



4185 Briargate Parkway  
Colorado Springs, CO 80920

Stamp



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Our mission is to create  
and  
sustain comfortable, caring  
environments for those  
who depend on us.

# News from New Dawn

October 2020 Newsletter



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# Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

## What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

## Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

# Special Moments



# Happy Birthday!



- |                  |                   |
|------------------|-------------------|
| Myiesha: Oct. 13 | Marilynn: Oct. 11 |
| Grace: Oct. 17   | Lenny: Oct. 14    |
| Seth: Oct. 31    | Jody: Oct. 15     |
|                  | Audrey: Oct. 23   |

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- |   |   |
|---|---|
| 01 Homemade Cookies Day; Hair Day         | 17 Pasta Day; Sweetest Day                |
| 02 Custodial Worker Day; Car Naming Day   | 18 No Beard Day; Choco Cupcake Day        |
| 03 Techies Day                            | 19 Seafood Bisque Day; Kentucky Day       |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day        | 21 Pumpkin Cheesecake Day; Reptile Day    |
| 06 Mad Hatter Day; Orange Wine Day        | 22 Nut Day; Color Day; Make a Dog's Day   |
| 07 Frappe Day; Pumpkin Seed Day           | 23 Boston Crème Pie Day; Talk Show Day    |
| 08 Fluffernutter Day; Pierogi Day         | 24 Make a Difference Day; Bologna Day     |
| 09 Moldy Cheese Day                       | 25 Mother In Law Day; Greasy Food Day     |
| 10 Angelfood Cake Day; Chess Day          | 26 Pumpkin Day; Mincemeat Day             |
| 11 Sausage Pizza Day; Clergy Apprec. Day  | 27 American Beer Day; Black Cat Day       |
| 12 Gumbo Day; Native Americans Day        | 28 Chocolate Day                          |
| 13 Yorkshire Pudding Day; Navy Birthday   | 29 Oatmeal Day;                           |
| 14 Fossil Day; Dessert Day                | National Cat Day                          |
| 15 Cheese Curd Day; I Love Lucy Day       | 30 Candy Corn Day;                        |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day                            |
|   | 31 Halloween                              |



## Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

## Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
$\frac{2}{3}$ cup granulated sugar	1 tsp baking soda
$\frac{1}{2}$ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{2}{3}$ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	$\frac{1}{2}$ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



## RESIDENT SPOTLIGHT: Helen

We want to welcome Helen to New Dawn! She is a retired school teacher and reading specialist who taught K-12.

She also has 3 children of her own. She can speak French and enjoys puzzles and music.

Stop and have a chat with Helen the next time you see her!

We are happy to welcome you,



## STAFF SPOTLIGHT: Nancy

Many of you already know Nancy has announced her retirement. We would like to honor and thank Nancy for her dedicated service for the past six years. Her last day will be October 15th. We will miss her dearly.

*"Nancy is truly one of the great ones. A leader, a mentor, and even everyone's mom; it's clear her passion lies in helping others. What she has done for the residents of New Dawn goes beyond simply making sure they're cared for. She has spent years instilling her passion for caring for others into the next generations and has inspired us all to be better at our jobs but also, most importantly, better at remembering out humanity."*

-Amber

*"Nancy has been a wonderful director to work for. She has a kind, giving soul and cares deeply about both residents and staff. Seeing her leave is going to have a great impact on our community"*

-Anonymous



# OCTOBER 2020

New Dawn Memory Care

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
All activities subject to change per mandated health guidelines				<b>1 Intl. Day of Older Persons</b> 9:15 Chair Dancing 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games <b>1:30 Fall Craft</b> 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	<b>2 World Farm Animals Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 11:00 Farm Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack <b>2:30 Animal Craft</b> 3:30 iN2L Games 4:00 Game Show TV	<b>3 World Cardmaking Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Take a Stroll <b>1:30 Halloween Card Making</b> 2:30 Popsicles 3:00 Movie and Spa 4:00 iN2L Music
<b>4 National Golf Lovers Day</b> 9:15 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Golf 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Music Video	<b>5 National Be Nice Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	<b>6 Natl. Mad Hatter Day</b> 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:30 iN2L Trivia 1:30 Flower Arranging <b>2:00 Tea Party</b> 3:00 Afternoon Stroll 4:00 Classic TV and 1:1's 6:00 Movie Night	<b>7 National Frappe Day</b> 9:15 Ball Toss 10:00 Morning Munch 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	<b>8 Natl. Fluffernutter Day</b> 9:15 Chair Dancing 10:00 Morning Munch 10:30 <b>Bake Day: Fluffer nutter Sandwiches</b> 11:30 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	<b>9 Fire Prevention Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Game Show TV	<b>10 National Cake Decorating Day</b> 9:15 iN2L Exercise 10:00 Morning Munch <b>10:30 Baking Day: Nailed It!</b> 11:30 Remember When 1:30 Take a Stroll 2:30 Ice Cream Sundaes 3:00 Movie and Spa 4:00 iN2L Music
<b>11 Natl. Sausage Pizza Party</b> 9:15 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Music Video 5:00 Activity	<b>12 Old Farmers Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	<b>13 Navy Birthday</b> 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:30 Navy Trivia 1:30 Flower Arranging 2:00 Snack Attack <b>2:30 Boat Races</b> 3:00 Afternoon Stroll 4:00 Classic TV and 1:1's 6:00 Movie Night	<b>14 Octoberfest</b> 9:15 Ball Toss 10:00 Morning Munch 11:00 Reminiscing 1:30 Watercolor MIM <b>2:00 Octoberfest</b> 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	<b>15 National Boss's Day</b> 9:15 Chair Dancing 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	<b>16 Global Cat Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Cat Videos	<b>17 National Pasta Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Games 1:30 Take A Stroll 2:30 Root Beer Float 3:00 Movie and Spa 4:00 iN2L Music
<b>18 National Chocolate Cupcake Day</b> 9:15 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Chocolate Cupcakes! 2:30 Let's Walk 3:30 Hymn Sing 4:00 Music Video	<b>19 Natl. New Friends Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures 5:00 Activity	<b>20 Natl. Day of Writing</b> 9:15 Yoga 10:00 Morning Munch 10:30 Card Games 11:30 iN2L Trivia 1:30 Flower Arranging 2:00 Snack Attack 3:00 Afternoon Stroll 4:00 Classic TV and 1:1's 6:00 Movie Night 5:00 Activity	<b>21 National Pumpkin Cheesecake Day</b> 9:15 Ball Toss 10:00 Morning Munch <b>10:30 Bake Day: Pumpkin Cheesecake Bars</b> 1:30 Watercolor MIM 2:00 Snack Attack 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	<b>22 National Nut Day</b> 9:15 Chair Dancing 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	<b>23 National Crocodile Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Game Show TV	<b>24 United Nations Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Games 1:30 Take A Stroll 2:30 Root Beer Float 3:00 Movie and Spa 4:00 iN2L Music
<b>25 National Art Day</b> 9:15 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let's Walk 3:30 Hymn Sing 4:00 Music Video	<b>26 National Pumpkin Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack <b>2:30 Painting Pumpkins</b> 3:30 Manicures	<b>27 National Black Cat Day</b> 9:15 Yoga 10:00 Morning Munch <b>10:30 Bake Day: Pumpkin Dessert</b> 11:30 iN2L Trivia 1:30 Flower Arranging 2:00 Snack Attack 3:00 Afternoon Stroll 4:00 Classic TV and 1:1's 6:00 Movie Night	<b>28 National Chocolate Day</b> 9:15 Ball Toss 10:00 Morning Munch 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	<b>29 National Oatmeal Day</b> 9:15 Chair Dancing 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	<b>30 Natl. Candy Cane Day</b> 9:15 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Game Show TV 5:00 Activity	<b>31 Halloween</b> 9:15 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Games 1:30 Take A Stroll <b>2:00 Halloween Party</b> 3:00 Movie and Spa 4:00 iN2L Music



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<b>18 National Chocolate Cupcake Day</b> 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Sunday Sports 2:00 Chocolate Cupcakes! 3:00 Let's Walk 3:30 Hymn Sing	<b>19 Natl. New Friends Day</b> 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	<b>20 Natl. Day of Writing</b> 9:15 Yoga 10:00 Morning Munch 10:30 iN2L Games 11:00 Reminiscing 1:30 Watercolor MIM 2:30 Snack Attack 3:00 Dancing/Karaoke 3:30 Classic TV and 1:1's 6:00 Movie Night	<b>21 National Pumpkin Cheesecake Day</b> 9:30 Bal Toss 10:00 Morning Munch <b>10:30 Baking Party: Pumpkin Cheesecake</b> 11:00 Remember when 1:30 Flower Arranging 2:00 Snack Attack 2:30 Afternoon Stroll 3:00 Table Games 3:30 How it's Made Video	<b>22 National Nut Day</b> 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Trivia 11:00 iN2L Games 1:30 Bowling 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	<b>23 National Crocodile Day</b> 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Trivia 11:30 Walking Club 1:30 Manicures 2:00 Snack Attack 2:30 Crafty Corner 3:30 Game Show TV	<b>24 United Nations Day</b> 9:30 Standing Exercise 10:00 Snack Attack 10:30 Remember When 11:00 iN2L Games 1:30 Take a Stroll 2:30 Root Beer Float 3:00 Movie and Spa 4:00 iN2L Music
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4 National Golf Lovers Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Golf 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let’s Walk 3:30 Hymn Sing 4:00 Music Video	5 National Be Nice Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	6 National Mad Hatter Day 9:30 Yoga 10:00 Morning Munch 10:30 Card Games 11:30 iN2L Trivia 1:30 Flower Arranging 2:00 Tea Party 3:00 Afternoon Stroll 4:00 Classic TV and 1:1’s 6:00 Movie Night	7 National Frappe Day 9:30 iN2L Exercise 10:00 Morning Munch 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	8 National Fluffernutter Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Baking Day: Fluffer nutter Sandwiches 11:30 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	9 Fire Prevention Day 9:30 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Game Show TV	10 National Cake Decorating Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Baking Day: Nailed It! 11:30 Remember When 1:30 Take a Stroll 2:30 Ice Cream Sundaes 3:00 Movie and Spa 4:00 iN2L Music
11 Natl. Sausage Pizza Party 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let’s Walk 3:30 Hymn Sing 4:00 Music Video 5:00 Activity	12 Old Farmers Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	13 Navy Birthday 9:30 Yoga 10:00 Morning Munch 10:30 Card Games 11:30 Navy Trivia 1:30 Flower Arranging 2:00 Snack Attack 2:30 Boat Races 3:00 Afternoon Stroll 4:00 Classic TV and 1:1’s 6:00 Movie Night	14 Octoberfest 9:30 iN2L Exercise 10:00 Morning Munch 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Octoberfest 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	15 National Boss’s Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	16 Global Cat Day 9:30 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Cat Videos	17 National Pasta Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Games 1:30 Take A Stroll 2:30 Root Beer Float 3:00 Movie and Spa 4:00 iN2L Music
18 National Chocolate Cupcake Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Chocolate Cupcakes! 2:30 Let’s Walk 3:30 Hymn Sing 4:00 Music Video	19 Natl. New Friends Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures 5:00 Activity	20 Natl. Day of Writing 9:30 Yoga 10:00 Morning Munch 10:30 Card Games 11:30 iN2L Trivia 1:30 Flower Arranging 2:00 Snack Attack 3:00 Afternoon Stroll 4:00 Classic TV and 1:1’s 6:00 Movie Night 5:00 Activity	21 National Pumpkin Cheesecake Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Bake Day: Pumpkin Cheesecake Bars 1:30 Watercolor MIM 2:00 Snack Attack 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	22 National Nut Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	23 National Crocodile Day 9:30 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Game Show TV	24 United Nations Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Games 1:30 Take A Stroll 2:30 Root Beer Float 3:00 Movie and Spa 4:00 iN2L Music
25 National Art Day 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Active Game 1:30 Sunday Sports 2:00 Snack Attack 2:30 Let’s Walk 3:30 Hymn Sing 4:00 Music Video	26 National Pumpkin Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:00 Dancing/Karaoke 1:30 Bingo 2:00 Snack Attack 2:30 Painting Pumpkins 3:30 Manicures	27 National Black Cat Day 9:30 Yoga 10:00 Morning Munch 10:30 Bake Day: Pumpkin Dessert 11:30 iN2L Trivia 1:30 Flower Arranging 2:00 Snack Attack 3:00 Afternoon Stroll 4:00 Classic TV and 1:1’s 6:00 Movie Night	28 National Chocolate Day 9:30 iN2L Exercise 10:00 Morning Munch 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 3:00 iN2L Word Games 3:30 Afternoon Stroll 4:00 How its made video	29 National Oatmeal Day 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Card Game 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 Cooking Video	30 Natl. Candy Cane Day 9:30 iN2L Exercise 10:00 Morning Munch 11:00 iN2L Trivia 11:30 Manicures 1:30 Walking Club 2:00 Snack Attack 2:30 Crafty Corner 3:30 iN2L Games 4:00 Game Show TV 5:00 Activity	31 Halloween 9:30 Ball Toss 10:00 Morning Munch 10:30 Remember When 11:30 iN2L Games 1:30 Take A Stroll 2:00 Halloween Party 3:00 Movie and Spa 4:00 iN2L Music