15 ML Spa Day	10:00 Aromatherapy Yoga 10:30 Remembering 1950's 1:15 BINGO	10:00 Balance/Strength 10:30 Volleyball 1:15 Resident Council Meeting	9:00 Communion 10:30 Current Events 1:15 BINGO	10:00 Snack Cart 10:30 Juicing 11:00 Armchair Travel 1:30 Afternoon Movie
10:30 Volleyball 12:00 Lunch 1:30 Church Service-visual 2:00 Snack Cart	9:45 Morning Stretch 10:15 Music with Alfredo 1:15 BINGO	10:00 Chair Stretching 10:15 Ball Toss 10:30 Halloween Trivia 1:15 Musical Memories	10:00 Aromatherapy Yoga 10:30 Saying's We Remember 1:15 BINGO	10:00 Strength & Flexibility with Mary 10:30 Memory Lane 1:15 Bowling	9:00 Communion 10:00 Chair Dancing 11:00 Word Games 1:15 BINGO	10:00 Snack Cart 10:30 Weekend Coloring 1:00 Violin Concert with Antonio
10:30 Sing-along 12:00 Lunch 1:30 Afternoon Movie 2:00 Snack Cart	9:45 Morning Stretch 10:30 Halloween Tea Party 1:15 BINGO	9:45 Halloween Costume Party 10:15 Music with Alfredo 1:30 Trunk-o-Treat		Tuesday and Thursday Residents Morning Stroll With Staff	Sunday Church Service will be provided by Acts 2 Network	