



Activities subject to change

OCTOBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- Activity Room
- Independent
- Lobby
- Outside Grounds
- All Floors
- Sunroom
- Library

Please see the Daily Activity Sheets posted in the lobby for any changes.

Happy Birthday!

Richard H. 10/18

Ralph G. 10/20

Bill N. 10/29

Maryann A. 10/25

Outside Event:

10/27: Halloween Celebration w/ entertainment, games & food

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|--|--|--|---|---|---|---|
| <div>01</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>10:30 Morning Social AR</div> <div>2:00 Poker Game AR</div> | <div>02</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Stretch & Flex AR</div> <div>11:00 Pumpkin Seed Collecting AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>03</div> <div>8:00 Morning News AR</div> <div>8:30 Outside Walking Group LOB</div> <div>9:00 Ocean Downs Casino Trip AR</div> <div>10:00 Food Lion Outing OG</div> <div>1:15 Bible Study with Betty AR</div> <div>2:30 Baking Pumpkin Seeds AR</div> | <div>04</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Working out with Weights AR</div> <div>11:00 Trivia Social AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>05</div> <div>Nat'l Get Funky Day All</div> <div>8:00 Morning News AR</div> <div>9:00 Blue Bird Farm Trip- Flower Potting AR</div> <div>2:00 Get Funky Party AR</div> <div>3:15 OP Community Church - Communion Offered SR</div> | <div>06</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Ball Toning Exercises AR</div> <div>11:00 Who Am I? Trivia Game AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>07</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>10:30 Creative Card Making AR</div> <div>2:00 Afternoon Movie Matinee AR</div> |
| <div>08</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>10:30 Morning Social AR</div> <div>2:00 Halloween Can Craft AR</div> | <div>09</div> <div>Columbus Day</div> <div>8:00 Morning News AR</div> <div>10:00 Birding Discussion- Garden Club SR</div> <div>11:00 Stretch & Flex AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>10</div> <div>Nat'l Cake Decorating Day All</div> <div>8:00 Morning News AR</div> <div>8:30 Outside Walking Group LOB</div> <div>9:00 Hymn Singing LOB</div> <div>10:00 Food Lion Outing OG</div> <div>10:30 Time to Bake- Mini Cakes AR</div> <div>2:00 Mini Cake Decor AR</div> | <div>11</div> <div>8:00 Morning News AR</div> <div>10:30 Working out with Weights AR</div> <div>2:00 Bingo Bonanza AR</div> <div>3:30 Fall Wreath Décor Craft AR</div> | <div>12</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Coffee & The Magic of Music Social AR</div> <div>2:00 Travelogue- New Mexico AR</div> | <div>13</div> <div>8:00 Morning News AR</div> <div>9:00 Scenic Ride AR</div> <div>10:30 Ball Toning Exercises AR</div> <div>2:00 Bingo Bonanza AR</div> <div>6:00 First Baptist Hymn Singing SR</div> | <div>14</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:00 Hymn Singing LOB</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>2:00 Music Time with Laura AR</div> <div>3:15 Game Show Network AR</div> |
| <div>15</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>10:30 Morning Social AR</div> <div>2:00 Table Games AR</div> | <div>16</div> <div>National Liqueur Day All</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Stretch & Flex AR</div> <div>11:00 What Am I? Trivia Game AR</div> <div>2:00 Bingo Bonanza AR</div> <div>3:30 Happy Hour Social AR</div> | <div>17</div> <div>8:00 Morning News AR</div> <div>8:30 Outside Walking Group LOB</div> <div>10:00 Food Lion Outing OG</div> <div>10:30 Paper Stripes Pumpkins AR</div> <div>1:15 Bible Study with Betty LIB</div> <div>2:00 Time to Bake Pumpkin Cookies AR</div> | <div>18</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Working out with Weights AR</div> <div>12:30 Pop Up Library Visit AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>19</div> <div>8:00 Morning News AR</div> <div>9:00 Ocean Downs Casino Trip LOB</div> <div>10:30 Coffee & Trivia Social AR</div> <div>2:00 St. John Neuman - Communion Offered AR</div> <div>2:30 Ghoulish Tassels Craft AR</div> | <div>20</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Ball Toning Exercises AR</div> <div>11:00 Halloween Ha! Ha! Ha! Kids AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>21</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>2:00 Pumpkin Decorating AR</div> <div>3:15 Game Show Network AR</div> |
| <div>22</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>10:30 Halloween Jars AR</div> <div>2:00 Afternoon Movie Matinee AR</div> | <div>23</div> <div>7:15 Out to Breakfast Trip LOB</div> <div>8:00 Morning News AR</div> <div>11:00 Stretch & Flex AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>24</div> <div>8:00 Morning News AR</div> <div>8:30 Outside Walking Group LOB</div> <div>9:00 Hymn Singing LOB</div> <div>10:00 Food Lion Outing OG</div> <div>10:30 Star of the Month: Penny Marshall Social AR</div> <div>2:00 Resident Council AR</div> | <div>25</div> <div>8:00 Morning News AR</div> <div>10:30 Working out with Weights AR</div> <div>11:00 Sourest Day- Sour Tasting AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>26</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Mischief, Magic, Mayhem Trivia/Coffee Social AR</div> <div>2:00 Candy Apple Making AR</div> | <div>27</div> <div>8:00 Morning News AR</div> <div>9:30 Ball Toning Exercises AR</div> <div>10:30 Trick or Treating with Kids LOB</div> <div>2:00 Bingo Bonanza AR</div> <div>4:00 Halloween Event & Entertainment OG</div> | <div>28</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:00 Hymn Singing LOB</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>3:15 Game Show Network AR</div> |
| <div>29</div> <div>8:00 Morning News AR</div> <div>9:00 Exercise Time I</div> <div>9:30 Pinochle Game/Learn to Play AR</div> <div>10:30 Morning Social AR</div> <div>2:00 Poker Game AR</div> | <div>30</div> <div>8:00 Morning News AR</div> <div>9:00 Hymn Singing LOB</div> <div>10:30 Stretch & Flex AR</div> <div>2:00 Bingo Bonanza AR</div> | <div>31</div> <div>Halloween</div> <div>8:00 Morning News AR</div> <div>8:30 Outside Walking Group LOB</div> <div>10:00 Food Lion Outing OG</div> <div>10:30 All about Halloween AR</div> <div>2:00 Halloween Party AR</div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div>Trips for the Month:</div> <div>10/3 & 10/19- Ocean Downs Casino</div> <div>10/13- Fall Scenic Ride</div> <div>10/23- Out to Breakfast</div> |