













October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Table Games & Puzzles 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	2 9:00 Exercise 9:30 Halloween Crafts 10:00 Snack & Chat 10:30 Outside Time 11:00 Jeopardy 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Trivia 4:00 Reminiscing with soft music 6:00 Adult Coloring & soft music	3 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Water Painting 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Movie & Popcorn	4 9:00 Exercise 9:30 Pumpkin Painting & Decorating 10:00 Snack & Chat 10:30 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Spiritual Readings 3:30 More Clue Trivia 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games	5 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Travel & News 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand Massages & Manicures 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	6 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 Outside Time 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Floor Games 3:30 Adult Coloring 4:00 Reminiscing with soft music 6:00 Television Time	
7 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Hymn Music (Youtube) 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Daily Chronicle 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time	8 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Table Games & Puzzles 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	9 9:00 Flu Clinic 9:30 Toss & Kickball 10:00 Bible Study & Snack 11:00 It's Subtraction 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Table Games & Puzzles 3:30 Trivia 4:00 Reminiscing with soft music 6:00 Adult Coloring & soft music	10 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Sponge Painting 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Movie & Popcorn	11 9:00 Exercise 9:30 Toss & Kickball 10:00 Fun with Pumpkin Seeds 10:30 Outside Time 11:00 it's Addition 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Yahtzee 3:30 More Clue Trivia 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games	12 9:00 Zumba with Peggy 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Outside Time 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	13 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 Outside Time 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Floor Games 3:30 Adult Coloring 4:00 Reminiscing with soft music 6:00 Television Time	
14 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Music w/Jack Enea 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time	15 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Music w/Roberto 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	16 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 It's Su 11:00 Jeopardy 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Table Games & Puzzles 3:30 Trivia 4:00 Reminiscing with soft music 6:00 Adult Coloring & soft music	17 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Painting with Karen 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Movie & Popcorn	18 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 it's Addition 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 More Clue Trivia 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games	19 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Make Halloween Cards- Hospital 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand Massages & Manicures 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	20 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 Outside Time 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Floor Games 3:30 Adult Coloring 4:00 Reminiscing with soft music 6:00 Television Time	
21 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 10:30 Daily Chronicle 11:00 Hymn Music (Youtube) 11:30 Hand Washing 4 Lunch 1:00 Family Fall Festival 2:30 Outside Time 3:30 Table Games 4:00 Reminiscing with soft music 5:30 Bible Study	22 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	23 9:00 Exercise 9:30 Toss & Kickball 10:00 Bible Study & Snack 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 2:30 Table Games & Puzzles 3:30 Trivia 4:00 Reminiscing with soft music 6:00 Adult Coloring & soft music	24 9:00 Exercise 9:30 Leaf Painting 10:00 Snack & Chat 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Monthly Birthday Party 2:30 Outside 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Movie & Popcorn	25 9:00 Exercise 9:30 Toss & Kickball 10:00 Snack & Chat 10:30 it's Addition 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Yahtzee 3:30 More Clue Trivia 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games	26 9:00 Zumba with Peggy 9:30 Balloon Volleyball 10:00 Snack & Chat 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Table Games 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	27 9:00 Exercise 9:30 Bean Bag Toss 10:00 Snack & Chat 11:00 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Floor Games 3:30 Adult Coloring 4:00 Reminiscing with soft music 6:00 Television Time	
28 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 11:00 Hymn Music (Youtube) 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time	29 9:00 Exercise 9:30 Balloon Volleyball 10:00 Snack & Chat 11:00 Charades 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Outside Time 3:30 Daily Chronicle & Readings 4:00 Reminiscing with soft music 6:00 Floor Games	30 9:00 Exercise 9:30 Toss & Kickball 10:00 Fun with Cookie Dough 10:30 It's Addition 11:00 Jeopardy 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Table Games & Puzzles 4:00 Reminiscing with soft music 6:00 Adult Coloring & soft music	31 9:00 Exercise 9:30 Halloween Bingo 10:00 Snack & Chat 10:30 Let's Go to the Hop w/Jack 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Spooky Snacks 2:30 The Story of Halloween 3:30 Daily Chronicle & Readings 4:00 Reminiscing Halloween Songs 6:00 Movie & Popcorn	 Oct. 20 th -S. Moreland Oct. 22 nd -M. Mason			
DIMENSIONS OF WELLNESS							
 Physical		 Emotional		 Spiritual		 Environmental	
 Vocational		 Social		 Intellectual		 Nutritional	
 Purposeful							