

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2021

						<p><b>Wear R.E.D. 1</b></p> <p>9:30 Weight Lifting 10:00 Sip N Social 11:00 Group Walking 2:00 Bingo 2:45 Candy Corn Punch</p>		<p><b>2</b></p> <p>9:30 Music N Motion 10:00 Sip N Social 11:00 Group Walking 2:00 Interactive Program 2:30 Juice Cart 3:30 Staff friendly Visits</p>					
<p>9:15 WHOGA <b>3</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Virtual Protestant Service 3:00 Virtual Catholic Service 3:30 Juice Cart</p>		<p>9:30 Simple Stretches <b>4</b></p> <p>10:00 Sip N Social 11:00 Group Walking 1:30 Movie Monday: "Audrey: Documentary on Audrey Hepburn" 2:30 Popcorn &amp; Juice Cart</p>		<p>9:30 Balance &amp; Brain Boosters <b>5</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Decorate Witch Hats for Friday's Party 2:30 Juice Cart 4:00 Scrabble</p>		<p><b>Shopper 6</b></p> <p>9:30 Tai Chi with Chris 10:00 Sip N Social – Fun Facts about Spinach 11:00 Group Walking 2:00 Mrs. May's 3<sup>rd</sup> Grade Pen Pals 2:30 Juice Cart</p>		<p>9:30 Tai Chi <b>7</b></p> <p>10:00 Sip N Social 10:30 Christmas Crafts with Deb 11:00 Group Walking 2:00 Pam Kaufmann's Retirement Party</p>		<p><b>Wear Black &amp; Orange 8</b></p> <p>9:30 Balloon Volleyball 10:00 Sip N Social 11:00 Group Walking 2:00 Witches Day In Party 2:45 Root Beer Float</p>		<p><b>9</b></p> <p>9:30 Music N Motion 10:00 Sip N Social 11:00 Group Walking 2:00 Interactive Program 2:30 Juice Cart 3:30 Staff friendly Visits <b>Happy Birthday Pam</b></p>	
<p>9:15 WHOGA <b>10</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Virtual Protestant Service 3:00 Virtual Catholic Service 3:30 Juice Cart</p>		<p>9:30 Simple Stretches <b>11</b></p> <p>10:00 Sip N Social – Columbus Day Trivia 11:00 Group Walking 1:30 Youtube Video: "Great Adventures: Christopher Columbus" <small>October 12th US Indigenous Peoples' Day Thanksgiving (Canada)</small></p>		<p>9:30 "Let's Move Safe" Exercises <b>12</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Halloween Table Decorations 2:30 Juice Cart 4:00 Scrabble</p>		<p><b>Wear Blue, Red, White 13</b></p> <p>9:30 Stretches &amp; Obstacle Course 10:00 Sip N Social – Fun Facts about Blue Cheese 2:00 International Snacks – Czech Republic</p>		<p>9:30 Tai Chi <b>14</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Heart to Heart: Uplifting Christian Devotional 2:30 Juice Cart 3:30 Documentary: "Seeing in Color" – 49 min</p>		<p>9:30 Weight Lifting <b>15</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Bingo 2:45 Pumpkin Pie Smoothie</p>		<p>9:30 Music N Motion <b>16</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Interactive Program 2:30 Juice Cart 3:30 Staff friendly Visits</p>	
<p>9:15 WHOGA <b>17</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Virtual Protestant Service 3:00 Virtual Catholic Service 3:30 Juice Cart</p>		<p>9:30 Simple Stretches <b>18</b></p> <p>10:00 Sip N Social 11:00 Group Walking 1:30 Movie Monday: "Walk. Ride. Rodeo" 2:30 Popcorn &amp; Juice Cart <b>Country Drives All Week – Sign Up</b></p>		<p><b>Wear Flannel 19</b></p> <p>9:30 Chair Dancing 10:00 Sip N Social 11:00 Group Walking 2:00 Scarecrow Craft 2:30 Juice Cart 4:00 Scrabble <b>Happy Birthday Ruth E.</b></p>		<p><b>Shopper 20</b></p> <p>9:30 Stretches &amp; Guided Imagery Exercises 10:00 Sip N Social – Fun Facts about Quinoa 11:00 Group Walking 2:00 Basic Computer Skills Class 2:30 Juice Cart</p>		<p>9:30 Tai Chi <b>21</b></p> <p>10:00 Sip N Social 10:30 Christmas Crafts 11:00 Group Walking 2:00 Heart to Heart 2:30 Juice Cart 3:30 Documentary: "Hiding in Color" – 50 min</p>		<p>9:30 Bean Bag Toss <b>22</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Bingo 2:45 Sparkling Cranberry Punch</p>		<p>9:30 Music N Motion <b>23</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Interactive Program 2:30 Juice Cart 3:30 Staff friendly Visits</p>	
<p>9:15 WHOGA <b>24</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Virtual Protestant Service 3:00 Virtual Catholic Service 3:30 Juice Cart</p>		<p>9:30 Simple Stretches <b>25</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Music Therapy with Michelle Mortenson 3:00 Resident Council (Shelter Care)</p>		<p>9:30 Belly Dancing <b>26</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Carve Pumpkins &amp; Bake Pumpkin Seeds 2:30 Juice Cart 4:00 Scrabble</p>		<p>9:30 Stretches &amp; Obstacle Course <b>27</b></p> <p>10:00 Sip N Social – Fun Facts about Feta Cheese 11:00 Group Walking 2:00 "Do You Hear What I Hear? Fall Ed." 2:30 Juice Cart</p>		<p>9:30 Tai Chi <b>28</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Heart to Heart 2:30 Juice Cart 3:30 Documentary: "Chasing Color" – 44 min <b>Flu Vaccination Clinic</b></p>		<p><b>Dress in Costume 29</b></p> <p><b>Wear Orange/Black</b></p> <p>9:30 Weight Lifting 10:00 Sip N Social 11:00 Group Walking 2:00 Halloween Party with Apple Cider and Donuts</p>		<p>9:30 Music N Motion <b>30</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Interactive Program 2:30 Juice Cart 3:30 Staff friendly Visits</p>	
<p>9:15 WHOGA <b>31</b></p> <p>10:00 Sip N Social 11:00 Group Walking 2:00 Virtual Protestant Service 3:00 Virtual Catholic Service 3:30 Juice Cart <small>Halloween</small></p>		<ul style="list-style-type: none"> <li>The week of the 18<sup>th</sup>, we will be taking residents for rides around town to see the fall leaves. Sign up with activity staff if you are interested.</li> <li>All Wednesdays of this month are Wellness Wednesdays where we will offer a healthy salad and entree choice – activity staff will hand out the menu choices on Mondays for you to choose.</li> <li>Group Walking will be posted daily either 11:00am or 3:00pm.</li> <li>Due to Covid-19 restriction changes, we will announce Trick or Treat if allowed</li> </ul>											

Calendar is subject to change and all changes will be posted.

7:40 Daily Announcements/Prayer

Beautician available by appointment