

October 2020

Oak Terrace Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AE Artistic Expression CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	9:30 SS Morning Hymns 1 10:30 PE Yoga 3:00 CE Arm Chair Travelers 3:30 LL Nail Care 4:00 CE This Day in History	World Smile Day 2 9:30 SS Morning Hymns 10:30 PE 15 Minute Fitness 11:00 PE Music Therapy 2:30 CE This Day in History 3:30 LL Bingo 4:00 CE Reading Roundtable	49th Annual Albuquerque International Balloon Fiesta 3 9:30 SS Morning Hymns 10:30 PE Fitness Fun 11:00 CE Jeopardy 3:00 LL Afternoon Matinee 4:30 LL Puzzle Time
9:30 SS Daily Devotion 4 10:30 PE Fitness Fun 2:30 LL Popcorn and a Movie 4:00 PE Cornhole Fun!	9:30 SS Morning Hymns 5 10:30 PE Stretch and Flex 11:00 CE Arm Chair Travelers 3:00 AE Lets Craft It	National Noodle Day 6 9:30 SS Morning Hymns 10:30 CE Roll the Dice 11:00 AE Painting Club 3:30 LL Nail Care 4:00 LL Sensory Corner	9:30 SS Morning Hymns 7 10:30 PE Lets Walk! 2:30 CE Arm Chair Travelers 3:00 PE Lets Dance! 3:30 CE Word Wednesday	9:30 SS Morning Hymns 8 10:30 PE Yoga 3:00 CE Arm Chair Travelers 3:30 LL Nail Care 4:00 CE This Day in History	9:30 SS Morning Hymns 9 10:30 PE 15 Minute Fitness 11:00 PE Music Therapy 2:30 CE This Day in History 3:30 LL Bingo 4:00 CE Reading Roundtable	9:30 SS Morning Hymns 10 10:30 PE Fitness Fun 11:00 CE Jeopardy 3:00 LL Afternoon Matinee 4:30 LL Puzzle Time
9:30 SS Daily Devotion 11 10:30 PE Fitness Fun 2:30 LL Popcorn and a Movie 4:00 PE Cornhole Fun!	Columbus Day 12 9:30 SS Morning Hymns 10:30 PE Stretch and Flex 11:00 CE Arm Chair Travelers 11:00 PE Walking Club 3:00 AE Lets Craft It	Happy Birthday Blaze T. Silly Sayings Day 13 9:30 SS Morning Hymns 10:30 CE Roll the Dice 11:00 AE Painting Club 3:30 LL Nail Care 4:00 LL Sensory Corner	October Fest 14 9:30 SS Morning Hymns 10:30 PE Lets Walk! 2:30 CE Arm Chair Travelers 3:00 PE Lets Dance! 3:30 CE Word Wednesday	Happy Birthday John Y. National I Love Lucy Day 15 9:30 SS Morning Hymns 10:30 PE Yoga 3:00 CE Arm Chair Travelers 3:30 LL Nail Care 4:00 CE This Day in History	National Boss Day 16 9:30 SS Morning Hymns 10:30 PE 15 Minute Fitness 11:00 PE Music Therapy 2:30 CE This Day in History 3:30 LL Bingo 4:00 CE Reading Roundtable	9:30 SS Morning Hymns 17 10:30 PE Fitness Fun 11:00 CE Jeopardy 3:00 LL Afternoon Matinee 4:30 LL Puzzle Time
Happy Birthday Nancy K. National Chocolate Cupcake Day 18 9:30 SS Daily Devotion 10:30 PE Fitness Fun 2:30 LL Popcorn and a Movie 4:00 PE Cornhole Fun!	9:30 SS Morning Hymns 19 10:30 PE Stretch and Flex 11:00 CE Arm Chair Travelers 11:00 PE Walking Club 3:00 AE Lets Craft It	9:30 SS Morning Hymns 20 10:30 CE Roll the Dice 11:00 AE Painting Club 3:30 LL Nail Care 4:00 LL Sensory Corner	9:30 SS Morning Hymns 21 10:30 PE Lets Walk! 2:30 CE Arm Chair Travelers 3:00 PE Lets Dance! 3:30 CE Word Wednesday	9:30 SS Morning Hymns 22 3:00 CE Arm Chair Travelers 3:30 LL Nail Care 4:00 CE This Day in History	9:30 SS Morning Hymns 23 10:30 PE 15 Minute Fitness 11:00 PE Music Therapy 2:30 CE This Day in History 3:30 LL Bingo 4:00 CE Reading Roundtable	Happy Birthday Nancy B. 24 9:30 SS Morning Hymns 10:30 PE Fitness Fun 11:00 CE Jeopardy 3:00 LL Afternoon Matinee 4:30 LL Puzzle Time
9:30 SS Daily Devotion 25 10:30 PE Fitness Fun 2:30 LL Popcorn and a Movie 4:00 PE Cornhole Fun!	9:30 SS Morning Hymns 26 10:30 PE Stretch and Flex 11:00 CE Arm Chair Travelers 11:00 PE Walking Club 3:00 AE Lets Craft It	Happy Birthday Rosemary E. 27 9:30 SS Morning Hymns 10:30 CE Roll the Dice 11:00 AE Painting Club 3:30 LL Nail Care 4:00 LL Sensory Corner	Halloween Party National Chocolate Day 28 9:30 SS Morning Hymns 10:30 PE Lets Walk! 2:30 CE Arm Chair Travelers 3:00 PE Lets Dance! 3:30 CE Word Wednesday	9:30 SS Morning Hymns 29 10:30 PE Yoga 3:00 CE Arm Chair Travelers 3:30 LL Nail Care 4:00 CE This Day in History	National Candy Corn Day 30 9:30 SS Morning Hymns 10:30 PE 15 Minute Fitness 11:00 PE Music Therapy 2:30 CE This Day in History 3:30 LL Bingo 4:00 CE Reading Roundtable	Halloween 31 9:30 SS Morning Hymns 10:30 PE Fitness Fun 11:00 CE Jeopardy 3:00 LL Afternoon Matinee 4:30 LL Puzzle Time