Memory Care Activity Calendar
ASPEN and BIRCH

OCTOBER 2020

WYNDEMERE ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resident Birthdays October 19th-Jeanne L. October 31st-David R.	Staff Birthdays October 20th- Asia	QUESTION: On which day are ghosts most scary?	ANSWER:Fright-day!	**1** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Balloon Toss **10:30** Hydration **10:45** Hand Massages **12:00** LUNCH **1:30** Relaxing Therapeutic Music **2:00** Arts & Crafts **4:30** DINNER	**2** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Dance Away **10:30** Hydration **11:00** Sensory **12:00** LUNCH **2:00** HAPPY HOUR **4:30** DINNER	**3** **8:00** BREAKFAST **9:30** Circle of friends **9:30** Music Makes memories **9:45** Stretch/Exercise Group **10:30** Hydration **10:30** Sifting and Sorting **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER
4 **8:00** BREAKFAST **9:30** Church Service **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:00** Coloring Social **10:30** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER	**5** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Walk **10:30** Hydration **12:00** LUNCH **1:30** Hot Cocoa Social **2:00** Manicure Monday **4:30** DINNER	**6** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Dance Club **10:30** Hydration **11:00** Massages **12:00** LUNCH **1:30** Ladies Group **2:00** Tiny Stories Tuesdays **4:30** DINNER	**7** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Jack-O-Lantern Bean Bag Toss **10:30** Hydration **11:00** Halloween Music **12:00** LUNCH **1:30** House Keeping **2:00** Movie and Popcorn **4:30** DINNER	**8** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Witch Hat Ring Toss **10:30** Hydration **10:45** Hand Massages **12:00** LUNCH **1:30** Relaxing Therapeutic Music **2:00** Arts & Crafts **4:30** DINNER	**9** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Bowling **10:45** Hydration **12:00** LUNCH **2:00** HAPPY HOUR **4:30** DINNER	**10** **8:00** BREAKFAST **9:30** Circle of friends **9:30** Music Makes memories **9:45** Stretch/Exercise Group **10:30** Sifting and Sorting **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER
11 **8:00** BREAKFAST **9:30** Church Service **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:00** Coloring Social **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER	**12** **Columbus Day** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Walk **10:45** Hydration **12:00** LUNCH **1:30** Hot Cocoa Social **2:00** Manicure Monday **4:30** DINNER	**13** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Dance Club **10:45** Hydration **11:00** Massages **12:00** LUNCH **1:30** Ladies Group **2:00** Tiny Stories Tuesdays **4:30** DINNER	**14** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Jack-O-Lantern Bean Bag Toss **10:45** Hydration **11:00** Halloween Music **12:00** LUNCH **1:30** House Keeping **2:00** Movie and Popcorn **4:30** DINNER	**15** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Witch Hat Ring Toss **10:45** Hand Massages **10:45** Hydration **12:00** LUNCH **1:30** Relaxing Therapeutic Music **2:00** Arts & Crafts **4:30** DINNER	**16** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Bowling **10:45** Hydration **12:00** LUNCH **2:00** HAPPY HOUR **4:30** DINNER	**17** **8:00** BREAKFAST **9:30** Circle of friends **9:30** Music Makes memories **9:45** Stretch/Exercise Group **10:30** Sifting and Sorting **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 **8:00** BREAKFAST **9:30** Church Service **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:00** Coloring Social **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER	**19** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Walk **10:45** Hydration **12:00** LUNCH **1:30** Hot Cocoa Social **2:00** Manicure Monday **4:30** DINNER	**20** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Dance Club **10:45** Hydration **11:00** Massages **12:00** LUNCH **1:30** Ladies Group **2:00** Tiny Stories Tuesdays **4:30** DINNER	**21** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Jack-O-Lantern Bean Bag Toss **10:45** Hydration **11:00** Halloween Music **12:00** LUNCH **1:30** House Keeping **2:00** Movie and Popcorn **4:30** DINNER	**22** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Witch Hat Ring Toss **10:45** Hand Massages **10:45** Hydration **12:00** LUNCH **1:30** Relaxing Therapeutic Music **2:00** Arts & Crafts **4:30** DINNER	**23** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Bowling **10:45** Hydration **12:00** LUNCH **2:00** HAPPY HOUR **4:30** DINNER	**24** **8:00** BREAKFAST **9:30** Circle of friends **9:30** Music Makes memories **9:45** Stretch/Exercise Group **10:30** Sifting and Sorting **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER
25 **8:00** BREAKFAST **9:30** Church Service **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:00** Coloring Social **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER	**26** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Walk **10:45** Hydration **12:00** LUNCH **1:30** Hot Cocoa Social **2:00** Manicure Monday **4:30** DINNER	**27** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Dance Club **10:45** Hydration **11:00** Massages **12:00** LUNCH **1:30** Ladies Group **2:00** Tiny Stories Tuesdays **4:30** DINNER	**28** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Jack-O-Lantern Bean Bag Toss **10:45** Hydration **11:00** Halloween Music **12:00** LUNCH **1:30** House Keeping **2:00** Movie and Popcorn **4:30** DINNER	**29** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Witch Hat Ring Toss **10:45** Hand Massages **10:45** Hydration **12:00** LUNCH **1:30** Relaxing Therapeutic Music **2:00** Arts & Crafts **4:30** DINNER	**30** **8:00** BREAKFAST **9:30** Circle of friends **9:45** Stretch/Exercise Group **10:15** Zombie Bowling **10:45** Hydration **12:00** LUNCH **2:00** HAPPY HOUR **4:30** DINNER	**31** Halloween **8:00** BREAKFAST **9:30** Circle of friends **9:30** Music Makes memories **9:45** Stretch/Exercise Group **10:30** Sifting and Sorting **10:45** Hydration **12:00** LUNCH **2:00** Movie & Popcorn **4:30** DINNER