

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



1

- 10:00 Wake-up & Workout
- 11:15 Bean Bag Toss
- Mosaic Puzzles
- 1:30 Ride and Reminisce
- Nail Care
- 2:00 Trivia...Did you Know
- 3:15 Music Sing Along
- 3:45 Afternoon Stretch
- Audio Book Club

2

- 10:00 Wake up & Zumba
- 11:15 Courtyard Darts
- Table Games
- 1:45 Balloon Volley
- Crafting Circle: Centerpiece
- 3:15 Seated Yoga
- Nail Care & Reminisce
- 3:45 Who Sings It?

3

- 10:00 Wake-up & Workout
- 11:15 Word Chains
- 1:30 Quarterback Toss
- Kitchen Creations: *Apple Nachos*
- 2:00 Name that Tune
- 3:15 Afternoon Stretch
- Puzzles
- 3:45 Mindful Mediation

4

- 10:00 AM Exercise
- 10:45 Scenic Ride
- 11:15 Guess the Word
- 1:30 Ring Toss
- Relaxation to Music
- 3:15 Seated Yoga
- 3:45 Finish the Line

5

- 10:00 Wake-up & Workout
- 11:15 Table Top Curling
- Comedy & Laughter
- 1:30 Pumpkin Roll
- Music & Relaxation
- 2:00 Brain Games
- 3:15 Afternoon Stretch
- Rosary
- 3:45 Music & Meditation

6

- 10:15 Communion w/ OLM
- 10:30 Hymnals & Snack
- 11:00 Get up & Move
- 1:30 Afternoon Stretch
- 2:00 Worship Service w/ Com. Color Artistry/Puzzles
- 3:15 Balloon Bash
- Music & Reminisce
- 4:00 Brain Games

OCTOBERFEST

7

- 10:00 Wake up & Zumba
- 11:15 Bean Bag Toss
- Helping Hands
- 1:45 Oktoberfest Music w/ Sue McLeod
- 2:30 Snacks served
- 3:15 Afternoon Exercise
- Life Stories
- 3:45 Meditation & Reflection

8

- 10:00 Wake-up & Workout
- 11:15 Tic Tac Toe Toss
- Mosaic Puzzles
- 1:30 Ride and Reminisce
- Nail Care
- 2:00 Trivia...Did you Know
- 3:15 Music Sing Along
- 3:45 Afternoon Stretch
- Audio Book Club

9

- 10:00 Wake up & Zumba
- 11:15 Courtyard Darts
- Table Games
- 1:45 Balloon Volley
- Color Artistry
- 3:15 Seated Yoga
- Nail Care & Reminisce
- 3:45 Who Sings It?

10

- 10:00 Wake-up & Workout
- 11:15 Word Chains
- 1:30 Quarterback Toss
- Kitchen Creations: *Pumpkin Pie*
- 2:00 Name that Tune
- 3:15 Afternoon Stretch
- Puzzles
- 3:45 Mindful Mediation

11

- 10:00 AM Exercise
- 10:45 Armchair Travel
- 11:30 Guess the Word
- 1:30 Ring Toss
- Relaxation to Music
- 3:15 Seated Yoga
- 3:45 Finish the Line

12

- 10:00 Wake-up & Workout
- 11:15 Table Top Curling
- Comedy & Laughter
- 1:30 Pumpkin Roll
- Music & Relaxation
- 2:00 Brain Games
- 3:15 Afternoon Stretch
- Rosary
- 3:45 Music & Meditation

13

- 10:15 Communion w/ OLM
- 10:30 Snack & Brain Games
- 11:00 Get up & Move
- Nail Care & Tunes
- 1:30 Sunday Ride
- Afternoon Stretch
- 2:00 Balloon Bash
- 3:15 Virtual Church Service
- Music & Reminisce
- 4:00 Hymnal Sing-Along

COLUMBUS DAY

14

- 10:00 Wake up & Zumba
- 11:00 Virtual Travel:
- 1:45 Bean Bag Toss
- 2:30 Munchies and Live Music w/ Don & Dave
- 3:15 Afternoon Exercise
- 3:45 Meditation & Reflection

15

- 10:00 Wake-up & Workout
- 11:15 Bean Bag Toss
- Mosaic Puzzles
- 1:30 Reminisce
- Nail Care
- 2:00 Chaplain Chat w/ Rev. Cheryl
- 3:15 Music Sing Along
- 3:45 Afternoon Stretch
- Audio Book Club

16

- 10:00 Wake up & Zumba
- 11:15 Courtyard Darts
- Table Games
- 1:45 Balloon Volley
- Crafting Circle: Shell Project
- 3:15 Seated Yoga
- Nail Care & Reminisce
- 3:45 Who Sings It?

17

- 10:00 Wake-up & Workout
- 11:15 Word Chains
- 1:30 Quarterback Toss
- Kitchen Creations: *Caramel Apple Cookies*
- 2:00 Name that Tune
- 3:15 Afternoon Stretch
- Puzzles
- 3:45 Mindful Mediation

18

- 10:00 AM Exercise
- 10:45 Scenic Ride
- 11:15 Guess the Word
- 1:30 Ring Toss
- Relaxation to Music
- 3:15 Seated Yoga
- 3:45 Finish the Line

19

- 10:00 Wake-up & Workout
- 11:15 Table Top Curling
- Comedy & Laughter
- 1:30 Pumpkin Roll
- Music & Relaxation
- 2:00 Brain Games
- 3:15 Afternoon Stretch
- Rosary
- 3:45 Music & Meditation

20

- 10:15 Communion w/ OLM
- 10:30 Snack & Brain Games
- 11:00 Get up & Move
- Nail Care & Tunes
- 1:30 Sunday Ride
- Afternoon Stretch
- 2:00 Balloon Bash
- 3:15 Virtual Church Service
- Music & Reminisce
- 4:00 Hymnal Sing-Along

21

- 10:00 Wake up & Zumba
- 11:15 Bean Bag Toss
- Helping Hands
- 1:45 Floor Bulls-eye
- Color Artistry/Puzzles
- 3:15 Afternoon Exercise
- Life Stories
- 3:45 Meditation & Reflection

22

- 10:00 Wake-up & Workout
- 11:15 Bean Bag Toss
- Mosaic Puzzles
- 1:30 Armchair Travel
- Nail Care
- 2:00 Trivia...Did you Know
- 3:15 Music Sing Along
- 3:45 Afternoon Stretch
- Audio Book Club

23

- 10:00 Wake up & Zumba
- 11:15 Table Darts
- Mosaic Puzzles
- 1:30 Tap'n Time w/ Belle
- Nail Care & Reminisce
- 3:15 Seated Yoga
- Pumpkin Painting
- 3:45 Who Sings It?

24

- 10:00 Wake-up & Workout
- 11:15 Word Chains
- 1:30 Quarterback Toss
- Kitchen Creations: *Apple Pie*
- 2:00 Name that Tune
- 3:15 Afternoon Stretch
- Puzzles
- 3:45 Mindful Mediation

25

- 10:00 AM Exercise
- 10:45 Scenic Ride
- 11:15 Guess the Word
- 1:30 Ring Toss
- Relaxation to Music
- 3:15 Seated Yoga
- 3:45 Finish the Line

26

- 10:00 Wake-up & Workout
- 11:15 Table Top Curling
- Comedy & Laughter
- 1:30 Pumpkin Roll
- Music & Relaxation
- 2:00 Brain Games
- 3:15 Afternoon Stretch
- Rosary
- 3:45 Music & Meditation

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- 10:15 Communion w/ OLM
- 10:30 Snack & Brain Games
- 11:00 Get up & Move
- Nail Care & Tunes
- 1:30 Sunday Ride
- Afternoon Stretch
- 2:00 Balloon Bash
- 3:15 Virtual Church Service
- Music & Reminisce
- 4:00 Hymnal Sing-Along

28

- 10:00 Wake up & Zumba
- 11:15 Bean Bag Toss
- Color Artistry/Puzzles
- 1:45 Bull's Eye Toss
- Helping Hands
- 3:15 Afternoon Exercise
- Reminisce
- 3:45 Meditation & Reflection

29

- 10:00 Wake-up & Workout
- 10:45 Ride and Reminisce
- Nail Care
- 11:45 Feeding of the Fish
- 1:00 Trivia Teasers
- Helping Hands
- 1:45 Decorate a Pumpkin
- 3:15 Daily Chronicles
- 3:45 Afternoon Stretch

30

- 10:00 Wake-up & Workout
- 10:45 Ride and Reminisce
- Brain Games
- 11:45 Feeding of the Fish
- 1:00 Trivia Teasers
- Helping Hands
- 1:45 Nail & Hand Care
- 3:15 Daily Chronicles
- 3:45 Seated Yoga

HALLOWEEN

31

- 10:00 Wake-up & Workout
- 11:15 Word Chains
- 1:30 Quarterback Toss
- 1:45 Kitchen Creations: Punch
- 2:00 Name that Tune
- 2:30 Halloween Party w/ Music by Brad Logan
- 3:15 Afternoon Stretch
- Puzzles
- 3:45 Mindful Mediation

ASPECTS OF LIVING

- Cognitive
- Musical
- Life Experiences
- Reminisce
- Health & Fitness
- Inspirational/Emotional
- Social

DAILY PROGRAMS

Unless otherwise noted

- 9:15 Positive Current Events
- 10:30 AM Snack
- 11:00 Feeding of the Fish
- 1:00 Daily Chronicles
- 2:30 Snack & Social
- 5:15 Mindful Unwind
- 5:45 Movie/Classic Series