

OCTOBER 2017

Dougherty Ferry Assisted Living & Memory Care: Memory Care

Color your life with... Stage & Screen Music

Did you know?

The first movie soundtrack album commercially available was the one from Disney's Snow White and the Seven Dwarfs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 Reminiscing & What's in the Box? 10:30 This Date in History! 1:00 Sing a Long & Hand Bells 1:30 SpectraSteppers 2:45 Therapeutic Coloring & Smoothies 3:00 Bible Study w/ Elbe ~ SL 3:15 Sing w/ The J.O.Y.	2 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 10:30 Budweiser Commercials Over Time!! 1:00 Book Club with Donna 1:30 SpectraSteppers 2:00 Mind Bogglers 2:30 B3 Smoothies on the Patio 3:00 This Date in History! 3:30 Daily Devotional	3 9:00 Morning Greeting & Chat Time 9:15 Sing A Long w/ Cindy 10:00 SpectraFIT Exerise 1:00 Musical Painting 1:30 Reminiscing w/ St. Louis County Library ~ CR 2:00 What's News! 2:30 B3 Smoothies & Soothing Music 3:00 Daily Devotional 3:30 Let's Make Witch Pitch the Game!	4 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 BE Intrigued~ Mad Science 10:15 Lunch at Eckert's Apple Farm*^ 11:00 What's News! 1:30 Catholic Mass ~ CR 1:30 SpectraSteppers 2:00 Scout the Therapy Dog Visits! 2:30 SpectraMysteries: The Lemp Mansion & B3	5 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 Positive News Corner 10:30 Craft Corner: Festive Wreaths ~ CR 1:00 Mystery Scenic Excursion 1:15 Trivia 1:30 SpectraSteppers 2:00 B3 Smoothies & Classical Music 2:30 B3 Smoothies 2:30 What's News!	6 3:30 Chicken Soup for the Soul 9:00 Morning Greeting & Chat Time 9:30 Drumcircle with Troy 10:00 SpectraFIT Exerise 10:30 What's News! 11:00 Picture This! 1:30 Let's Make Spooky Brownies 1:30 SpectraSteppers 2:30 B3 Smoothies 3:00 Let's Explore: Black Panther	7 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 10:30 Let's Bake: Blackberry Crescent Rolls ~ CR 11:00 SpectraMoments 1:30 SpectraSteppers 2:30 Smoothies, Afternoon Stretch & Stories ~ CR 2:30 B3 Smoothies & Chicken Soup for the Soul 3:00 Planet Earth
8 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 Reminiscing & What's in the Box? 10:00 What's News! 10:30 This Date in History! 1:00 Sing a Long & Hand Bells 1:30 SpectraSteppers 2:30 B3 Smoothies 2:45 Therapeutic Coloring & Smoothies 3:00 Bible Study w/ Elbe ~	9 Columbus Day 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 10:45 This Date in History! 11:00 Picture This! 1:00 Book Club with Donna 1:30 SpectraSteppers 2:00 Mind Bogglers 2:30 B3 Smoothies on the Patio 3:00 Great Moments in Entertainment- Alfred Hitcock	10 9:00 Morning Greeting & Chat Time 9:15 Sing A Long w/ Cindy 10:00 SpectraFIT Exerise 10:30 Let's Eat at the Lemp Mansion 1:30 Round Robin 2:30 B3 Smoothies & What's News? 3:00 Daily Devotional 3:30 Play Witch Pitch! 5:30 SpectraSteppers 6:00 Ice Cream Social	11 9:00 Morning Greeting & Chat Time 9:30 SpectraFit w/ RPI Therapy Services ~ W 10:00 BE Intrigued~ Mad Science 10:30 SpectraMysteries: Zombie Road 11:00 Spark Time!! 1:30 Catholic Reflections & Rosary 1:30 SpectraSteppers 2:00 Let's MakePumpkin Patch Cupcakes!	12 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 Positive News Corner 10:00 What's News! 10:30 Craft Corner: Pumpkin Decorating ~ CR 1:00 Mystery Scenic Excursion 1:15 Trivia 1:30 SpectraSteppers 2:00 B3 Smoothies & Classical Music 2:30 B3 Smoothies	13 3:30 Chicken Soup for the Soul 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 11:00 Picture This! 1:15 Let's Make Apple Pie Cups 1:30 SpectraSteppers 2:30 B3 Smoothies 3:00 Let's Explore: Melanistic Fawn 3:00 Daily Devotional	14 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 10:30 Let's Bake: Black Forest Cake ~ CR 11:00 SpectraMoments 1:30 SpectraSteppers 2:30 Smoothies, Afternoon Stretch & Stories ~ CR 2:30 B3 Smoothies & Chicken Soup for the Soul 3:00 Planet Earth
15 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 Reminiscing & What's in the Box? 10:00 What's News! 10:30 This Date in History! 1:00 Sing a Long & Hand Bells 1:30 SpectraSteppers 2:30 B3 Smoothies 2:45 Therapeutic Coloring & Smoothies 3:00 Daily Devotional	16 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 10:15 Water Bottle Pumpkin Paintings 11:00 Picture This! 1:00 Book Club with Donna 1:30 SpectraSteppers 2:00 Mind Bogglers 2:30 B3 Smoothies on the Patio 3:00 Great Moments in Entertainment- 6 Best	17 9:00 Morning Greeting & Chat Time 9:15 Sing A Long w/ Cindy 10:00 SpectraFIT Exerise 10:30 Let's Enjoy Lunch at Chandler Hill Winery 1:00 Encore! 1:30 Chef on Display ~ CR 2:00 What's News! 2:30 Funny Animal Videos & B3 Smoothies 3:00 Daily Devotional 5:30 SpectraSteppers 6:00 Ice Cream Social	18 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 BE Intrigued~ Mad Science 10:30 Spectra Mysteries: The Crescent Hotel 11:00 What's News! 1:30 Catholic Reflections & Rosary 1:30 SpectraSteppers 2:00 Scout the Therapy Dog Visits! 2:30 B3 Smoothies	19 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 Great Moments in Entertainment Edgar Allen Poe 10:30 Hoe Down Showdown ~ CR 11:30 Ferry Family Hoe Down Lunch in Black ~ CR 1:00 Mystery Scenic Excursion 1:15 Trivia 1:30 SpectraSteppers	20 9:00 Morning Greeting & Chat Time 9:30 Musical Fun with Troy ~ CR 10:00 SpectraFIT Exerise 10:30 Craft Corner: Wine Cork Pumpkins ~ CR 11:00 Picture This! 1:15 Let's Make Caramel Apple Nachos 1:30 SpectraSteppers 2:30 What's News! With B3 Smoothies 3:00 Let's Explore:	21 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Exerise 10:00 What's News! 10:30 Let's Bake: Pumpkin Cheesecake ~ CR 11:00 SpectraMoments 1:30 J.U.L.I.E.T. Tea Party ~ CR 1:30 SpectraSteppers 2:30 CHAMP Dog Treats & Smoothies 2:30 B3 Smoothies & Chicken Soup for the

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29 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Excerise 10:00 Reminiscing & What's in the Box? 10:00 What's News! 10:30 This Date in History! 1:00 Sing a Long & Hand Bells 1:30 SpectraSteppers 2:30 B3 Smoothies 2:45 Therapeutic Coloring & Smoothies 3:00 Daily Devotional	30 9:00 Morning Greeting & Chat Time 9:30 SpectraFIT Excerise 10:00 Let's Paint Pumpkins 10:30 What's News! 10:45 This Date in History! 1:00 Book Club with Donna 1:30 Let's Make Candy Apple Milshakes 1:30 SpectraSteppers 2:00 Mind Bogglers 2:30 B3 Smoothies on the Patio 3:00 Picture This!	31 Halloween 9:00 Morning Greeting & Chat Time 9:15 Sing A Long w/ Cindy 10:00 SpectraFIT Excerise 10:15 Let's Go To The Blue Duck for Lunch 10:30 Halloween Trivia 1:30 Pumpkin Caroling with Robin 2:00 Halloween Jokes 2:30 B3 Smoothies (Witches Brew) & Spooky Graveyard Brownies				