


October 2020

In The Moment - Memory Support

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|--|
|  | | Location Keys Dining Room DR | | Healthy Snacks & Hydration offered throughout each day! | | |
| | | AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support | | | | |
| 9:30 Folding 4 10:15 AE Alexis Entertains 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:30 AE Artistic Moments 6:00 Evening Stroll | 10:30 CE Reading Round table 5 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 LL Whistle while you work. 3:45 Sittercise 6:00 Reminisce | 9:30 LL Famous Quotes 6 10:30 CC Service Project 11:30 PE Fitness Fun 1:00 Kitchen crafts 2:30 Puzzle Perfect 6:00 Finish the Phrase | 9:30 Art Therapy 7 11:15 PE Exercise 12:00 Family Council 1:00 CE Word Games 2:00 LL Sewing Circle 3:30 Let's Sing 6:00 Aromatherapy | 9:00 Coffee and Crossword 1 10:15 SS Spiritual Moments 11:15 Tap your Toes 2:30 Cards/Games 4:15 PE Sittercise 6:00 Games | 9:00 CE Mind Joggers 2 10:00 Snacks and Chats 11:15 Tap your Toes 3:30 Art Fun 4:00 Stretch and strengthen 6:00 LL Reminisce | 9:30 AE Creative corner 3 10:15 CE Reading Roundtable 1:00 Spa Time 2:30 Busy Hands 3:30 Sing-a-Long 6:30 CE Trivia |
| 9:30 Art fun 11 10:30 SS Mike & Friends 1:00 Baking/Busy Hands 3:00 Snacks and Chats 4:00 Sing-a-Long 6:00 LL Games | Columbus Day 12 9:00 Art Time 10:30 CE Reading Round table 1:00 Spa Time 4:15 Stretch and Flex 6:00 CE Arm Chair Travels | 9:30 CE Positive Quotes 13 10:00 Snacks and Chats 10:30 Busy Hands 1:00 Desert Making [DR] 3:30 AE Sing-a-Long 6:00 Ball Toss | 9:00 Folding 14 11:15 Sittercise 1:00 Music Therapy 3:30 Rhythms & Motion 6:00 LL Movie Time | 9:45 CE Taste and Tell 15 10:15 SS Spiritual Moments 1:00 Busy Hands 2:30 Curt Entertains 3:30 Cards/Games 6:00 Tall Tales | 10:00 Snacks and Chats 16 11:00 Let's move it! 1:00 LL Cooking Fun 3:00 Puzzles 4:00 PE Rhythms & Motion 6:00 Reminisce | 9:30 LL Busy Hands 17 11:15 Silver Sneakers 1:00 Magazines 3:00 Snacks and Chats 4:00 AE Singing 6:30 Games |
| 9:30 Busy Hands 18 10:00 Folding 11:00 PE Move and Groove 1:00 Baking/Busy Hands 4:00 Singing 6:00 Catch that Ball | 9:30 AE Artistic Moments 19 10:30 CE Reading Round table 1:00 Watercolors 1:30 Alvin Entertains 3:30 LL Sing-a-Long 7:00 Snacks and Chats | 9:30 LL Busy Hands 20 10:00 Tea Time 10:30 CC Service Project 1:30 Spa Time 4:15 PE Tap your Toes 6:00 Hand Massages | 9:00 Artistic Moments 21 10:30 Lisa Entertains 11:15 PE Flexible Stretch 2:00 CC Sewing Circle 3:30 Musical Moments 6:00 CE Finish the Phrase | 9:00 Puzzles 22 10:00 CC Diana Entertains 1:00 LL Kitchen crafts 3:30 Games 4:15 Sit and be Fit 7:00 Conversations | 10:00 Snacks and Chats 23 10:30 AE Artistic Moments 1:00 CE Puzzle Perfect 3:30 AE Sing-a-Long 6:00 Ring Toss | 10:00 Snacks and Chats 24 10:15 CE Reading Roundtable 1:00 LL Spa Time 3:30 Music Time 6:00 Matinee |
| 9:30 Art fun 25 10:00 Coffee time 11:15 PE Light and Lively 1:00 Baking/Busy Hands 2:00 Puzzle Perfect 6:00 CE Finish the Phrase | 10:30 CE Reading Round table 26 11:15 Stretch and Flex 1:00 Craft Fun 2:30 LL Whistle while you work 3:30 Music Time 6:00 Evening Stroll | 9:00 Artistic Moments 27 9:30 Puzzle Perfect 10:30 Artistic Moments 11:15 Silver Sneakers 3:30 AE Musical Moments 6:00 Ball Toss | 10:30 Artistic Moments 28 11:15 Light and Lively 1:00 Music Therapy 3:00 LL Birthday Bash 7:00 Snacks and Chats | 9:30 Busy Hands 29 10:15 SS Spiritual Moments 1:00 AE Crafty Corner 3:30 Artistic Moments 4:15 PE Simple Stretches 7:00 Tall Tales | 9:30 Busy Hands 30 10:00 Snacks and Chats 11:15 Fitness fun 1:00 Puzzles/Spa Time 3:00 Snacks and Chats 6:30 Matinee | Halloween 31 9:30 Art fun 10:15 CE Reading Roundtable 11:15 PE Stretch and Flex 4:00 Rhythm & Motion 6:30 Games |