



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 In-Room Exercise on Ch. 2 10:00 Moving to Music (ALRR) 10:30 The Arts (ALRR) 1:00 Learning Never Ends (AL Living Room)	2 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
3 10:00 Grace Fellowship on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)	4 10:00 In-Room Exercise on Ch. 2 10:00 Workout with Weights (ALRR) 10:30 The Artist in You (ALRR) 1:00 Bingo (HCRR)	5 10:00 Balloon Blast (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Musical Moments (ALRR) 1:00 Trivia Time! (AL Living Room)	6 10:00 In-Room Exercise on Ch. 2 10:00 Sit and Be Fit (ALRR) 10:30 Kitchen Kreations (ALRR) 2:30 Violet Springs Men's Club 4:30 Get to Know Your	7 10:00 In-Room Exercise on Ch. 2 10:00 Kickball (ALRR) 10:30 Bible Study with Pastor Paul (ALRR) 1:00 Cranium Crunches (AL	8 10:00 In-Room Exercise on Ch. 2 10:00 Moving to Music (ALRR) 10:30 The Arts (ALRR) 1:00 Learning Never Ends (AL Living Room)	9 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
10 10:00 Reverend Alistair Begg on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)	11 Columbus Day 10:00 In-Room Exercise on Ch. 2 10:00 Masskrugstemmen Contest (ALRR) 10:30 Make Your Own German Clock (ALRR)	12 10:00 Brezel Werfen Contest (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 German Yodeling Fun (ALRR)	13 10:00 Hammerschlagen Competition (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Kitchen Kreations: Apple Strudel (ALRR)	14 10:00 Armchair Polka (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Bible Study with Pastor Dan (ALRR) 1:00 Special Feature Matinee:	15 10:00 Der Huhnertanz (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Bavarian Folk Art (ALRR) 1:00 Top 40 German Inventions (AL Living	16 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
17 10:00 Grace Fellowship on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)	18 10:00 In-Room Exercise on Ch. 2 10:00 Workout with Weights (ALRR) 10:30 The Artist in You (ALRR) 1:00 Bingo (HCRR)	19 10:00 Balloon Blast (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Musical Moments (ALRR) 1:00 Trivia Time! (AL Living Room)	20 10:00 In-Room Exercise on Ch. 2 10:00 Sit and Be Fit (ALRR) 10:30 Kitchen Kreations (ALRR) 2:30 Violet Springs Men's Club 4:30 Get to Know Your	21 10:00 In-Room Exercise on Ch. 2 10:00 Kickball (ALRR) 10:30 Bible Study with Pastor Paul (ALRR) 1:00 Cranium Crunches (AL	22 10:00 In-Room Exercise on Ch. 2 10:00 Moving to Music (ALRR) 10:30 The Arts (ALRR) 1:00 Learning Never Ends (AL Living Room)	23 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
24 10:00 NewLife Church Service (Channel 2) 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)	25 10:00 In-Room Exercise on Ch. 2 10:00 Workout with Weights (ALRR) 10:30 The Artist in You (ALRR) 1:00 Bingo (HCRR)	26 10:00 Balloon Blast (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Musical Moments (ALRR) 1:00 Trivia Time! (AL Living Room)	27 10:00 In-Room Exercise on Ch. 2 10:00 Sit and Be Fit (ALRR) 10:30 Kitchen Kreations (ALRR) 1:00 Resident Council (ALRR) 2:30 Service Project (ALRR)	28 10:00 In-Room Exercise on Ch. 2 10:00 Kickball (ALRR) 10:30 Bible Study with Pastor Dan (ALRR) 1:00 Cranium Crunches (AL	29 10:00 In-Room Exercise on Ch. 2 10:00 Moving to Music (ALRR) 10:30 The Arts (ALRR) 1:00 Learning Never Ends (AL Living Room)	30 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
31 Halloween 10:00 NewLife Church on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)						



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17 10:00 Grace Fellowship on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)	18 10:00 In-Room Exercise on Ch. 2 10:00 Workout with Weights (ALRR) 10:30 The Artist in You (ALRR) 1:00 Bingo (HCRR)	19 10:00 Balloon Blast (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Musical Moments (ALRR) 1:00 Mindful Moments (for specific residents, in	20 10:00 In-Room Exercise on Ch. 2 10:00 Sit and Be Fit (ALRR) 10:30 Kitchen Kreations (ALRR) 1:00 Mindful Moments (for specific residents, in	21 10:00 In-Room Exercise on Ch. 2 10:00 Kickball (ALRR) 10:30 Bible Study with Pastor Paul (ALRR) 1:00 Cranium Crunches (AL	22 10:00 In-Room Exercise on Ch. 2 10:00 Moving to Music (ALRR) 10:30 The Arts (ALRR) 1:00 Learning Never Ends (AL Living Room)	23 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
24 10:00 NewLife Church Service (Channel 2) 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)	25 10:00 In-Room Exercise on Ch. 2 10:00 Workout with Weights (ALRR) 10:30 The Artist in You (ALRR) 1:00 Bingo (HCRR)	26 10:00 Balloon Blast (ALRR) 10:00 In-Room Exercise on Ch. 2 10:30 Musical Moments (ALRR) 1:00 Mindful Moments (for specific residents, in	27 10:00 In-Room Exercise on Ch. 2 10:00 Sit and Be Fit (ALRR) 10:30 Kitchen Kreations (ALRR) 1:00 Mindful Moments (for specific residents, in	28 10:00 In-Room Exercise on Ch. 2 10:00 Kickball (ALRR) 10:30 Bible Study with Pastor Dan (ALRR) 1:00 Cranium Crunches (AL	29 10:00 In-Room Exercise on Ch. 2 10:00 Moving to Music (ALRR) 10:30 The Arts (ALRR) 1:00 Learning Never Ends (AL Living Room)	30 10:00 Chair Aerobics (Ch. 2) 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 3:00 Patio Time (in the
31 Halloween 10:00 NewLife Church on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to rooms)						



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please check your daily activity sheets for any updates or changes. Thank you! The Life Enrichment Team					1 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 3:00 Happy Hour in the HC Dining Room	2 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2)
3 8:30 Bistro Coffee Club 10:00 Grace Fellowship on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to room)	4 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 2:00 Bistro Bingo 3:00 Exploring Our Theme Documentary (Ch. 2)	5 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Resident-Led Table Games 2:00 Inspired Living Meeting with Jackie 3:00 Tuesday Matinee (Ch. 2)	6 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Learning Never Ends 2:30 Violet Springs Men's Club	7 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 10:30 Bible Study with Pastor Paul (ALRR) 1:30 Technology Time with Emily (IL Living Room) 2:30 Chef's Corner with DFS	8 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 IL Arts & Crafts 3:00 Happy Hour in the HC Dining Room	9 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 2:00 Movie Time (Ch. 2)
10 8:30 Bistro Coffee Club 10:00 Reverend Alistair Begg on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to room)	11 Columbus Day 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 2:00 Bistro Bingo 3:00 Exploring Our Theme Documentary: Germany (Ch. 2)	12 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Resident-Led Table Games 3:00 Tuesday Matinee: Sleeping Beauty (Ch. 2)	13 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Learning Never Ends 2:30 Violet Springs Ladies' Club (ALRR)	14 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 10:30 Bible Study with Pastor Dan (ALRR) 1:00 Special Feature Matinee: "Heidi" 1:30 Catholicism (Ch. 2)	15 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 IL Arts & Crafts 3:00 Biergarten Blitz (HC Dining Room)	16 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 2:00 Movie Time (Ch. 2)
17 8:30 Bistro Coffee Club 10:00 Grace Fellowship on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to room)	18 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 2:00 Bistro Bingo 3:00 Exploring Our Theme Documentary (Ch. 2)	19 8:30 Bistro Coffee Club 9:00 Wellness with "At Your Door" (IL Living Room) 10:00 Exercise on Channel 2 1:30 Resident-Led Table Games 3:00 Tuesday Matinee (Ch. 2)	20 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Learning Never Ends 2:30 Violet Springs Men's Club	21 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 10:30 Bible Study with Pastor Paul (ALRR) 1:30 Technology Time with Emily (IL Living Room) 2:30 Chef's Corner with DFS	22 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 10:00 Summit Health Exercise Class 1:30 IL Arts & Crafts 3:00 Happy Hour in the HC Dining Room	23 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 2:00 Movie Time (Ch. 2)
24 8:30 Bistro Coffee Club 10:00 NewLife Church Service (Channel 2) 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to room)	25 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 2:00 Bistro Bingo 3:00 Exploring Our Theme Documentary (Ch. 2)	26 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Resident-Led Table Games 3:00 Tuesday Matinee (Ch. 2)	27 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 Learning Never Ends 2:30 Service Project (ALRR)	28 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 10:30 Bible Study with Pastor Dan (ALRR) 2:30 Chef's Corner with DFS Erin (ALRR) 3:00 Activity Cost (brought to room)	29 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 1:30 IL Arts & Crafts 3:00 Happy Hour in the HC Dining Room	30 8:30 Bistro Coffee Club 10:00 Exercise on Channel 2 11:00 Inspirations with Alistair Begg (Ch. 2) 1:30 Movie Matinee with Popcorn (Ch. 2) 2:00 Movie Time (Ch. 2)
31 Halloween 8:30 Bistro Coffee Club 10:00 NewLife Church on Channel 2 11:15 Exercise on Channel 2 1:00 Theme Kick-off Coloring Sheet (delivered to room)						



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations 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 Hand/Lunch Prep</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</p>			<p>1 Chronicles & Coffee Basketball Football Frenzy Pumpkin Pie Chocolate Chip Cookies Relax & Recharge</p>	<p>2 Chronicles & Coffee Chair Swimming Quick Words Pumpkin Pie Truffles Relax & Recharge Candy Corn Button Craft</p>
<p>3 Chronicles & Coffee Costume Parade Fall Memories BLT Dip Relax & Recharge Wine Cork Pumpkins</p>	<p>4 Chronicles & Coffee Don't Worry, Be Happy Autumn Poem Maple Oatmeal Cookies Relax & Recharge Have a Gentle Conversation</p>	<p>5 Chronicles & Coffee Pretzel Toss Create A Caption Maple Oatmeal Cookies Relax & Recharge Tissue Paper Leaves</p>	<p>6 Chronicles & Coffee Stein Exercises Yard Sale Beer Cheese Dip Relax & Recharge Paper Pumpkins</p>	<p>7 Chronicles & Coffee POLKA! Let's Spell Fall Pumpkin Cheesecake Swirl Muffins Relax & Recharge Tissue Paper Flowers</p>	<p>8 Chronicles & Coffee Basketball Football Frenzy Apple Cider Cake Relax & Recharge Salt Dough Ornaments</p>	<p>9 Chronicles & Coffee Chair Swimming Quick Words Baked Coconut Custard Relax & Recharge Salt Dough Ornaments</p>
<p>10 Chronicles & Coffee Costume Parade Fall Memories Pumpkin Scones Relax & Recharge Edelweiss Flower Picture</p>	<p>11 Columbus Day Chronicles & Coffee Don't Worry, Be Happy Autumn Poem German Oktoberfest Stew Relax & Recharge Shultute Cone</p>	<p>12 Chronicles & Coffee Pretzel Toss Create A Caption German Beer Cheese Spread Relax & Recharge Lebkuchenherzen paper hearts</p>	<p>13 Chronicles & Coffee Stein Exercises Yard Sale German Apple Cake Relax & Recharge Edelweiss Ornament</p>	<p>14 Chronicles & Coffee POLKA! Let's Spell Fall Pretzel Flight Relax & Recharge German Creative Storytelling</p>	<p>15 Chronicles & Coffee Basketball Football Frenzy German Crock Pot Rice Pudding Relax & Recharge Decorative Designs</p>	<p>16 Chronicles & Coffee Chair Swimming Quick Words Broccoli Apple Cheese Soup Relax & Recharge Melted Crayon Pumpkins</p>
<p>17 Chronicles & Coffee Costume Parade Fall Memories Pear Crisp Relax & Recharge Dunkin Pumpkins</p>	<p>18 Chronicles & Coffee Don't Worry, Be Happy Autumn Poem Apple Pecan Fall Salad Relax & Recharge Brushless Painting</p>	<p>19 Chronicles & Coffee Pretzel Toss Create A Caption Cinnamon Roll Sugar Cookies Relax & Recharge Salt Painting</p>	<p>20 Chronicles & Coffee Stein Exercises Yard Sale Berry Croissant Bake Relax & Recharge Cut & Paste Pumpkin Face</p>	<p>21 Chronicles & Coffee POLKA! Let's Spell Fall Cheese Crispies Relax & Recharge Paint with Wheels</p>	<p>22 Chronicles & Coffee Basketball Football Frenzy Cornmeal Cookies Relax & Recharge Sandpaper Painting</p>	<p>23 Chronicles & Coffee Chair Swimming Quick Words Parmesan Brussel Sprouts & Dip Relax & Recharge Tie Wreath</p>
<p>24 Chronicles & Coffee Costume Parade Fall Memories Cappuccino Muffins Relax & Recharge Clay Hands</p>	<p>25 Chronicles & Coffee Don't Worry, Be Happy Autumn Poem Red Lobster Cheddar Biscuits Relax & Recharge Autumn Decor</p>	<p>26 Chronicles & Coffee Pretzel Toss Create A Caption Mexican Stuffed Avocados Relax & Recharge Pinecone Mummies</p>	<p>27 Chronicles & Coffee Stein Exercises Yard Sale Apple Spice Dump Cake Relax & Recharge Ghost Rocks</p>	<p>28 Chronicles & Coffee POLKA! Let's Spell Fall Creamy Corn Casserole Relax & Recharge Tissue Paper Pumpkin Favors</p>	<p>29 Chronicles & Coffee Basketball Football Frenzy Halloween Cream Cheese Swirl Brownies Relax & Recharge</p>	<p>30 Chronicles & Coffee Chair Swimming Quick Words Candy Corn Crunch Relax & Recharge Halloween Pumpkin Vase</p>
<p>31 Halloween Chronicles & Coffee Costume Parade Fall Memories NewLife Church on Channel 2 Hocus Pocus Buns Relax & Recharge</p>						