

HIGHLAND OAKS HEALTH CENTER October

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events	THEME SENSATIONS DAILY	1 MM 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO O 11:00 GOLDEN ARCHES (McDONALDS) K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP	2 MM 9:00 MEN'S-THEME SENSATIONS S 9:00 MANICURIST OPEN CC 10:00 NOODLE MAKING K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE S 12:00 MEN'S GROUP CC 1:30 CHEF CIRCLE S 2:00 RESIDENT COUNCIL	3 MM 9:00 TOUCH-THEME SENSATION K 10:00 LET'S MAKE A DEAL K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE K 2:00 MUSIC TRIVIA	4 MM 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:30 RON JACKSON M 3:00 HAPPY HOUR	5 MM 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS A 10:00 FALL PAINTING K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE K 2:00 JACKPOT
6 MM 9:00 MUSIC- THEME SENSATIONS K 10:00 HANG MAN S 11:00 SUNDAY BRUNCH K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 MORGAN BAPTIST CHURCH M 2:20 GOSPEL SINGING	7 MM 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK S 10:00 BEAUTY SHOP OPENS K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE K 2:00 ALL BOXED IN	8 Yom Kippur Begins MM 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO K 11:15 DAILY CHRONICLE O 12:30 GUN RANGE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP I 2:30 CATHOLIC MASS	9 MM 9:00 MEN'S-THEME SENSATIONS CC 10:00 PUPPY CHOW K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 1:30 CHEF CIRCLE CC 2:00 HAND MASSAGES BY BECKY	10 MM 9:00 TOUCH-THEME SENSATION A 10:00 TIE DYE FUN K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE S 2:00 HIGHLAND OAKS AUCTION	11 MM 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:30 TIM NORMAN M 3:00 HAPPY HOUR	12 MM 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS A 10:00 FALL CRAFT K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE V 2:00 NOODLE BALL
13 MM 9:00 MUSIC- THEME SENSATIONS A 10:00 ADULT COLORING K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 TABOR RIDGE CHURCH OF CHRIST M 2:20 GOSPEL SINGING	14 Columbus Day MM 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK S 10:00 BEAUTY SHOP OPENS K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE V 2:00 TARGET GOLF	15 MM 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO O 11:00 NORTH STAR PIZZA K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP M 6:15 BILL&BARB	16 MM 9:00 MEN'S-THEME SENSATIONS CC 10:00 NOODLE MAKING K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 1:30 CHEF CIRCLE M 2:00 DENVER LEE	17 MM 9:00 TOUCH-THEME SENSATION K 10:00 GO FISH K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE MM 2:00 SNACK CART	18 MM 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:30 RON JACKSON M 3:00 HAPPY HOUR	19 MM 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS A 10:00 HALLOWEEN CRAFT K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE K 2:00 BLACK JACK
20 MM 9:00 MUSIC- THEME SENSATIONS K 10:00 PRICE IS RIGHT K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 STOCKPORT CHURCH OF CHRIST M 2:20 GOSPEL SINGING	21 MM 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK S 10:00 BEAUTY SHOP OPENS K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE M 2:00 T-N-T	22 O 9:00 WALMART MM 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP	23 MM 9:00 MEN'S-THEME SENSATIONS CC 10:00 PIE MAKING K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 1:30 CHEF CIRCLE CC 2:00 FUDGE MAKING	24 MM 9:00 TOUCH-THEME SENSATION A 10:00 COWBOY CRAFT K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE V 2:00 DECORATING S 4:00 NASHVILLE THEME DINNER	25 MM 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE S 2:00 Mark & Jess Reception M 3:00 HAPPY HOUR	26 MM 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS MM 10:00 CIDAR & DONUTS K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE V 2:00 RACING
27 MM 9:00 MUSIC- THEME SENSATIONS A 10:00 PUMPKIN PAINTING K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 7TH ST. CHURCH OF CHRIST M 2:20 GOSPEL SINGING	28 MM 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK S 10:00 BEAUTY SHOP OPENS K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE M 2:00 TOM O'CONNER S 6:00 TRICK OR TREAT NIGHT	29 O 9:00 BEVERLY FAMILY DOLLAR & LUNCH MM 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP	30 MM 9:00 MEN'S-THEME SENSATIONS CC 10:00 BROWNIE MAKING K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE S 1:00 BAKE SALE CC 1:30 CHEF CIRCLE	31 Halloween MM 9:00 TOUCH-THEME SENSATION A 10:00 COSTUME DESIGN K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE S 2:00 HALLOWEEN PARTY	ACTIVITIES ARE SUBJECT TO CHANGE RC= RESIDENT COUNCIL T OF T = TASTE OF TOWN	

Highland Oaks Daily Rhythm OCTOBER

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality	Every morning (approx. times) 9:30 Vitality 10:00 Keeping it Sharp 10:15 Morning Refreshers 10:30 Housekeeping 10:45 Creative Cooking 11:30 Lunch Prep	1 V Cowboy Boogie K Best Friends Forever! CC Pumpkin Pie Chocolate Chip Cookies Relax & Recharge A Pleated Pumpkin Centerpieces M Toot Your Flute GG Roll the Die & Break the Ice Healthy Hands	2 V Chair Swimming K Autumn Spelling Words CC Little Lemon Scones Relax & Recharge A Candy Corn Button Craft M Pass The Beat GG Lollipop Paddle Healthy Hands GF Garden Scentscape	3 V Basketball K Glorious Verbs! CC Mapledoodles Relax & Recharge A Wine Cork Pumpkins M Feel The Heartbeat GG Turkey Toss Healthy Hands GF Time For Cowboy Tea!	4 V Pumpkin Pass K October Word Poem CC Swedish Cinnamon Buns Relax & Recharge A Have a Gentle Conversation M October Happy Hour GG Pin the Tail on Bessie Healthy Hands GF LifeShare Games	5 V Mindfulness Matters K Turn Over CC Cracker Barrel Baked Cinnamon Apples Relax & Recharge A Tissue Paper Leaves M Saturday Jazz GG Life on the Farm Healthy Hands
6 V Bowling K Create a Caption CC Game Day Beer Cheese Dip Relax & Recharge A Paper Pumpkins M Celebrity Sunday GG Image Snap Healthy Hands GF Old Time Theater	7 V Bandana Dance K Football Frenzy! CC Pumpkin Cheesecake Swirl Muffins Relax & Recharge A Tissue Paper Flowers M Musical Moments GG Horseshoes Healthy Hands	8 Yom Kippur Begins V Cowboy Boogie K Best Friends Forever! CC Apple Cider Cake Relax & Recharge A Fall Salt Dough Ornaments M Toot Your Flute GG Roll the Die & Break the Ice Healthy Hands GF Hangman	9 V Chair Swimming K Autumn Spelling Words CC Baked Coconut Custard Relax & Recharge A Fall Salt Dough Ornaments M Pass The Beat GG Lollipop Paddle Healthy Hands GF Garden Scentscape	10 V Basketball K Glorious Verbs! CC Pumpkin Pie Truffles Relax & Recharge A Stamped Pumpkin Placemat M Feel The Heartbeat GG Turkey Toss Healthy Hands GF Time for Cowboy Tea!	11 V Pumpkin Pass K October Word Poem CC Chocolate Banana Parfaits Relax & Recharge A Dried Orange Garland M October Happy Hour GG Pin the Tail on Bessie Healthy Hands GF LifeShare Games	12 V Mindfulness Matters K Turn Over CC Cinnamon Roll Sugar Cookies Relax & Recharge A Pumpkin Rocks M Saturday Jazz GG Life on the Farm Healthy Hands GF Aquapainting
13 V Bowling K Create a Caption CC Cinnamon Apple Tart Relax & Recharge A Cut & Paste Pumpkin Face M Celebrity Sunday GG Image Snap Healthy Hands GF Old Time Theater	14 Columbus Day V Bandana Dance K Football Frenzy! CC Pumpkin Cobbler Relax & Recharge A Hocus Pocus Door Decor M Musical Moments GG Horseshoes Healthy Hands GF Animal Album	15 V Cowboy Boogie K Best Friends Forever! CC Maple Oatmeal Cookies Relax & Recharge A Autumn Leaf Bowl M Toot Your Flute GG Roll the Die & Break the Ice Healthy Hands GF Hangman	16 V Chair Swimming K Autumn Spelling Words CC Pecan Pie Balls Relax & Recharge A Autumn Leaf Bowl M Pass The Beat GG Lollipop Paddle Healthy Hands GF Garden Scentscape	17 V Basketball K Glorious Verbs! CC Grandma's Rice Pudding Relax & Recharge A Dunkin Pumpkins M Feel The Heartbeat GG Turkey Toss Healthy Hands GF Time for Cowboy Tea!	18 V Pumpkin Pass K October Word Poem CC Apple Pecan Fall Salad Relax & Recharge A Brushless Painting M October Happy Hour GG Pin the Tail on Bessie Healthy Hands GF LifeShare Games	19 V Mindfulness Matters K Turn Over CC Chocolate-Frosted Yellow Cake Relax & Recharge A Autumn Sun Printing Art M Saturday Jazz GG Life on the Farm Healthy Hands GF Aquapainting
20 V Bowling K Create a Caption CC Southern Pecan Pie Relax & Recharge A Sunflower Centerpieces M Celebrity Sunday GG Image Snap Healthy Hands GF Old Time Theater	21 V Bandana Dance K Football Frenzy! CC Tennessee Banana-Black Walnut Cake Relax & Recharge A DIY Garland M Musical Moments GG Horseshoes Healthy Hands	22 V Cowboy Boogie K Best Friends Forever! CC Pig Pickin Cake Relax & Recharge A Bandana Wreath M Toot Your Flute GG Roll the Die & Break the Ice Healthy Hands GF Hangman	23 V Chair Swimming K Autumn Spelling Words CC Mom's Sweet Potato Bake Relax & Recharge A Bolo Tie M Pass The Beat GG Lollipop Paddle Healthy Hands GF Garden Scentscape	24 V Basketball K Glorious Verbs! CC Nashville's Confetti Combread Relax & Recharge A Cowboy Hat M Feel The Heartbeat GG Turkey Toss Healthy Hands GF Time for Cowboy Tea!	25 V Pumpkin Pass K October Word Poem CC Nashville Crumb Cake Relax & Recharge A Creative Storytelling M October Happy Hour GG Pin the Tail on Bessie Healthy Hands GF LifeShare Games	26 V Mindfulness Matters K Turn Over CC Nashville's Best Buttered Biscuits Relax & Recharge A Painting with Tissue Paper M Saturday Jazz GG Life on the Farm Healthy Hands
27 V Bowling K Create a Caption CC Apple Spice Dump Cake Relax & Recharge A Cheesecloth Halloween Ghosts M Celebrity Sunday GG Image Snap Healthy Hands GF Old Time Theater	28 V Bandana Dance K Football Frenzy! CC Creamy Corn Casserole Relax & Recharge A Tissue Paper Pumpkin Favors M Musical Moments GG Horseshoes Healthy Hands GF Animal Album	29 V Cowboy Boogie K Best Friends Forever! CC Pumpkin Roll Relax & Recharge A Halloween Candy Wrappers M Toot Your Flute GG Roll the Die & Break the Ice Healthy Hands GF Hangman	30 V Chair Swimming K Autumn Spelling Words CC Candy Corn Crunch Relax & Recharge A Halloween Pumpkin Vase M Pass The Beat GG Lollipop Paddle Healthy Hands GF Garden Scentscape	31 Halloween V Basketball K Glorious Verbs! CC Halloween Whoopie Pies Relax & Recharge A Halloween Wall Art M Feel The Heartbeat GG Turkey Toss Healthy Hands GF Time for Cowboy Tea!	Every afternoon: 12:45 Relax and Recharge 1:30 Connection:Reminisce 2:00 Artisan 3:00 Musical Celebration 3:30 Afternoon Refreshers 4:00 Connection: Group Games 4:30 Dinner Prep 4:45 Keeping it Sharp	6:00 Gathering of Friends 7:00 Nighttime Traditions