

Forest Glen Health Campus
Legacy Lane - Daily Rhythms

October 2020

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		Morning: 10:00 Vitality 10:30 Keeping it Sharp 10:45 Morning Refresher 11:00 Creative Cooking 12:00 Lunch Prep	Early Afternoon 12:45 Relax and Recharge 2:00 Artisans Late Afternoon 3:30 Musical Celebrations 4:00 Afternoon Refresher 4:30 Group Games 5:00 Dinner Prep	1 V Bowling K Let's Spell Fall CC Pumpkin Pie Chocolate Chip Cookies Relax & Recharge A Autumn Sun Printing M Groovin' Gospel GG Lollipop Paddle Healthy Hands	2 V Costume Parade K Best Friends CC Little Lemon Scones Relax & Recharge A Candy Corn Button Craft M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater	3 V Smile Yoga K Inspired Tales CC Mapledoodles Relax & Recharge A Wine Cork Pumpkins M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games
4 V Pumpkin Pass K Yard Sale CC Swedish Cinnamon Buns Relax & Recharge A Have a Gentle Conversation M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman	5 V Don't Worry, Be Happy K Memory Monday CC Cracker Barrel Cinnamon Baked Apples Relax & Recharge A Tissue Paper Leaves M Who Am I? GG Horseshoes Healthy Hands	6 V Basketball K Make Me Laugh CC Game Day Beer Cheese Dip Relax & Recharge A Paper Pumpkins M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands GF Charades	7 V Chair Swimming K Quick Words CC Pumpkin Cheesecake Swirl Muffins Relax & Recharge A Tissue Paper Flowers M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape	8 V Bowling K Let's Spell Fall CC Apple Cider Cake Relax & Recharge A Salt Dough Ornaments M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos	9 V Costume Parade K Best Friends CC Baked Coconut Custard Relax & Recharge A Salt Dough Ornaments M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater	10 V Smile Yoga K Inspired Tales CC Pumpkin Pie Truffles Relax & Recharge A Stamped Pumpkin Placemat M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games
11 V Pumpkin Pass K Yard Sale CC Chocolate Banana Parfaits Relax & Recharge A Dried Orange Garland M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman	12 Columbus Day V Don't Worry, Be Happy K Memory Monday CC Cinnamon Roll Sugar Cookies Relax & Recharge A Pumpkin Rocks M Who Am I? GG Horseshoes Healthy Hands GF Aquapainting	13 V Basketball K Make Me Laugh CC BLT Dip Relax & Recharge A Cut & Paste Pumpkin Face M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands GF Charades	14 V Chair Swimming K Quick Words CC Pumpkin Cobbler Relax & Recharge A Sunflower Centerpieces M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape	15 V Bowling K Let's Spell Fall CC Maple Oatmeal Cookies Relax & Recharge A Autumn Leaf Bowl M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos	16 V Costume Parade K Best Friends CC Pecan Pie Balls Relax & Recharge A Autumn Leaf Bowl M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater	17 V Smile Yoga K Inspired Tales CC Grandma's Rice Pudding Relax & Recharge A Dunkin Pumpkins M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games
18 V Pumpkin Pass K Yard Sale CC Apple Pecan Fall Salad Relax & Recharge A Brushless Painting M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman	19 V Don't Worry, Be Happy K Memory Monday CC Parisian Apple Tart Relax & Recharge A Orient Express Storytelling M Who Am I? GG Horseshoes Healthy Hands GF Aquapainting	20 V Basketball K Make Me Laugh CC Mrs. Hubbard's Berry Croissant Bake Relax & Recharge A Ticket to Ride M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands	21 V Chair Swimming K Quick Words CC Mediterranean Mystery Stew Relax & Recharge A Paint with Trains M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape	22 V Bowling K Let's Spell The Orient Express CC Venetian Cornmeal Cookies Relax & Recharge A Train Cutout M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos	23 V Costume Parade K Best Friends CC Sparkling Fruit with Granola Streusel Relax & Recharge A Tie Wreath M October Happy Hour GG Orient Express Raceway Healthy Hands	24 V Smile Yoga K Inspired Tales CC Confetti Cornbread Relax & Recharge A Clay Hands M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games
25 V Pumpkin Pass K Yard Sale CC Crumb Cake Relax & Recharge A Autumn Decor M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman	26 V Don't Worry, Be Happy K Memory Monday CC Best Buttered Biscuits Relax & Recharge A Painting with Tissue Paper M Who Am I? GG Horseshoes Healthy Hands GF Aquapainting	27 V Basketball K Make Me Laugh CC Apple Spice Dump Cake Relax & Recharge A Cheesecloth Halloween Ghosts M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands GF Charades	28 V Chair Swimming K Quick Words CC Creamy Corn Casserole Relax & Recharge A Tissue Paper Pumpkin Favors M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape	29 V Bowling K Let's Spell Fall CC Pumpkin Roll Relax & Recharge A Halloween Candy Wrapper M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos	30 V Costume Parade K Best Friends CC Candy Corn Crunch Relax & Recharge A Halloween Pumpkin Vase M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater	31 Halloween V Smile Yoga K Inspired Tales CC Halloween Whoopie Pies Relax & Recharge A Halloween Wall Art M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games

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<p>Daily "About" Times: Morning: 9:30 Vitality 10:00 Keeping it Sharp 10:30 Morning Refresher 10:45 Creative Cooking 12:00 Lunch Prep</p>	<p>Early Afternoon 12:45 Relax and Recharge 2:00 Artisans</p> <p>Late Afternoon 3:30 Musical Celebrations 4:00 Afternoon Refresher 4:30 Group Games 5:00 Dinner Prep</p>		<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality</p>	<p>1</p> <p>V Bowling K Let's Spell Fall CC Pumpkin Pie Chocolate Chip Cookies Relax & Recharge A Autumn Sun Printing M Groovin' Gospel GG Lollipop Paddle Healthy Hands</p>	<p>2</p> <p>V Costume Parade K Best Friends CC Little Lemon Scones Relax & Recharge A Candy Corn Button Craft M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater</p>	<p>3</p> <p>V Smile Yoga K Inspired Tales CC Mapledoodles Relax & Recharge A Wine Cork Pumpkins M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games</p>
<p>4</p> <p>V Pumpkin Pass K Yard Sale CC Swedish Cinnamon Buns Relax & Recharge A Have a Gentle Conversation M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman</p>	<p>5</p> <p>V Don't Worry, Be Happy K Memory Monday CC Cracker Barrel Cinnamon Baked Apples Relax & Recharge A Tissue Paper Leaves M Who Am I? GG Horseshoes Healthy Hands</p>	<p>6</p> <p>V Basketball K Make Me Laugh M Music With Bud CC Game Day Beer Cheese Dip Relax & Recharge A Paper Pumpkins M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands</p>	<p>7</p> <p>V Chair Swimming K Quick Words CC Pumpkin Cheesecake Swirl Muffins Relax & Recharge A Tissue Paper Flowers M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape</p>	<p>8</p> <p>V Bowling K Let's Spell Fall CC Apple Cider Cake Relax & Recharge A Salt Dough Ornaments M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos</p>	<p>9</p> <p>V Costume Parade K Best Friends CC Baked Coconut Custard Relax & Recharge A Salt Dough Ornaments M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater</p>	<p>10</p> <p>V Smile Yoga K Inspired Tales CC Pumpkin Pie Truffles Relax & Recharge A Stamped Pumpkin Placemat M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games</p>
<p>11</p> <p>V Pumpkin Pass K Yard Sale CC Chocolate Banana Parfaits Relax & Recharge A Dried Orange Garland M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman</p>	<p>12 Columbus Day</p> <p>V Don't Worry, Be Happy K Memory Monday CC Cinnamon Roll Sugar Cookies Relax & Recharge A Pumpkin Rocks M Who Am I? GG Horseshoes Healthy Hands GF Aquapainting</p>	<p>13</p> <p>V Basketball K Make Me Laugh CC BLT Dip Relax & Recharge A Cut & Paste Pumpkin Face M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands GF Charades</p>	<p>14</p> <p>V Chair Swimming K Quick Words CC Pumpkin Cobbler Relax & Recharge A Sunflower Centerpieces M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape</p>	<p>15</p> <p>V Bowling K Let's Spell Fall CC Maple Oatmeal Cookies Relax & Recharge A Autumn Leaf Bowl M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos</p>	<p>16</p> <p>V Costume Parade K Best Friends CC Pecan Pie Balls Relax & Recharge A Autumn Leaf Bowl M October Happy Hour GG Orient Express Raceway Healthy Hands GF Old Time Theater</p>	<p>17</p> <p>V Smile Yoga K Inspired Tales CC Grandma's Rice Pudding Relax & Recharge A Dunkin Pumpkins M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games</p>
<p>18</p> <p>V Pumpkin Pass K Yard Sale CC Apple Pecan Fall Salad Relax & Recharge A Brushless Painting M Celebrity Sunday GG Category Snap Healthy Hands GF Hangman</p>	<p>19</p> <p>V Don't Worry, Be Happy K Memory Monday CC Parisian Apple Tart Relax & Recharge A Orient Express Storytelling M Who Am I? GG Horseshoes Healthy Hands GF Aquapainting</p>	<p>20</p> <p>V Basketball K Make Me Laugh CC Mrs. Hubbard's Berry Croissant Bake Relax & Recharge A Ticket to Ride M Campfire Time GG Roll the Dice & Break the Ice Healthy Hands</p>	<p>21</p> <p>V Chair Swimming K Quick Words CC Mediterranean Mystery Stew Relax & Recharge A Paint with Trains M Pass The Beat GG Pair Up "Owls" Healthy Hands GF Garden Scentscape</p>	<p>22</p> <p>V Bowling K Let's Spell The Orient Express CC Venetian Cornmeal Cookies Relax & Recharge A Train Cutout M Groovin' Gospel GG Lollipop Paddle Healthy Hands GF Reminiscing Through Photos</p>	<p>23</p> <p>V Costume Parade K Best Friends CC Sparkling Fruit with Granola Streusel Relax & Recharge A Tie Wreath M October Happy Hour GG Orient Express Raceway Healthy Hands</p>	<p>24</p> <p>V Smile Yoga K Inspired Tales CC Confetti Cornbread Relax & Recharge A Clay Hands M Let's Dance! GG Life on the Farm Healthy Hands GF Lifeshare Games</p>
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<p>Please note activities are subject to change. Outings and Volunteers will only be allowed if we have clearance from the Governor and Home office. If we have COVID cases in our campus that could effect our activity calendar and group gathering ability.</p>		<p>Location Number key: 1. Club House 2. Heath Center Sitting Room 3. Health Center Dining room 4. Assisted Living room 5. Activity Room 6. Legacy Court Yard 7. Assisted Living Court Yard</p>	<p> A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments S - Signature Events V - Vitality </p>	<p>1</p> <p> L 9:00 Daily History-1 V 11:00 Trilogy Fit-1 CC 1:30 Walking Club with Jamie K 2:30 Corn Hole-1 A 3:00 Pick and paint craft-1 GF 4:00 Movie time-1 </p>	<p>2</p> <p> L 9:00 Daily History-1 A 11:30 Gardening Club-1 V 1:30 Walking Club self guided-1 K 2:30 Puzzle time-1 CC 3:30 ends at 4:30 Happy Hour self guided-1 </p>	<p>3</p> <p> L 9:00 Daily History-1 I 11:00 Enjoy the Great outdoors GF 1:00 Adult Coloring group-5 V 2:00 Walking Club </p>
<p>4</p> <p> L 9:00 Daily History-1 I 11:00 Greeting Card Shop-1 V 1:30 Walking Club self guided-1 I 2:30 Christian DVD </p>	<p>5</p> <p> L 9:00 Daily History-1 V 11:00 Morning Exercise-1 I 12:00 Silverware wrapping-1 CC 12:30 Chef's Circle- 1 CC 1:00 Potluck-1 </p>	<p>6</p> <p> L 9:00 Daily History-1 K 10:00 Puzzle time-1 GG 11:00 Card Club-1 I 1:00 Greeting card shop-1 K 2:00 Cross word puzzles GF 4:00 Movie time-1 </p>	<p>7</p> <p> L 9:00 Daily History-1 GF 10:00 Coffee and Donuts hour-1 CC 11:00 Inspired Living meeting-1 V 1:30 Walking Club with Jamie MM 2:30 Trick or treat bags for the kids of Forest Glen I 3:30 Gardening Club-1 </p>	<p>8</p> <p> L 9:00 Daily History-1 A 11:00 Pick and paint craft-1 CC 11:30 Residence Choice-Games 1 V 1:30 Walking Club self guided K 2:30 Puzzel time-1 </p>	<p>9</p> <p> L 9:00 Daily History-1 V 11:00 Trilogy Fit-1 A 11:30 Gardening Club-1 V 1:30 Walking Club with Jamie-1 K 2:30 Puzzle time-1 CC 3:30 ends at 4:30 Happy Hour-1 </p>	<p>10</p> <p> L 9:00 Daily History-1 I 11:00 Enjoy the Great outdoors GF 1:00 Adult Coloring group-1 V 2:00 Walking Club </p>
<p>11</p> <p> L 9:00 Daily History-1 I 11:00 Greeting Card Shop-1 V 1:30 Walking Club self guided-1 I 2:30 Christian DVD I 2:30 Cross word puzzles </p>	<p>12 Columbus Day</p> <p> L 9:00 Daily History-1 V 11:00 Morning Exercise-1 I 12:00 Silverware wrapping-1 CC 12:30 Chef's Circle- 1 CC 1:00 Potluck-1 </p>	<p>13</p> <p> L 9:00 Daily History-1 K 10:00 Puzzle time-1 V 11:00 Trilogy Fit-1 I 1:00 Gardening time-1 I 1:00 Greeting card shop-1 V 1:30 Walking Club with Jamie K 2:30 Bingo Blast-1 Cost \$1 </p>	<p>14</p> <p> L 9:00 Daily History-1 GG 11:00 Card club V 1:30 Walking Club self guided-1 I 2:30 Greeting card shop-1 I 3:30 Gardening Club-1 </p>	<p>15</p> <p> L 9:00 Daily History-1 V 11:00 Trilogy Fit-1 CC 11:30 Residence Choice-Games 1 K 1:30 Walking club with Jamie GG 3:30 Corn Hole-1 </p>	<p>16</p> <p> L 9:00 Daily History-1 A 11:30 Gardening Club-1 V 1:30 Walking Club self guided-1 K 2:30 Puzzle time-1 CC 3:30 ends at 4:30 Happy Hour self guided-1 </p>	<p>17</p> <p> L 9:00 Daily History-1 I 11:00 Enjoy the Great outdoors GF 1:00 Adult Coloring group-1 V 2:00 Walking Club </p>
<p>18</p> <p> L 9:00 Daily History-1 I 11:00 Greeting Card Shop-1 V 1:30 Walking Club self guided-1 I 2:30 Christian DVD </p>	<p>19</p> <p> L 9:00 Daily History-1 V 11:00 Morning Exercise-1 I 12:00 Silverware wrapping-1 CC 12:30 Chef's Circle- 1 CC 1:00 Potluck-1 </p>	<p>20</p> <p> L 9:00 Daily History-1 K 10:00 Puzzle time-1 GG 11:00 Card Club-1 I 1:00 Greeting card shop-1 V 1:30 Walking Club self guided GF 4:00 Movie time-1 </p>	<p>21</p> <p> L 9:00 Daily History-1 K 10:00 puzzle time V 11:30 Walking Club with Jamie I 12:30 Gardening time-1 CC 1:30 Senior Executive Club Luncheon- Assisted Living entrance MM 3:00 Movie and popcorn Orient express-1 </p>	<p>22</p> <p> L 9:00 Daily History-1 CC 11:30 Residence Choice-Games 1 V 1:30 Walking Club Self guided K 2:30 Puzzel time-1 S 5:00 Orient Express Themed Dinner- Order from the kitchen required </p>	<p>23</p> <p> L 9:00 Daily History-1 V 11:00 Trilogy Fit-1 A 11:30 Gardening Club-1 V 1:30 Walking Club with Jamie-1 K 2:30 Puzzle time-1 CC 3:30 ends at 4:30 Happy Hour-1 </p>	<p>24</p> <p> L 9:00 Daily History-1 I 11:00 Enjoy the Great outdoors GF 1:00 Adult Coloring group-1 V 2:00 Walking Club </p>
<p>25</p> <p> L 9:00 Daily History-1 I 11:00 Greeting Card Shop-1 V 1:30 Walking Club self guided-1 I 2:30 Christian DVD </p>	<p>26</p> <p> L 9:00 Daily History-1 V 11:00 Morning Exercise-1 I 12:00 Silverware wrapping-1 CC 12:30 Chef's Circle- 1 CC 1:00 Potluck-1 </p>	<p>27</p> <p> L 9:00 Daily History-1 K 10:00 Puzzle time-1 GG 11:00 Card Club-1 V 11:00 Trilogy Fit-1 I 1:00 Greeting card shop-1 GF 1:30 Walking Club with Jamie GG 2:30 Bingo Blast-Cost \$1 </p>	<p>28</p> <p> L 9:00 Daily History-1 K 10:00 puzzle time K 11:00 Card Club-1 V 1:30 Walking club self guided I 3:30 Gardening Club-1 </p>	<p>29</p> <p> L 9:00 Daily History-1 V 11:00 Trilogy fit-1 CC 11:30 Residence Choice-Games 1 V 1:30 Walking Club with Jamie K 2:30 Corn Hole-1 </p>	<p>30</p> <p> L 9:00 Daily History-1 A 11:30 Gardening Club-1 V 1:30 Walking Club self guided-1 K 2:30 Puzzle time-1 CC 3:30 ends at 4:30 Happy Hour-1 </p>	<p>31 Halloween</p> <p> L 9:00 Daily History-1 I 11:00 Enjoy the Great outdoors GF 1:00 Adult Coloring group-1 V 2:00 Walking Club </p>