



# October 2021

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|--|--|---|---|---|--|---|
| <p><b>A</b> - Artisans<br/> <b>GF</b> - Gathering of Friends<br/> <b>GG</b> - Group Games<br/> <b>I</b> - Inspirations<br/> <b>K</b> - Keeping it Sharp/Reminisce<br/> <b>M</b> - Music to My Ears</p> | <p><b>S</b> - Signature Events<br/> <b>V</b> - Vitality</p>  | <p><u>Birthdays</u></p>   | <p>Outings are weather permitting<br/> Outings : Please sign up with Life Enrichment<br/> Concert courtyard are weather permitting<br/> Activities subject and</p>          |   | <p><b>1</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Zumba Gold - Town Square<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2</p>  | <p><b>2</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot</p>  |
| <p><b>3</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club</p>                               | <p><b>4</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>S</b> 10:15 Noodle Volleyball-Town Square<br/> <b>A</b> 1:30 Paint with me<br/> <b>GG</b> 3:00 Bingo Monday</p>                   | <p><b>5</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church Service 8</p>                     | <p><b>6</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Mosaic Pasta Craft - AL Activity Room<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking club</p>        | <p><b>7</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Strength Exercise - Time Square<br/> 1:30 Butterscotch Pecan Bread Budding</p>                         | <p><b>8</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Zumba Gold - Town Square<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2</p>  | <p><b>9</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot</p>  |
| <p><b>10</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club</p>                              | <p><b>11</b> <b>Columbus Day</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Chair Exercise-Town Square<br/> <b>A</b> 1:30 Paint with me<br/> <b>GG</b> 3:00 Bingo Monday</p> | <p><b>12</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church Service 8</p>                    | <p><b>13</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Oktoberfest Craft - AL Activity Room<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking club</p>        | <p><b>14</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Polka Dance Exercise - Time Square<br/> <b>S</b> 11:00 AL Resident Council AL</p>                     | <p><b>15</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Zumba Gold - Town Square<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2</p> | <p><b>16</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot</p> |
| <p><b>17</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club</p>                              | <p><b>18</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Chair Exercise-Town Square<br/> <b>A</b> 1:30 Paint a small pumpkin with me<br/> <b>GG</b> 2:00 Bingo Monday</p>     | <p><b>19</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church Service 8</p>                    | <p><b>20</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Paint a small pumpkin with me - Time Square<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking club</p> | <p><b>21</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Strength Exercise - Time Square<br/> 1:30 Halloween Brownie Pizza<br/> <b>K</b> 2:00 Bingo - Town</p> | <p><b>22</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Zumba Gold - Town Square<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2</p> | <p><b>23</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot</p> |
| <p><b>24</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club</p>                              | <p><b>25</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Chair Exercise-Town Square<br/> <b>A</b> 1:30 Paint with me<br/> <b>GG</b> 3:00 Bingo Monday</p>                     | <p><b>26</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> 10:09 Bake with Allison<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church</p> | <p><b>27</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Craft: Willow Family Tree AL-Activity Room<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking</p>       | <p><b>28</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Strength Exercise - Time Square<br/> 1:00 Bake with Alex<br/> 3:00 Bingo - Time square</p>            | <p><b>29</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Zumba Gold - Town Square<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2</p> | <p><b>30</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot</p> |
| <p><b>31</b> <b>Halloween</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club</p>             |  |   |   |   |  |   |



# October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|  |   |  |   |  |   |  |
|--|---|--|---|--|---|--|
| <p><b>A</b> - Artisans<br/> <b>GF</b> - Gathering of Friends<br/> <b>I</b> - Inspirations<br/> <b>K</b> - Keeping it Sharp/Reminisce<br/> <b>M</b> - Music to My Ears<br/> <b>S</b> - Signature Events<br/> <b>V</b> - Vitality</p>                      | <p>Location Key:<br/> ML- McPherson Lane<br/> RR- Recreation Room<br/> TS- Town Square<br/> CC- Cantaloupe Cafe<br/> HS- Honey Sweet Cafe<br/> CP- Griffith Parkway</p> | <p><u>Birthdays</u></p>  | <p>Nails are done by volunteers approximately every other week. Watch your daily schedules to see when they are coming!</p>   |  | <p><b>1</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2<br/> <b>K</b> 2:00 Whiteboard World Games - Courtyard Weather Permitting</p>   | <p><b>2</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot drinks</p>  |
| <p><b>3</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club<br/> <b>I</b> 3:00 Church Service-Channel 2 &amp; Town Square</p>                   | <p><b>4</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>S</b> 10:15 Noodle Volleyball- Town Square<br/> <b>K</b> 11:00 Trivia - AL Common Area</p>                       | <p><b>5</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church Service &amp; Communion<br/> <b>M</b> 3:00 Sing-Along- Channel 2 &amp; AL Activity Room</p>  | <p><b>6</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Mosaic Pasta Craft - AL Activity Room<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking club<br/> <b>S</b> 3:00 Wine Down Wednesday AL Activity Room</p>        | <p><b>7</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Strength Exercise - Time Square<br/> <b>S</b> 1:30 Chef's Circle- AL Common Area<br/> <b>K</b> 2:30 Bingo - Town Square</p> | <p><b>8</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2<br/> <b>K</b> 2:00 Whiteboard World Games - Courtyard Weather Permitting<br/> <b>S</b> 3:00 Happy Hour Drink &amp; Snacks</p>  | <p><b>9</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot drinks</p>  |
| <p><b>10</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club<br/> <b>I</b> 3:00 Church Service-Channel 2 &amp; Town Square</p>                  | <p><b>11</b> <b>Columbus Day</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Chair Exercise- Town Square<br/> <b>K</b> 11:00 Trivia - AL Common Area</p>     | <p><b>12</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church Service &amp; Communion<br/> <b>M</b> 3:00 Sing-Along- Channel 2 &amp; AL Activity Room</p> | <p><b>13</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Oktoberfest Craft - AL Activity Room<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking club<br/> <b>S</b> 3:00 Wine Down Wednesday AL Activity Room</p>        | <p><b>14</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Polka Dance Exercise - Time Square<br/> <b>K</b> 3:00 Bingo - Town Square</p>  | <p><b>15</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2<br/> <b>K</b> 2:00 Whiteboard World Games - Courtyard Weather Permitting<br/> <b>S</b> 3:00 Happy Hour Drink &amp; Snacks</p> | <p><b>16</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot drinks</p> |
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| <p><b>24</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club<br/> <b>I</b> 3:00 Church Service-Channel 2 &amp; Town Square</p>                  | <p><b>25</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Chair Exercise- Town Square<br/> <b>K</b> 11:00 Trivia - AL Common Area</p>                         | <p><b>26</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Hundred Steps Exercise - Town Square<br/> <b>I</b> 11:00 Catholic Church Service &amp; Communion<br/> <b>M</b> 3:00 Sing-Along- Channel 2 &amp; AL Activity Room</p> | <p><b>27</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>A</b> 10:15 Craft: Willow Family Tree AL- Activity Room<br/> <b>V</b> 1:30 Trail Mix Club - Inside walking club<br/> <b>S</b> 3:00 Wine Down Wednesday AL Activity Room</p> | <p><b>28</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>V</b> 10:15 Strength Exercise - Time Square<br/> <b>S</b> 11:00 HC Resident Council - Town Square</p>                                  | <p><b>29</b><br/> <b>K</b> 9:00 Daily Chronicle<br/> <b>I</b> 10:30 In-Room Devotions-Channel 2<br/> <b>K</b> 2:00 Whiteboard World Games - Courtyard Weather Permitting<br/> <b>S</b> 3:00 Happy Hour Drink &amp; Snacks</p> | <p><b>30</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>K</b> 1:15 Trivia AL Activity Room<br/> <b>GF</b> 2:00 Tunes &amp; Hot drinks</p> |
| <p><b>31</b> <b>Halloween</b><br/> <b>K</b> 9:30 Daily Chronicle<br/> <b>V</b> 10:30 Exercise Town Square<br/> <b>GF</b> 11:00 Coffee &amp; Discussion<br/> <b>V</b> 2:00 Walking Club<br/> <b>I</b> 3:00 Church Service-Channel 2 &amp; Town Square</p> |   |  |   |  |   |  |



The Willows at Howell Legacy  
Neighborhood  
Daily Rhythms Calendar



# October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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