

West River Health Campus
Life Enrichment - Assisted Living

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Key: CY - Courtyard TS - Town Square HC DR - Health Center Dining Room V - Various/Travels/Nurses Station	Location Key: ALLR - Assisted Living Living Room ALDR - Assisted Living Dining Room A - Activity Room O - Outing	ALL ACTIVITIES ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON LIFE SHARE DAILY.	1 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	2 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Healing in Humor-HW S 2:00 Happy Hour-HW	3 GF 8:00 Room Visits-V V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 10:00 Daily Chronicle-HW GG 2:00 Bingo-HW
4 V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 9:45 Daily Chronicles-HW GF 2:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	5 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Daily Chronicles-HW GG 2:00 Bingo-HW L 3:00 Giant Crossword Puzzle-A	6 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	7 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW GG 2:00 Bingo-HW S 3:00 Garden Time L 3:00 Giant Crossword Puzzle-A	8 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	9 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Healing in Humor-HW S 2:00 Happy Hour-HW	10 GF 8:00 Room Visits-V V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 10:00 Daily Chronicle-HW GG 2:00 Bingo-HW
11 V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 9:45 Daily Chronicles-HW GF 2:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	12 Columbus Day V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Daily Chronicles-HW GG 2:00 Bingo-HW L 3:00 Giant Crossword Puzzle-A	13 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	14 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW GG 2:00 Bingo-HW S 3:00 Garden Time L 3:00 Giant Crossword Puzzle-A	15 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	16 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Healing in Humor-HW S 2:00 Happy Hour-HW	17 GF 8:00 Room Visits-V V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 10:00 Daily Chronicle-HW GG 2:00 Bingo-HW
18 V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 9:45 Daily Chronicles-HW GF 2:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	19 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Daily Chronicles-HW GG 2:00 Bingo-HW L 3:00 Giant Crossword Puzzle-A	20 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	21 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW GG 2:00 Bingo-HW S 3:00 Garden Time L 3:00 Giant Crossword Puzzle-A	22 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	23 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Healing in Humor-HW S 2:00 Happy Hour-HW	24 GF 8:00 Room Visits-V V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 10:00 Daily Chronicle-HW GG 2:00 Bingo-HW
25 V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 9:45 Daily Chronicles-HW GF 2:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	26 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Daily Chronicles-HW GG 2:00 Bingo-HW L 3:00 Giant Crossword Puzzle-A	27 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	28 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW GG 2:00 Bingo-HW S 3:00 Garden Time L 3:00 Giant Crossword Puzzle-A	29 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW M 2:00 Music to my Ears-HW or ALLR L 3:00 Giant Crossword Puzzle-A	30 V 9:30 Forever Fit-HW I 10:00 Devotions & Community Prayer-HW L 10:15 Healing in Humor-HW S 2:00 Happy Hour-HW	31 Halloween GF 8:00 Room Visits-V V 9:00 Forever Fit-HW I 9:30 Devotions & Community Prayer-HW L 10:00 Daily Chronicle-HW GG 2:00 Bingo-HW

West River Health Campus
Life Enrichment - Health Center

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Key: CY - Courtyard TS - Town Square HCDR - Health Center Dining Room V - Various/Travels/Nurses Stations	Location Key: ALLR - Assisted Living Living Room ALLD - Assisted Living Dining Room A - Activity Room O - Outing	ALL ACTIVITIES ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED ON LIFE SHARE DAILY.	1 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	2 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS S 2:00 Happy Hour-HW	3 GF 8:00 Room Visits-V V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS GG 3:00 Bingo-TS
4 MM 8:00 Room Visits-V I 10:00 Worship Service-TS M 10:30 Gospel Music-TS L 11:00 Daily Chronicle-TS S 3:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	5 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	6 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	7 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	8 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	9 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS S 2:00 Happy Hour-HW	10 GF 8:00 Room Visits-V V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS GG 3:00 Bingo-TS
11 MM 8:00 Room Visits-V I 10:00 Worship Service-TS M 10:30 Gospel Music-TS L 11:00 Daily Chronicle-TS S 3:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	12 Columbus Day MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	13 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	14 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	15 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	16 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS S 2:00 Happy Hour-HW	17 GF 8:00 Room Visits-V V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS GG 3:00 Bingo-TS
18 MM 8:00 Room Visits-V I 10:00 Worship Service-TS M 10:30 Gospel Music-TS L 11:00 Daily Chronicle-TS S 3:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	19 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	20 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	21 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	22 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	23 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS S 2:00 Happy Hour-HW	24 GF 8:00 Room Visits-V V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS GG 3:00 Bingo-TS
25 MM 8:00 Room Visits-V I 10:00 Worship Service-TS M 10:30 Gospel Music-TS L 11:00 Daily Chronicle-TS S 3:00 Garden Time-CY I 5:00 Catholic Mass-Channel 59	26 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	27 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	28 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS GG 3:00 Bingo-TS	29 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS M 3:00 Music to My Ears-TS	30 MM 9:30 Mindful Moments-SP V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS A 2:00 Bee Craft-TS S 2:00 Happy Hour-HW	31 Halloween GF 8:00 Room Visits-V V 10:30 Forever Fit-TS & Channel 2 I 11:00 Daily Devotions-TS K 11:15 Games & Reminisce-TS GG 3:00 Bingo-TS

Legacy Neighborhood Daily Rhythms
West River Health Campus

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*ALL ACTIVITIES ARE SUBJECT TO CHANGE & FLEXIBILITY MORNING: 7a - 9a Open Breakfast about 9:30a Vitality about 10:00a Keeping it Sharp about 10:30a Snack about 10:45a Creative Cooking about 11:30a Lunch Prep	AFTERNOON: about 12:45p Relax & Recharge about 2:00p Artisans about 3:00p Snack about 3:30p Music To My Ears about 4:00p Connections about 4:30a Healthy Hands & Dinner Prep about 5:00p Dinner	EVENING: about 6:00p Gathering of Friends about 7:00p Nighttime Traditions HAPPY BIRTHDAY!! Pauline K 10/5	Theme Week Oct 19-23 Orient Express: Mystery of the Stolen Pearls	1 9:30 Lollipop Paddles 10:00 Let's Spell Fall 10:45 Pumpkin Pie Chocolate Chip Cookies 12:45 Relax & Recharge 2:00 Autumn Sun Printing 3:30 SingFit 4:30 Healthy Hands 6:00 Reminiscing Through Photos	2 9:30 Costume Parade 10:00 Best Friends 10:45 Little Lemon Scones 12:45 Relax & Recharge 2:00 Candy Corn Button Craft 3:00 Happy Hour 4:00 Orient Express Raceway 4:30 Healthy Hands 6:00 Old Time Theater	3 9:30 Basketball 10:00 Brain Games 10:45 Mapledoodles 12:45 Relax & Recharge 2:00 Wine Cork Pumpkins 3:30 Let's Dance! 4:00 Life on the Farm 4:30 Healthy Hands 6:00 BINGO
4 9:30 Light & Lively 10:00 Brain Games 10:45 Swedish Cinnamon Buns 12:45 Relax & Recharge 2:00 Have a Gentle Conversation 3:30 Groovin' Gospel 4:00 Category Snap 4:30 Healthy Hands 6:00 Hangman	5 9:30 Don't Worry, Be Happy 10:00 Memory Monday 10:45 Cracker Barrel Cinnamon Baked Apples 12:45 Relax & Recharge 2:00 Tissue Paper Leaves 3:30 Who Am I? 4:00 Horseshoes 4:30 Healthy Hands	6 9:30 Smile Yoga 10:00 Make Me Laugh 10:45 Pumpkin Cheesecake Swirl Muffins 12:45 Relax & Recharge 2:00 Paper Pumpkins 3:30 Campfire Time 4:00 Roll the Dice & Break the Ice 4:30 Healthy Hands	7 9:30 Chair Swimming 10:00 Card BINGO 11:30 Early Lunch starts with Salad 12:45 Relax & Recharge 2:00 Tissue Paper Flowers 3:30 Shake it up Baby! 4:00 Pair Up "Owls" 4:30 Healthy Hands 6:00 Hangman	8 9:30 Lollipop Paddles 10:00 Let's Spell Fall 10:45 Apple Cider Cake 12:45 Relax & Recharge 2:00 Salt Dough Ornaments 3:30 SingFit 4:30 Healthy Hands 6:00 Reminiscing Through Photos 7:00 Nighttime Traditions	9 9:30 Costume Parade 10:00 Best Friends 10:45 Baked Coconut Custard 12:45 Relax & Recharge 2:00 Salt Dough Ornaments 3:00 Happy Hour 4:00 Orient Express Raceway 4:30 Healthy Hands 6:00 Old Time Theater	10 9:30 Basketball 10:00 Brain Games 10:45 Pumpkin Pie Truffles 12:45 Relax & Recharge 2:00 Stamped Pumpkin Placemat 3:30 Let's Dance! 4:00 Life on the Farm 4:30 Healthy Hands 6:00 BINGO
11 9:30 Light & Lively 10:00 Brain Games 10:45 Chocolate Banana Parfaits 12:45 Relax & Recharge 2:00 Dried Orange Garland 3:30 Groovin' Gospel 4:00 Category Snap 4:30 Healthy Hands 6:00 Hangman	12 Columbus Day 9:30 Don't Worry, Be Happy 10:00 Memory Monday 10:45 Cinnamon Roll Sugar Cookies 12:45 Relax & Recharge 2:00 Pumpkin Rocks 3:30 Who Am I? 4:00 Horseshoes 4:30 Healthy Hands	13 9:30 Smile Yoga 10:00 Make Me Laugh 10:45 Pumpkin Cobbler 12:45 Relax & Recharge 2:00 Cut & Paste Pumpkin Face 3:30 Campfire Time 4:00 Roll the Dice & Break the Ice 4:30 Healthy Hands 6:00 Charades	14 9:30 Chair Swimming 10:00 Card BINGO 11:30 Early Lunch starts with Salad 12:45 Relax & Recharge 2:00 Sunflower Centerpieces 3:30 Shake it up Baby! 4:00 Pair Up "Owls" 4:30 Healthy Hands 6:00 Hangman	15 9:30 Lollipop Paddles 10:00 Let's Spell Fall 10:45 Maple Oatmeal Cookies 12:45 Relax & Recharge 2:00 Autumn Leaf Bowl 3:30 SingFit 4:30 Healthy Hands 6:00 Reminiscing Through Photos 7:00 Nighttime Traditions	16 9:30 Costume Parade 10:00 Best Friends 10:45 Pecan Pie Balls 12:45 Relax & Recharge 2:00 Autumn Leaf Bowl 3:00 Happy Hour 4:00 Orient Express Raceway 4:30 Healthy Hands 6:00 Old Time Theater	17 9:30 Basketball 10:00 Brain Games 10:45 Grandma's Rice Pudding 12:45 Relax & Recharge 2:00 Dunkin Pumpkins 3:30 Let's Dance! 4:00 Life on the Farm 4:30 Healthy Hands 6:00 BINGO
18 9:30 Light & Lively 10:00 Brain Games 10:45 Apple Pecan Fall Salad 12:45 Relax & Recharge 2:00 Brushless Painting 3:30 Groovin' Gospel 4:00 Category Snap 4:30 Healthy Hands 6:00 Hangman	19 9:30 Don't Worry, Be Happy 10:00 Memory Monday 10:45 Parisian Apple Tart 12:45 Relax & Recharge 2:00 Orient Express Storytelling 3:30 Who Am I? 4:00 Horseshoes 4:30 Healthy Hands 6:00 Story Time	20 9:30 Smile Yoga 10:00 Make Me Laugh 10:45 Mrs. Hubbard's Berry Croissant Bake 12:45 Relax & Recharge 2:00 Ticket to Ride 3:30 Campfire Time 4:00 Roll the Dice & Break the Ice 4:30 Healthy Hands	21 9:30 Chair Swimming 10:00 Card BINGO 11:30 Early Lunch starts with Salad 12:45 Relax & Recharge 2:00 Paint with Trains 3:30 Pass The Beat 4:00 Pair Up "Owls" 4:30 Healthy Hands 6:00 Hangman	22 9:30 Lollipop Paddles 10:00 Let's Spell The Orient Express 10:45 Venetian Cornmeal Cookies 12:45 Relax & Recharge 2:00 Train Cutout 3:30 Music of the Orient Express 4:30 Healthy Hands 5:00 Orient Express: Mystery of	23 9:30 Costume Parade 10:00 Best Friends 10:45 Sparkling Fruit with Granola Streusel 12:45 Relax & Recharge 2:00 Tie Wreath 3:00 Happy Hour 4:00 Orient Express Raceway 4:30 Healthy Hands	24 9:30 Basketball 10:00 Brain Games 10:45 Confetti Cornbread 12:45 Relax & Recharge 2:00 Clay Hands 3:30 Let's Dance! 4:00 Life on the Farm 4:30 Healthy Hands 6:00 BINGO
25 9:30 Light & Lively 10:00 Brain Games 10:45 Crumb Cake 12:45 Relax & Recharge 2:00 Autumn Decor 3:30 Groovin' Gospel 4:00 Category Snap 4:30 Healthy Hands 6:00 Hangman	26 9:30 Don't Worry, Be Happy 10:00 Memory Monday 10:45 Best Buttered Biscuits 12:45 Relax & Recharge 2:00 Painting with Tissue Paper 3:30 Who Am I? 4:00 Horseshoes 4:30 Healthy Hands 6:00 Story Time	27 9:30 Smile Yoga 10:00 Make Me Laugh 10:45 Apple Spice Dump Cake 12:45 Relax & Recharge 2:00 Cheesecloth Halloween Ghosts 3:30 Campfire Time 4:00 Roll the Dice & Break the Ice 4:30 Healthy Hands	28 9:30 Chair Swimming 10:00 Card BINGO 11:30 Early Lunch starts with Salad 12:45 Relax & Recharge 2:00 Tissue Paper Pumpkin Favors 3:30 Pass The Beat 4:00 Pair Up "Owls" 4:30 Healthy Hands	29 9:30 Lollipop Paddles 10:00 Let's Spell Fall 10:45 Pumpkin Roll 12:45 Relax & Recharge 2:00 Halloween Candy Wrapper 3:30 SingFit 4:30 Healthy Hands 6:00 Reminiscing Through Photos 7:00 Nighttime Traditions	30 9:30 Costume Parade 10:00 Best Friends 10:45 Candy Corn Crunch 12:45 Relax & Recharge 2:00 Halloween Pumpkin Vase 3:00 Happy Hour 4:00 Orient Express Raceway 4:30 Healthy Hands 6:00 Old Time Theater	31 Halloween 9:30 Basketball 10:00 Brain Games 10:45 Halloween Whoopie Pies 12:45 Relax & Recharge 2:00 Halloween Wall Art 3:30 Let's Dance! 4:00 Life on the Farm 4:30 Healthy Hands 6:00 BINGO