



October Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 1 9:00 Weights & Blood Pressure 1:30 🧠 Scrabble	 2 10:00 ✚ Communion 10:15 🧠 Trivia/Quiz 1:15 BINGO	 3 10:00 🍎 Snack Cart 10:00 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
4 10:00 🍎 Snack Cart 10:30 🎨 Halloween Crafts 12:00 🍽️ Lunch 1:30 Sing-along 2:00 🍪 Snack Cart	5 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	6 10:00 🪑 Chair Stretching 10:30 🍷 Juicing 1:00 🎵 Musical Memories	7 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramics Class 1:15 BINGO	8 10:00 🧘 Balance/Strength 10:30 🤲 Relaxing Hand Massage 1:15 🎵 Music with Julian	9 9:00 ✚ Communion 10:30 🪑 Chair Dancing 11:00 Morning Chat 1:15 BINGO	10 10:00 🍎 Snack Cart 10:00 🧘 Exercise with Rowena 1:15 Violin with Antonio 2:00 🍪 Snack Cart
11 10:00 🍎 Snack Cart 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 🏰 Church Service 2:00 🍪 Snack Cart	12 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	13 10:15 🎱 Ball Toss 10:30 🎤 Karaoke With Coreen & Friends 1:00 🌿 Waterleaf Spa Day	14 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Halloween Crafts 1:15 BINGO	15 10:00 🧘 Balance/Strength 10:30 📖 This Month In History 11:00 🎃 Halloween Word Search 1:15 🎳 BOWLING	16 9:00 ✚ Communion 10:30 🧠 Trivia/Quiz 1:15 BINGO	17 10:00 🍎 Snack Cart 10:30 🍷 Juicing 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
18 10:00 🍎 Snack Cart 10:30 🌸 Flower Arranging 12:00 🍽️ Lunch 1:30 Armchair Travel 2:00 🍪 Snack Cart	19 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	20 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30 🎃 Halloween Puzzles & Trivia 1:15. 🌿 Mapleleaf Spa Day	21 10:00 🧘 Aromatherapy Yoga 10:30 🍴 Food Tasting 1:15 BINGO	22 10:00 🧘 Balance/Strength 10:30 🎒 What's In The Bag? 1:15. 📅 Resident Council Meeting 2:00 🧠 Board Games	23 9:00 ✚ Communion 10:30 🎵 Flute Music with Gail 1:15 BINGO	24 10:00 🍎 Snack Cart 10:30 🎨 Weekend Coloring 1:15 Violin with Antonio 2:00 🍪 Snack Cart
25 10:00 🍎 Snack Cart 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 Church Service 2:00 🍪 Snack Cart	26 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	27 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30 🍹 Mocktails with Monika 1:30 🃏 Poker Club	28 10:00 🧘 Aromatherapy Yoga 10:30 🎃 Pumpking Carving 11:00 🧠 Word Games 1:15 HALLOWEEN BINGO	29 10:00 🧘 Balance/Strength 10:30 🧠 Trivia/Quiz 1:30 🎭 Guess Candy In Jar/ Games	30 9:00 ✚ Communion 9:30 🎃 Halloween Photo Booth 10:30 🎃 Halloween Costume Party 1:30 🎃 Trunk-or-Treat	31 10:00 🍎 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎃 Afternoon Halloween Movie 2:00 🍪 Snack Cart