





October 2018 Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>01</p> <p>10:00- Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:30- Movie Matinee (A 109) 1:00- GLENWOOD SHOPPING 2:30 – Social Hour (C 216) 7:00- Movie Matinee (A 109)</p>	<p>02</p> <p>10:00 - Active Stretching (A 109) 10:30- Mindful Meditation (A 109) 1:00 – City Market Outing (A 101) 2:30 – Social Hour (A 109) 6:30 – BINGO NIGHT (A 109)</p>	<p>03</p> <p>10:00-Qi Gong (A 109) 11:15 – Coffee/Tea Current Events 2:30 –Happy Hour (A 109) 4:00- Wednesday Afternoon Club (A 101)</p>	<p>04</p> <p>10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:30- Movie Matinee (A 109) 2:30 – Happy Hour (A 109) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)</p>	<p>05</p> <p>10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 1:30 – Meditation Group (C 216) 2:30 – Social Hour (A 109) 5:30 ALZHEIMERS PRE REGISTRATION COMMUNITY FAIR!</p>	<p>06</p> <p>10:00 – Reiki (in room) 11:00- Pilates DVD (C 216) 2:30 – Happy Hour (C 216) 3:30 – BINGO (A 109)</p>
<p>07</p> <p>1:30 – Sunday Football Special (C 216) 3:30 - Interdenominational Service (A 109)</p>	<p>08</p> <p>10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:30- Movie Matinee (A 109) 1:30- Wal-Mart Outing 2:30- Social Hour (C 216) 7:00- Movie Matinee (A 109) COLUMBUS DAY</p>	<p>09</p> <p>10:00 - Laughing Yoga (A 109) 10:30- - Active Stretching (A 109) 1:30 – Word Searches (C 216) 2:30 – Social Hour(C 216) 6:30 – BINGO NIGHT (A 109) 6:00 – FLAMENCO QUARTET PROJECT OUTING (VPCA)</p>	<p>10</p> <p>10:00-Qi Gong (A 109) 11:15 – Coffee/Tea Current Events 2:30 – Bingo Happy Hour (C 216) 4:00- Wednesday Afternoon Club (A 101) 7:00 – Movie Matinee (A 109)</p>	<p>11</p> <p>10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:30- Movie Matinee (A 109) 2:30- Happy Hour (A 109) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)</p>	<p>12</p> <p>10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:30 – 1:1 Walks 2:30 – Social Hour (A 109) 7:00 – Movie Matinee (A 109)</p>	<p>13</p> <p>10:00 – Exercise DVD (C 216) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:30 – Happy Hour (C 216) 3:30- BINGO (A 109)</p>
<p>14</p> <p>1:30 – Sunday Movie Matinee (C 216) 3:30 - Interdenominational Service (A 109)</p>	<p>15</p> <p>10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:30- Movie Matinee (A 109) 2:30 – Social Hour (C 216) 7:00- Movie Matinee (A 109)</p>	<p>16</p> <p>10:00 - Active Stretching (A 109) 10:30- Mindful Meditation (A 109) 1:30 – City Market Outing (A 101) 2:30 – Social Hour (A 109) 6:30 – BINGO Night (A 109)</p>	<p>17</p> <p>10:00-Qi Gong (A 109) 11:00 Professional Pumpkin Carving Show 2:00- AL Apple Crisp Resident Council (A 114) 2:30 – Bingo Happy Hour (C 216) 4:00- Wednesday Afternoon Club (A 101) 7:00- Movie Matinee (A 109)</p>	<p>18</p> <p>10:00- Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:30- Movie Matinee (A 109) 2:30 – Happy Hour Piano (A 109) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)</p>	<p>19</p> <p>10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 1:30 – Meditation Group (C 216) 2:30 – Social Hour (A 109) 7:00 – Movie Matinee (A 109)</p>	<p>20</p> <p>10:00 – Reiki (in room) 11:00- Pilates DVD (C 216) 2:30 – Happy Hour (C 216) 3:30 – BINGO (A 109) WALK TO END ALZHEIMERS DAY</p>
<p>21</p> <p>1:30 – Sunday Football Special (C 216) 3:30 - Interdenominational Service (A 109)</p>	<p>22</p> <p>10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:30- Movie Matinee (A 109) 1:30- Wal-Mart Outing 2:30 – Social Hour (C 216) 7:00- Movie Matinee (A 109)</p>	<p>23</p> <p>10:00 – Laughing Yoga (A 109) 10:30- - Active Stretching (A 109) 1:30 – Welcome Committee (C 216) 2:30 – Social Hour (A 109) 6:30 – BINGO Night (A 109)</p>	<p>24</p> <p>10:00-Qi Gong (A 109) 11:15 – Coffee/Tea Current Events 2:30 – Bingo Happy Hour (C 216) 4:00- Wednesday Afternoon Club (A 101) 7:00- Movie Matinee (A 109)</p>	<p>25</p> <p>10:00- Chair Yoga (A 109) 11:15 – Art Group (A 114) 2:30 – Happy Hour Piano (A 109) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)</p>	<p>26</p> <p>10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:30 – 1:1 Walks 2:30 – Social Hour (A 109) 7:00 – Movie Matinee (A 109)</p>	<p>27</p> <p>10:00 – Exercise DVD (C 216) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:30- Happy Hour (C 216) 3:30- BINGO (A 109)</p>
<p>28</p> <p>1:30 – Sunday Movie Matinee (C 216) 3:30 - Interdenominational Service (A 109)</p>	<p>29</p> <p>10:00 – Exercise Essentials for Better Balance (A 109) 11:00 SENIOR HALLOWEEN LUNCHEON 1:30- Movie Matinee (A 109) 1:30 – City Market Outing (A 101) 2:30 – Social Hour (C 216) 7:00- Movie Matinee (A 109)</p>	<p>30</p> <p>10:00 - Active Stretching (A 109) 10:30- Mindful Meditation (A 109) 2:30 – Social Hour (A 109) 6:30 – BINGO NIGHT (A 109)</p>	<p>31</p> <p>10:00-Qi Gong (A 109) 11:15 – Coffee/Tea Current Events 2:30 – Bingo Happy Hour (C 216) 4:00- Wednesday Afternoon Club (A 101) TRICK OR TREAT VISITORS HAPPY HALLOWEEN</p>			



*PLEASE NOTE: Schedule is subject to change.

October 2018 Health Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 10:00- Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:00- Movie Matinee (C 216) 1:00- GLENWOOD SHOPPING 2:15 – Social Hour (C 216) 7:00- Movie Matinee (C 216)	02 10:00 - Active Stretching (A 109) 10:30- Mindful Meditation (A 109) 1:00 – City Market Outing (A 101) 2:15 – Social Hour (C 216) 6:30 – BINGO NIGHT (A 109)	03 10:00-Qi Gong (A 109) 11:15 – Coffee/Tea Current Events 2:15 – Bingo Happy Hour (C 216) 4:00- Wednesday Afternoon Club (A 101)	04 10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:00- Movie Matinee (C 216) 2:15 – Happy Hour (C 216) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	05 10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 1:30 – Meditation Group (C 216) 2:15 – Social Hour (C 216) 5:30 ALZHEIMERS PRE REGISTRATION COMMUNITY FAIR!	06 10:00 – Reiki (in room) 11:00- Pilates DVD (C 216) 2:15 – Happy Hour (C 216) 3:30 – BINGO (A 109)
07 1:30 – Sunday Football Special (C 216) 3:30 - Interdenominational Service (A 109)	08 10:00 – Exercise Essentials for Better Balance (A 109) 11:15 – Flower Arrangement (A 114) 1:00- Movie Matinee (C 216) 1:30- Wal-Mart Outing 2:15 – Social Hour (C 216) 7:00- Movie Matinee (C 216) COLUMBUS DAY	09 10:00 - Laughing Yoga (A 109) 10:30- Active Stretching (A 109) 1:30 – Word Searches (C 216) 2:15 – Social Hour (C 216) 6:30 – BINGO NIGHT (A 109) 6:00 – FLAMENCO QUARTET PROJECT OUTING (VPCA)	10 10:00-Qi Gong (A 109) 11:15 – Coffee/Tea Current Events 2:15 – Bingo Happy Hour (C 216) 4:00- Wednesday Afternoon Club (A 101) 7:00 – Movie Matinee (C 216)	11 10:00 – Chair Yoga (A 109) 11:15 – Art Group (A 114) 1:00- Movie Matinee (C 216) 2:15 – Happy Hour (C 216) 3:30- Spiritual Care with Pastor Austin 6:30 – BINGO NIGHT (A 109)	12 10:00 – Exercise training (A 109) 10:30- Intergenerational (A 109) 11:15- Spanish 101 (C 216) 1:30 – 1:1 Walks 2:15 – Social Hour (C 216) 7:00 – Movie Matinee (C 216)	13 10:00 – Exercise DVD (C 216) 10:00 – Reiki (in room) 11:15 – I Love Lucy (C 216) 2:15 – Happy Hour (C 216) 3:30– BINGO (A 109)
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October 2018 Short Term

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October Memory Care Calendar

Weekly Activity Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop	<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop	<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop	<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop	<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop	<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop	<u>Morning Groups:</u> Exercise/ Calendar Update Beauty/Barber Shop
<u>Afternoon Groups:</u> Bingo Work Group Walk Group Hymn Sing:	<u>Afternoon Groups:</u> Bingo Work Group Walk Group Reminiscing: 1 st Flowers 2 nd Flowers 3 rd Flowers 4 th Flowers 5 th Flowers	<u>Afternoon Groups:</u> Bingo Work Group Walk Group Reminiscing: 1 st Fall Walk 2 nd Parachute Activity 3 rd Eldersong III 4 th Parachute Activity 5 th Leader's Choice	<u>Afternoon Groups:</u> Bingo Work group Walk group Reminiscing: 1 st Weddings 2 nd M & M Cookies 3 rd Baseball 4 th Reeses Cookies 5 th Halloween	<u>Afternoon Groups:</u> Bingo Work group Walk Group Reminiscing: 1 st Popcorn Game 2 nd Complete The Phrase 3 rd Dancing 4 th Treasure Chest of Memories 5 th Table Top Bowling	<u>Afternoon Groups:</u> Bingo Work Group Walk Group Celebrations: 1 st Birthday Celebration 2 nd Hollywood Musicals 3 rd Soda Tasting 4 th Spa Day 5 th Halloween Celebration	<u>Afternoon Groups:</u> Bingo Work Group Walk Group Entertainment: 1 st 2 nd 3 rd 4 th 5 th
<u>Evening Groups:</u> Exercise Music Shows of our Time Sing-a-long	<u>Evening Groups:</u> Exercise Music Shows of our Time Sing-a-long	<u>Evening Groups:</u> Exercise Music Shows of our Time Sing-a-long	<u>Evening Groups:</u> Exercise Music Shows of our Time Sing-a-long	<u>Evening Groups:</u> Exercise Music Shows of our Time Sing-a-long	<u>Evening Groups:</u> Exercise Music Shows of our Time Sing-a-long	<u>Evening Groups:</u> Exercise Music Show of our Time Sing-a-long
Miscellaneous & Special Events						
<u>Entertainment:</u> Ruth on Piano at 2:00 18 th /25 th	<u>Catholic Service:</u> Every Thursday at 2:30pm-3:30pm Every Sunday at 2:00pm-3:20pm	<u>Happy Birthday to:</u>	Outings: Scenic Views And Ice-cream Wednesday The 3 rd 1:00pm			

Families are welcome to join us. Calendar is subject to change.