

The Oaks at Belmont - AL
Assisted Living



October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<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</p>	<p>M - Music to My Ears S - Signature Events V - Vitality</p>	<p><u>Birthdays</u></p>			<p>1 K 9:00 Daily Chronicle Delivery GF 11:00 Just the Guys K 11:30 Pre meal Trivia CC 1:00 Dish it up! S 3:00 Happy Hour</p>	<p>2 K 9:00 Daily Chronicle Delivery L 10:00 Armchair Traveler (BC) K 11:30 Pre meal Trivia GG 1:00 BINGO</p>
<p>3 K 9:00 Daily Chronicle Delivery I 10:00 Catholic Mass at The Cathedral- Ch. 7 M 10:00 Sunday Devotions and hymns K 11:30 Pre meal Trivia</p>	<p>4 K 9:00 Daily Chronicle Delivery 9:30 Drummers circle K 11:30 Pre meal Trivia GF 2:00 Monday Matinee</p>	<p>5 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO GF 3:00 Fancy Fingers</p>	<p>6 K 9:00 Daily Chronicle Delivery K 9:30 Brain Games V 11:30 Yoga Time! S 1:30 Chef's Circle 2:00 Sing-a-long Social L 3:30 Activity Cart visits in</p>	<p>7 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO A 3:00 Crafters Corner</p>	<p>8 K 9:00 Daily Chronicle Delivery V 9:30 Movin' and Groovin' K 11:30 Pre meal Trivia CC 1:00 Dish it up! S 3:00 Happy Hour</p>	<p>9 K 9:00 Daily Chronicle Delivery L 10:00 Armchair Traveler (BC) K 11:30 Pre meal Trivia GG 1:00 BINGO</p>
<p>10 K 9:00 Daily Chronicle Delivery I 10:00 Catholic Mass at The Cathedral- Ch. 7 M 10:00 Sunday Devotions and hymns K 11:30 Pre meal Trivia</p>	<p>11 Columbus Day K 9:00 Daily Chronicle Delivery 9:30 Drummers circle 10:00 Oktoberfest Theme Week Kickoff! K 11:30 Pre meal Trivia- Test your German</p>	<p>12 K 9:00 Daily Chronicle Delivery GF 9:30 Polka, Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO GF 3:00 Fancy Fingers</p>	<p>13 K 9:00 Daily Chronicle Delivery K 9:30 Brain Games V 11:30 Yoga Time! S 1:30 Chef's Circle GF 2:00 Spooky decorating time!</p>	<p>14 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO A 3:00 Crafters Corner-</p>	<p>15 K 9:00 Daily Chronicle Delivery V 9:30 Movin' and Groovin' K 11:30 Pre meal Trivia CC 1:00 Dish it up!- German Style! S 3:00 Oktoberfest Happy Hour</p>	<p>16 K 9:00 Daily Chronicle Delivery L 10:00 Armchair Traveler (BC) K 11:30 Pre meal Trivia GG 1:00 BINGO</p>
<p>17 K 9:00 Daily Chronicle Delivery I 10:00 Catholic Mass at The Cathedral- Ch. 7 M 10:00 Sunday Devotions and hymns K 11:30 Pre meal Trivia</p>	<p>18 K 9:00 Daily Chronicle Delivery 9:30 Drummers circle K 11:30 Pre meal Trivia GF 2:00 Monday Matinee</p>	<p>19 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO CC 3:00 Community Connections</p>	<p>20 K 9:00 Daily Chronicle Delivery K 9:30 Brain Games V 11:30 Yoga Time! S 1:30 Chef's Circle CC 2:00 Everything PUMPKIN! L 3:30 Activity Cart visits in</p>	<p>21 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO A 3:00 Crafters Corner</p>	<p>22 K 9:00 Daily Chronicle Delivery V 9:30 Movin' and Groovin' K 11:30 Pre meal Trivia CC 1:00 Dish it up! S 3:00 Happy Hour</p>	<p>23 K 9:00 Daily Chronicle Delivery L 10:00 Armchair Traveler (BC) K 11:30 Pre meal Trivia GG 1:00 BINGO</p>
<p>24 K 9:00 Daily Chronicle Delivery I 10:00 Catholic Mass at The Cathedral- Ch. 7 M 10:00 Sunday Devotions and hymns K 11:30 Pre meal Trivia</p>	<p>25 K 9:00 Daily Chronicle Delivery 9:30 Drummers circle K 11:30 Pre meal Trivia GF 2:00 Monday Matinee</p>	<p>26 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO GF 3:00 Fancy Fingers</p>	<p>27 K 9:00 Daily Chronicle Delivery K 9:30 Brain Games V 11:30 Yoga Time! A 1:00 Pumpkin carving/decorating S 1:30 Chef's Circle</p>	<p>28 K 9:00 Daily Chronicle Delivery GF 9:30 Coffee and Conversation K 11:30 Pre meal Trivia GG 1:00 BINGO A 3:00 Crafters Corner</p>	<p>29 K 9:00 Daily Chronicle Delivery V 9:30 Movin' and Groovin' K 11:30 Pre meal Trivia CC 1:00 Dish it up! S 3:00 Halloween Happy Hour</p>	<p>30 K 9:00 Daily Chronicle Delivery L 10:00 Armchair Traveler (BC) K 11:30 Pre meal Trivia GG 1:00 BINGO</p>
<p>31 Halloween K 9:00 Daily Chronicle Delivery I 10:00 Catholic Mass at The Cathedral- Ch. 7 M 10:00 Sunday Devotions and hymns K 11:30 Pre meal Trivia</p>						



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Saturday

<p>A - Artisans CD - Clinical Distinction CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce</p>	<p>L - Lifelong Learning M - Music to My Ears S - Signature Events V - Vitality</p>	<p><u>Birthdays</u></p>			<p>1 K 9:00 Daily Chronicle Delivery GF 11:00 Just the Guys K 11:30 Pre meal Trivia CC 1:00 Dish it up! S 3:00 Happy Hour</p>	<p>2 K 9:00 Daily Chronicle Delivery L 10:00 Armchair Traveler (BC) K 11:30 Pre meal Trivia GG 1:00 BINGO</p>
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<p>31 Halloween K 9:00 Daily Chronicle Delivery I 10:00 Catholic Mass at The Cathedral- Ch. 7 M 10:00 Sunday Devotions and hymns K 11:30 Pre meal Trivia</p>						

The Oaks at Belmont - IL
Independent Living



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Sunday

Monday

Tuesday

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Thursday

Friday

Saturday

A - Artisans
CC - Community Connections
GG - Group Games
I - Inspirations
K - Keeping it Sharp/Reminisce
L - Lifelong Learning
S - Signature Events
V - Vitality

3
K 9:00 Daily Chronicle Delivery
I 10:00 Catholic Mass at The Cathedral- Ch. 7
I 2:30 Non-Denominational Service (BC)

10
K 9:00 Daily Chronicle Delivery
I 10:00 Catholic Mass at The Cathedral- Ch. 7
I 2:30 Non-Denominational Service (BC)

17
K 9:00 Daily Chronicle Delivery
I 10:00 Catholic Mass at The Cathedral- Ch. 7
I 2:30 Non-Denominational Service (BC)

24
K 9:00 Daily Chronicle Delivery
I 10:00 Catholic Mass at The Cathedral- Ch. 7
I 2:30 Non-Denominational Service (BC)

31 **Halloween**
K 9:00 Daily Chronicle Delivery
I 10:00 Catholic Mass at The Cathedral- Ch. 7
I 2:30 Non-Denominational Service (BC)

4
K 9:00 Daily Chronicle Delivery

11 **Columbus Day**
K 9:00 Daily Chronicle Delivery

18
K 9:00 Daily Chronicle Delivery

25
K 9:00 Daily Chronicle Delivery

5
K 9:00 Daily Chronicle Delivery
CC 11:00 The Oaks IL Resident Monthly Meeting
GG 3:00 Independent Games/Cards in Bistro

12
K 9:00 Daily Chronicle Delivery
GG 3:00 Independent Games/Cards in Bistro

19
K 9:00 Daily Chronicle Delivery
GG 3:00 Independent Games/Cards in Bistro

26
K 9:00 Daily Chronicle Delivery
GG 3:00 Independent Games/Cards in Bistro

6
K 9:00 Daily Chronicle Delivery
V 11:00 Yoga with Emily

13
K 9:00 Daily Chronicle Delivery
V 11:00 Yoga with Emily
L 4:00 German Castle tour- Broadcast Channel

20
K 9:00 Daily Chronicle Delivery
V 11:00 Yoga with Emily

27
K 9:00 Daily Chronicle Delivery
V 11:00 Yoga with Emily

7
K 9:00 Daily Chronicle Delivery
I 1:00 Bible Study
A 4:00 Crafters Corner

14
K 9:00 Daily Chronicle Delivery
A 4:00 Crafters Corner

21
K 9:00 Daily Chronicle Delivery
A 4:00 Crafters Corner

28
K 9:00 Daily Chronicle Delivery
A 4:00 Crafters Corner

1
K 9:00 Daily Chronicle Delivery
S 3:00 Happy Hour

8
K 9:00 Daily Chronicle Delivery
GG 11:00 Bingo with Cheryl from Careology Home Care
S 3:00 Happy Hour

15
K 9:00 Daily Chronicle Delivery
S 3:00 Oktoberfest Happy Hour

22
K 9:00 Daily Chronicle Delivery
S 3:00 Happy Hour

29
K 9:00 Daily Chronicle Delivery
S 3:00 Halloween Happy Hour

2
K 9:00 Daily Chronicle Delivery
L 10:00 Armchair Traveler (BC)

9
K 9:00 Daily Chronicle Delivery
L 10:00 Armchair Traveler (BC)

16
K 9:00 Daily Chronicle Delivery
L 10:00 Armchair Traveler (BC)

23
K 9:00 Daily Chronicle Delivery
L 10:00 Armchair Traveler (BC)

30
K 9:00 Daily Chronicle Delivery
L 10:00 Armchair Traveler (BC)



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<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>Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	<p><u>Birthdays</u></p>	<p>1 V Basketball K Football Frenzy CC Pumpkin Pie Chocolate Chip Cookies Relax & Recharge A Autumn Sun Printing M October Happy Hour</p>	<p>2 V Chair Swimming K Quick Words CC Pumpkin Pie Truffles Relax & Recharge A Candy Corn Button Craft M Feel the Rhythm CC Halloween Buns</p>
<p>3 V Costume Parade K Fall Memories CC BLT Dip Relax & Recharge A Wine Cork Pumpkins M Celebrity Sunday CC Pumpkin Scones</p>	<p>4 V Don't Worry, Be Happy K Autumn Poem CC Maple Oatmeal Cookies Relax & Recharge A Have a Gentle Conversation M Who Am I? CC Maple Oatmeal Cookies</p>	<p>5 V Pretzel Toss K Create A Caption CC Maple Oatmeal Cookies Relax & Recharge A Tissue Paper Leaves M Campfire Songs CC Maple Oatmeal Cookies</p>	<p>6 V Stein Exercises K Yard Sale CC Beer Cheese Dip Relax & Recharge A Paper Pumpkins M Name That Instrument CC Beer Cheese Dip</p>	<p>7 V POLKA! K Let's Spell Fall CC Pumpkin Cheesecake Swirl Muffins Relax & Recharge A Tissue Paper Flowers M Name That Instrument</p>	<p>8 V Basketball K Football Frenzy CC Apple Cider Cake Relax & Recharge A Salt Dough Ornaments M October Happy Hour CC Apple Cider Cake</p>	<p>9 V Chair Swimming K Quick Words CC Baked Coconut Custard Relax & Recharge A Salt Dough Ornaments M Feel the Rhythm CC Baked Coconut Custard</p>
<p>10 V Costume Parade K Fall Memories CC Pumpkin Scones Relax & Recharge A Edelweiss Flower Picture M Celebrity Sunday CC Edelweiss Flower Picture</p>	<p>11 Columbus Day V Don't Worry, Be Happy K Autumn Poem CC German Oktoberfest Stew Relax & Recharge A Shultute Cone M Who Am I? CC German Oktoberfest Stew</p>	<p>12 V Pretzel Toss K Create A Caption CC German Beer Cheese Spread Relax & Recharge A Lebkuchenherzen paper hearts M Campfire Songs CC German Beer Cheese Spread</p>	<p>13 V Stein Exercises K Yard Sale CC German Apple Cake Relax & Recharge A Edelweiss Ornament M Name That Instrument CC German Apple Cake</p>	<p>14 V POLKA! K Let's Spell Fall CC Pretzel Flight Relax & Recharge A German Creative Storytelling M Groovin' Gospel CC Pretzel Flight</p>	<p>15 V Basketball K Football Frenzy CC German Crock Pot Rice Pudding Relax & Recharge A Decorative Designs M October Happy Hour CC German Crock Pot Rice Pudding</p>	<p>16 V Chair Swimming K Quick Words CC Broccoli Apple Cheese Soup Relax & Recharge A Melted Crayon Pumpkins M Feel the Rhythm CC Broccoli Apple Cheese Soup</p>
<p>17 V Costume Parade K Fall Memories CC Pear Crisp Relax & Recharge A Dunkin Pumpkins M Celebrity Sunday CC Pear Crisp</p>	<p>18 V Don't Worry, Be Happy K Autumn Poem CC Apple Pecan Fall Salad Relax & Recharge A Brushless Painting M Who Am I? CC Apple Pecan Fall Salad</p>	<p>19 V Pretzel Toss K Create A Caption CC Cinnamon Roll Sugar Cookies Relax & Recharge A Salt Painting M Campfire Songs CC Cinnamon Roll Sugar Cookies</p>	<p>20 V Stein Exercises K Yard Sale CC Berry Croissant Bake Relax & Recharge A Cut & Paste Pumpkin Face M Name That Instrument CC Berry Croissant Bake</p>	<p>21 V POLKA! K Let's Spell Fall CC Cheese Crispies Relax & Recharge A Paint with Wheels M Groovin' Gospel CC Cheese Crispies</p>	<p>22 V Basketball K Football Frenzy CC Cornmeal Cookies Relax & Recharge A Sandpaper Painting M October Happy Hour CC Cornmeal Cookies</p>	<p>23 V Chair Swimming K Quick Words CC Parmesan Brussel Sprouts & Dip Relax & Recharge A Tie Wreath M Feel the Rhythm CC Parmesan Brussel Sprouts & Dip</p>
<p>24 V Costume Parade K Fall Memories CC Cappuccino Muffins Relax & Recharge A Clay Hands M Celebrity Sunday CC Cappuccino Muffins</p>	<p>25 V Don't Worry, Be Happy K Autumn Poem CC Red Lobster Cheddar Biscuits Relax & Recharge A Autumn Decor M Who Am I? CC Red Lobster Cheddar Biscuits</p>	<p>26 V Pretzel Toss K Create A Caption CC Mexican Stuffed Avocados Relax & Recharge A Pinecone Mummies M Campfire Songs CC Mexican Stuffed Avocados</p>	<p>27 V Stein Exercises K Yard Sale CC Apple Spice Dump Cake Relax & Recharge A Ghost Rocks M Name That Instrument CC Apple Spice Dump Cake</p>	<p>28 V POLKA! K Let's Spell Fall CC Creamy Corn Casserole Relax & Recharge A Tissue Paper Pumpkin Favors M Groovin' Gospel CC Creamy Corn Casserole</p>	<p>29 V Basketball K Football Frenzy CC Halloween Cream Cheese Swirl Brownies Relax & Recharge A Halloween Candy Wrappers M October Happy Hour CC Halloween Cream Cheese Swirl Brownies</p>	<p>30 V Chair Swimming K Quick Words CC Candy Corn Crunch Relax & Recharge A Halloween Pumpkin Vase M Feel the Rhythm CC Candy Corn Crunch</p>
<p>31 Halloween V Costume Parade K Fall Memories CC Hocus Pocus Buns Relax & Recharge A Halloween Wall Art M Celebrity Sunday CC Hocus Pocus Buns</p>						