

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



**October**  
**GRANDVIEW GARDENS 2024.**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Bean Bag Toss</li> <li>Mosaic Puzzles</li> <li>1:30 Ride and Reminisce</li> <li>Nail Care</li> <li>2:00 Trivia...Did you Know</li> <li>3:15 Music Sing Along</li> <li>3:45 Afternoon Stretch</li> <li>Audio Book Club</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Courtyard Darts</li> <li>Table Games</li> <li>1:45 Balloon Volley</li> <li>Crafting Circle: Centerpiece</li> <li>3:15 Seated Yoga</li> <li>Nail Care &amp; Reminisce</li> <li>3:45 Who Sings It?</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Word Chains</li> <li>1:30 Quarterback Toss</li> <li>Kitchen Creations: <i>Apple Nachos</i></li> <li>2:00 Name that Tune</li> <li>3:15 Afternoon Stretch</li> <li>Puzzles</li> <li>3:45 Mindful Mediation</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Exercise</li> <li>10:45 Scenic Ride</li> <li>11:15 Guess the Word</li> <li>1:30 Ring Toss</li> <li>Relaxation to Music</li> <li>3:15 Seated Yoga</li> <li>3:45 Finish the Line</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Table Top Curling</li> <li>Comedy &amp; Laughter</li> <li>1:30 Pumpkin Roll</li> <li>Music &amp; Relaxation</li> <li>2:00 Brain Games</li> <li>3:15 Afternoon Stretch</li> <li>Rosary</li> <li>3:45 Music &amp; Meditation</li> </ul>

<b>6</b>	<b>OCTOBERFEST</b> <b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<ul style="list-style-type: none"> <li>10:15 Communion w/ OLM</li> <li>10:30 Hymnals &amp; Snack</li> <li>11:00 Get up &amp; Move</li> <li>1:30 Afternoon Stretch</li> <li>2:00 Worship Service w/ Com. Color Artistry/Puzzles</li> <li>3:15 Balloon Bash</li> <li>Music &amp; Reminisce</li> <li>4:00 Brain Games</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Bean Bag Toss</li> <li>Helping Hands</li> <li>1:45 Oktoberfest Music w/ Sue McLeod</li> <li>2:30 Snacks served</li> <li>3:15 Afternoon Exercise</li> <li>Life Stories</li> <li>3:45 Meditation &amp; Reflection</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Tic Tac Toe Toss</li> <li>Mosaic Puzzles</li> <li>1:30 Ride and Reminisce</li> <li>Nail Care</li> <li>2:00 Trivia...Did you Know</li> <li>3:15 Music Sing Along</li> <li>3:45 Afternoon Stretch</li> <li>Audio Book Club</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Courtyard Darts</li> <li>Table Games</li> <li>1:45 Balloon Volley</li> <li>Color Artistry</li> <li>3:15 Seated Yoga</li> <li>Nail Care &amp; Reminisce</li> <li>3:45 Who Sings It?</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Word Chains</li> <li>1:30 Quarterback Toss</li> <li>Kitchen Creations: <i>Pumpkin Pie</i></li> <li>2:00 Name that Tune</li> <li>3:15 Afternoon Stretch</li> <li>Puzzles</li> <li>3:45 Mindful Mediation</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Exercise</li> <li>10:45 Armchair Travel</li> <li>11:30 Guess the Word</li> <li>1:30 Ring Toss</li> <li>Relaxation to Music</li> <li>3:15 Seated Yoga</li> <li>3:45 Finish the Line</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Table Top Curling</li> <li>Comedy &amp; Laughter</li> <li>1:30 Pumpkin Roll</li> <li>Music &amp; Relaxation</li> <li>2:00 Brain Games</li> <li>3:15 Afternoon Stretch</li> <li>Rosary</li> <li>3:45 Music &amp; Meditation</li> </ul>

<b>13</b>	<b>COLUMBUS DAY</b> <b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<ul style="list-style-type: none"> <li>10:15 Communion w/ OLM</li> <li>10:30 Snack &amp; Brain Games</li> <li>11:00 Get up &amp; Move</li> <li>Nail Care &amp; Tunes</li> <li>1:30 Afternoon Stretch</li> <li>Sunday Ride</li> <li>2:00 Balloon Bash</li> <li>3:15 Virtual Church Service</li> <li>Music &amp; Reminisce</li> <li>4:00 Hymnal Sing-Along</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:00 Virtual Travel:</li> <li>1:45 Bean Bag Toss</li> <li>2:30 Munchies and Live Music w/ Don &amp; Dave</li> <li>3:15 Afternoon Exercise</li> <li>3:45 Meditation &amp; Reflection</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Bean Bag Toss</li> <li>Mosaic Puzzles</li> <li>1:30 Reminisce</li> <li>Nail Care</li> <li>2:00 Chaplain Chat w/ Rev. Cheryl</li> <li>3:15 Music Sing Along</li> <li>3:45 Afternoon Stretch</li> <li>Audio Book Club</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Courtyard Darts</li> <li>Table Games</li> <li>1:45 Balloon Volley</li> <li>Crafting Circle: Shell Project</li> <li>3:15 Seated Yoga</li> <li>Nail Care &amp; Reminisce</li> <li>3:45 Who Sings It?</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Word Chains</li> <li>1:30 Quarterback Toss</li> <li>Kitchen Creations: <i>Caramel Apple Cookies</i></li> <li>2:00 Name that Tune</li> <li>3:15 Afternoon Stretch</li> <li>Puzzles</li> <li>3:45 Mindful Mediation</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Exercise</li> <li>10:45 Scenic Ride</li> <li>11:15 Guess the Word</li> <li>1:30 Ring Toss</li> <li>Relaxation to Music</li> <li>3:15 Seated Yoga</li> <li>3:45 Finish the Line</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Table Top Curling</li> <li>Comedy &amp; Laughter</li> <li>1:30 Pumpkin Roll</li> <li>Music &amp; Relaxation</li> <li>2:00 Brain Games</li> <li>3:15 Afternoon Stretch</li> <li>Rosary</li> <li>3:45 Music &amp; Meditation</li> </ul>

<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<ul style="list-style-type: none"> <li>10:15 Communion w/ OLM</li> <li>10:30 Snack &amp; Brain Games</li> <li>11:00 Get up &amp; Move</li> <li>Nail Care &amp; Tunes</li> <li>1:30 Afternoon Stretch</li> <li>Sunday Ride</li> <li>2:00 Balloon Bash</li> <li>3:15 Virtual Church Service</li> <li>Music &amp; Reminisce</li> <li>4:00 Hymnal Sing-Along</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Bean Bag Toss</li> <li>Helping Hands</li> <li>1:45 Floor Bulls-eye</li> <li>Color Artistry/Puzzles</li> <li>3:15 Afternoon Exercise</li> <li>Life Stories</li> <li>3:45 Meditation &amp; Reflection</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Bean Bag Toss</li> <li>Mosaic Puzzles</li> <li>1:30 Armchair Travel</li> <li>Nail Care</li> <li>2:00 Trivia...Did you Know</li> <li>3:15 Music Sing Along</li> <li>3:45 Afternoon Stretch</li> <li>Audio Book Club</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Table Darts</li> <li>Mosaic Puzzles</li> <li>1:30 Tap'n Time w/ Belle</li> <li>Nail Care &amp; Reminisce</li> <li>3:15 Seated Yoga</li> <li>Pumpkin Painting</li> <li>3:45 Who Sings It?</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Word Chains</li> <li>1:30 Quarterback Toss</li> <li>Kitchen Creations: <i>Apple Nachos</i></li> <li>2:00 Name that Tune</li> <li>3:15 Afternoon Stretch</li> <li>Puzzles</li> <li>3:45 Mindful Mediation</li> </ul>	<ul style="list-style-type: none"> <li>10:00 AM Exercise</li> <li>10:45 Scenic Ride</li> <li>11:15 Guess the Word</li> <li>1:30 Ring Toss</li> <li>Relaxation to Music</li> <li>3:15 Seated Yoga</li> <li>3:45 Finish the Line</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Table Top Curling</li> <li>Comedy &amp; Laughter</li> <li>1:30 Pumpkin Roll</li> <li>Music &amp; Relaxation</li> <li>2:00 Brain Games</li> <li>3:15 Afternoon Stretch</li> <li>Rosary</li> <li>3:45 Music &amp; Meditation</li> </ul>

<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<ul style="list-style-type: none"> <li>10:15 Communion w/ OLM</li> <li>10:30 Snack &amp; Brain Games</li> <li>11:00 Get up &amp; Move</li> <li>Nail Care &amp; Tunes</li> <li>1:30 Afternoon Stretch</li> <li>Sunday Ride</li> <li>2:00 Balloon Bash</li> <li>3:15 Virtual Church Service</li> <li>Music &amp; Reminisce</li> <li>4:00 Hymnal Sing-Along</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Bean Bag Toss</li> <li>Helping Hands</li> <li>1:30 Baby Farm Animals</li> <li>Color Artistry/Puzzles</li> <li>3:15 Afternoon Exercise</li> <li>Life Stories</li> <li>3:45 Meditation &amp; Reflection</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Bean Bag Toss</li> <li>Mosaic Puzzles</li> <li>1:30 Ride and Reminisce</li> <li>Nail Care</li> <li>2:00 Trivia...Did you Know</li> <li>3:15 Music Sing Along</li> <li>3:45 Afternoon Stretch</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wake up &amp; Zumba</li> <li>11:15 Courtyard Darts</li> <li>Table Games</li> <li>1:45 Balloon Volley</li> <li>Crafting Circle: Mask/hat</li> <li>3:15 Seated Yoga</li> <li>Nail Care &amp; Reminisce</li> <li>3:45 Who Sings It?</li> </ul>	<p style="text-align: center;"><b>HALLOWEEN</b></p> <ul style="list-style-type: none"> <li>10:00 Wake-up &amp; Workout</li> <li>11:15 Word Chains</li> <li>1:30 Quarterback Toss</li> <li>1:45 Kitchen Creations: Punch</li> <li>2:00 Name that Tune</li> <li>2:30 Halloween Party w/ Music by Brad Logan</li> <li>3:15 Afternoon Stretch</li> <li>Puzzles</li> <li>3:45 Mindful Mediation</li> </ul>	<p style="text-align: center;"><b>ASPECTS OF LIVING</b></p> <ul style="list-style-type: none"> <li>Cognitive</li> <li>Musical</li> <li>Life Experiences</li> <li>Reminisce</li> <li>Health &amp; Fitness</li> <li>Inspirational/Emotional</li> <li>Social</li> </ul>	<p style="text-align: center;"><b>DAILY PROGRAMS</b></p> <p style="text-align: center;">Unless otherwise noted</p> <ul style="list-style-type: none"> <li>9:15 Positive Current Events</li> <li>10:30 AM Snack</li> <li>11:00 Feeding of the Fish/ Garden Group</li> <li>1:00 Daily Chronicles</li> <li>2:30 Snack &amp; Social</li> <li>5:15 Mindful Unwind</li> <li>5:45 Movie/Classic Series</li> </ul>