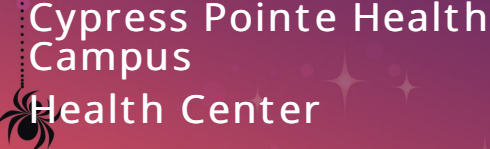


Cypress Pointe Assisted
Living Octobers birthstone is
the opal




October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October's Birthstone is the Opal.	Libra and Scorpion are Octobers zodiac signs.	The Marigold is known to be the flower of October.	Statistics show that babies born in October are extremely smart and high achievers.	October and January 1st always fall on the same day of the week in even numbered years.	<div>1</div> 8:00 International Coffee Day K 9:30 Daily Chronical V 10:00 Coffee Grinder Exercises L 10:45 Grind Your Own coffee	<div>2</div> 8:00 World Card Making Day K 10:00 Daily Chronical K 10:45 Make a Card for Your Loved one I 2:00 Hymns GF 3:00 Popcorn and Chit Chat
<div>3</div> K 9:30 Daily Chronical I 10:30 Bible Readigs I 10:30 Sunday School with Carol K 1:30 Cross Word puzzles - 500 common area	<div>4</div> 8:00 Mousekeeter day K 9:30 Daily Chronical V 10:00 Exercise with the Mousekeeters K 10:45 Mousekeeter Trivia I 1:30 Bible study with Pastor Bryson	<div>5</div> 8:00 National Teacher Day K 9:30 Daily Chronical V 10:00 Clap Erasers for Exercise K 10:45 Spelling Bee K 1:00 Word Puzzle - 500	<div>6</div> 8:00 National Noodle Day K 9:30 Daily Chronical V 10:00 Noodle Balloon Exercise S 10:00 Resident Council Meeting -AR S 11:00 Assisted Living Meeting	<div>7</div> 8:00 Stamp Collectors Day K 9:30 Daily Chronical V 10:00 Sit-n-Stretch S 1:30 Chef's Circle with Jake GF 2:30 Jokes about Stamps A 6:00 Stamp Art	<div>8</div> 8:00 World Egg day K 9:30 Daily Chronical V 10:00 Egg-act exercises GG 10:45 Egg Toss Game S 2:30 Happy Hour Cart with Egg Salad Sandwiches	<div>9</div> K 10:00 Daily Chronical K 10:30 What is a "Puddle Jumper"? L 2:00 Dalmatian Trivia GF 3:00 Popcorn and Chit Chat M 4:00 101 Dalmatians Sound Track
<div>10</div> K 10:00 Daily Chronical I 10:30 Sunday School with Carol I 10:30 Sunday Service A 1:30 Angel Craft K 1:30 Cross Word puzzles - 500	<div>11</div> Columbus Day 8:00 Columbus Day K 9:30 Daily Chronical V 10:00 Shaping Exercises L 10:45 Who Was Christopher Columbus I 1:30 Bible study with Pastor Bryson	<div>12</div> 8:00 Barrel of Laughs Day K 9:30 Daily Chronical V 10:00 Exercise Is No Laughing Matter GF 10:45 Don't Laugh at My Lederhosen K 1:00 Word Puzzle - 500	<div>13</div> 8:00 Take Your Teddy Bear to Work Day K 9:30 Daily Chronical V 10:00 Exercise for Fun L 10:45 Museum Steiff Teddy Bear History and Trivia A 2:30 Teddy Bear Dish	<div>14</div> 8:00 Oktoberfest Celebration K 9:30 Daily Chronical V 10:00 Bear Barrel Polka Exercise CC 10:45 Make Baklava S 1:30 Chef's Circle with Jake	<div>15</div> 8:00 Tell A Story Day K 9:30 Daily Chronical V 10:00 Exercise GF 10:45 Share Your Best Story S 2:30 Oktoberfest Happy Hour	<div>16</div> 8:00 Sweetest Day K 10:00 Daily Chronical K 10:45 Poems for your Sweetheart I 2:00 Love Songs GF 3:00 Popcorn and Chit Chat
<div>17</div> 8:00 Pasta Day K 10:00 Daily Chronical I 10:30 Sunday School with Carol I 10:30 Sunday Service K 1:30 Cross Word puzzles - 500	<div>18</div> 8:00 World Smile Day K 9:30 Daily Chronical GF 10:45 What Makes You Smile Discussion I 1:30 Bible study with Pastor Bryson A 2:30 Make a Smile	<div>19</div> 8:00 World Ballet Day K 9:30 Daily Chronical K 10:45 Ballet Dancers Discussion K 1:00 Word Puzzle - 500 common area CC 2:30 Ballet	<div>20</div> 8:00 Chef's Day K 9:30 Daily Chronical GF 10:45 Cooking Utensels Discussion CC 2:30 Julia Childs Recipe	<div>21</div> 8:00 Nacho Day K 9:30 Daily Chronical V 10:00 Not-Cho Normal Exercise CC 10:45 Make Salsa S 1:30 Chef's Circle with Jake CC 2:30 B	<div>22</div> 8:00 National Nut Day K 9:30 Daily Chronical V 10:00 Don't Go Nuts, Just Exercise S 2:30 Happy Hour	<div>23</div> 8:00 Psychic Day K 9:30 Daily Chronical L 10:30 What is a Psychic I 2:00 Hymns GF 3:00 Popcorn and Chit Chat GF 6:00 "Mystic" Pizza movie
<div>24</div> 8:00 United Nations Day K 10:00 Daily Chronical I 10:00 Sunday Service I 10:30 Sunday School with Carol K 1:30 Cross Word puzzles - 500	<div>25</div> K 9:30 Daily Chronical A 10:45 Design Your Pumpkin I 1:30 Bible study with Pastor Bryson GF 2:30 Pumpkin Judging	<div>26</div> 8:00 Dominos Sugar Day K 9:30 Daily Chronical K 1:00 Word Puzzle - 500 common area GG 2:30 Bingo GF 6:00 Sugar Cookies and Trivia	<div>27</div> 8:00 US Navy Day K 9:30 Daily Chronical V 10:00 Anchor Yourself for Some Great Exercises L 10:45 US Naval Ships Discussion A 2:30 Ship Building Project	<div>28</div> 8:00 Pop, Pop, Pop Day K 9:30 Daily Chronical V 10:00 Pop Up Exercises GG 10:45 Bubble Wrap Popping S 1:30 Chef's Circle with Jake GG 2:30 Pop on in to Bingo GF 6:00 Popcorn and Pumpkin	<div>29</div> K 9:30 Daily Chronical V 10:00 Hoe Down Exercises GF 10:45 Gather your Harvest Party costume S 2:30 Happy Hour Harvest Party in Costume	<div>30</div> K 10:00 Daily Chronical K 10:30 Black Cat Superstitions I 2:00 Hymns GF 3:00 Popcorn and Chit Chat
<div>31</div> Halloween K 10:00 Daily Chronical I 10:30 Sunday School with Carol I 10:30 Sunday Service K 1:30 Cross Word puzzles - 500 common area GF 4:30 Ghost Stories		National Geographic released its first magazine in October 1888		It is believed that the night skies are clearer in October than any other month		The Statue of Liberty arrived in October 1886



Cypress Pointe Health
Campus
Health Center



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October's Birthstone is the Opal</p>	<p>The zodiac sign for October is Libra or Scorpion</p>	<p>The Marigold is the flower associated with October.</p>	<p>Statistics show babies born in October are extremely smart and high achievers.</p>	<p>October and January 1st always fall on the same day of the week in even numbered years.</p>	<div>1</div> <p>8:00 International Coffee Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Coffee Grinder Exercises</p> <p>L 10:45 Grind Your Own coffee</p>	<div>2</div> <p>8:00 World Card Making Day</p> <p>K 10:00 Daily Chronical</p> <p>K 10:45 Make a Card for Your Loved one</p> <p>I 2:00 Hymns</p> <p>GF 3:00 Popcorn and Chit Chat</p>
<div>3</div> <p>K 9:30 Daily Chronical</p> <p>I 10:30 Bible Readigs</p> <p>GF 2:30 Sunday Funnies</p> <p>K 3:30 October T rivia</p>	<div>4</div> <p>8:00 Mousekeeter day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Exercise withthe Mousekeeters</p> <p>K 10:45 Mousekeeter T rivia</p> <p>I 1:30 Bible study with Pastor</p>	<div>5</div> <p>8:00 National Teacher Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Clap Erasers for Exercise</p> <p>K 10:45 Spelling Bee</p> <p>GF 2:30 Bingo</p>	<div>6</div> <p>8:00 National Noodle Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Noodle Balloon Exercise</p> <p>S 10:15 Resident Council</p> <p>S 10:30 Resident Council</p>	<div>7</div> <p>8:00 Stamp Collectors Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Sit-n-Stretch</p> <p>10:45 Stamps from Around the World Discussion</p> <p>GF 2:30 Jokes about Stamps</p>	<div>8</div> <p>8:00 World Egg day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Egg-act exercises</p> <p>GG 10:45 Egg Toss Game</p> <p>1:30 Hospitality Cart</p> <p>S 2:30 Happy Hour Cart with</p>	<div>9</div> <p>8:00 Fire Prevention Day</p> <p>K 10:00 Daily Chronical</p> <p>K 10:30 What is a "Puddle Jumper"?</p> <p>L 2:00 Dalmatian T rivia</p> <p>GF 3:00 Popcorn and Chit Chat</p>
<div>10</div> <p>8:00 Angel Food Cake Day</p> <p>K 10:00 Daily Chronical</p> <p>I 10:30 Sunday Service</p> <p>A 1:30 Angel Craft</p> <p>GF 3:00 Angel Food T reat</p>	<div>11</div> <p>Columbus Day</p> <p>8:00 Columbus Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Shaping Exercises</p> <p>L 10:45 Who Was Christopher Columbus</p> <p>I 1:30 Bible study with Pastor</p>	<div>12</div> <p>8:00 Barrel of Laughs Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Exercise Is No Laughing Matter</p> <p>GF 10:45 Don't Laugh at My Lederhosen</p>	<div>13</div> <p>8:00 Take Your Teddy Bear to Work Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Exercise for Fun</p> <p>L 10:45 Museum Steiff Teddy Bear History and T rivia</p>	<div>14</div> <p>8:00 Oktoberfest Celebration</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Bear Barrel Polka Exercise</p> <p>CC 10:45 Make Baklava</p>	<div>15</div> <p>8:00 Tell A Story Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Exercise</p> <p>GF 10:45 Share You Best Story</p> <p>1:30 Hospitality Cart</p> <p>S 2:30 Oktoberfest Happy</p>	<div>16</div> <p>8:00 Sweetest Day</p> <p>K 10:00 Daily Chronical</p> <p>K 10:45 Poems for your Sweetheart</p> <p>I 2:00 Love Songs</p> <p>GF 3:00 Popcorn and Chit Chat</p>
<div>17</div> <p>8:00 Pasta Day</p> <p>K 10:00 Daily Chronical</p> <p>I 10:30 Sunday Service</p> <p>A 2:30 Pasta Art</p> <p>M 4:00 Sunday Happy songs</p>	<div>18</div> <p>8:00 World Smile Day</p> <p>K 9:30 Daily Chronical</p> <p>GF 10:45 What Makes You Smile Discussion</p> <p>I 1:30 Bible study with Pastor Bryson</p>	<div>19</div> <p>8:00 World Ballet Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Exercises at the Barre</p> <p>K 10:45 Ballet Dancers Discussion</p> <p>GG 2:30 Bingo</p>	<div>20</div> <p>8:00 Chef's Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Chair Dancing</p> <p>GF 10:45 Cooking Utensels Discussion</p> <p>CC 2:30 Julia Childs Recipe</p>	<div>21</div> <p>8:00 Nacho Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Not-Cho Normal Exercise</p> <p>CC 10:45 Make Salsa</p> <p>GG 2:30 Bingo</p>	<div>22</div> <p>8:00 National Nut Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Don't Go Nuts, Just Exercise</p> <p>GF 10:45 Name This Nut</p> <p>1:30 Hospitality Cart</p>	<div>23</div> <p>8:00 Psychic Day</p> <p>K 9:30 Daily Chronical</p> <p>L 10:30 What is a Psychic</p> <p>I 2:00 Hymns</p> <p>GF 3:00 Popcorn and Chit Chat</p> <p>GF 6:00 "Mystic" Pizza movie</p>
<div>24</div> <p>8:00 United Nations Day</p> <p>K 10:00 Daily Chronical</p> <p>I 10:00 Sunday Service</p> <p>L 2:00 United Nations Discussion and facts</p> <p>M 4:00 Patriotic Music</p>	<div>25</div> <p>8:00 National Artist Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Chair Dancing</p> <p>A 10:45 Design Your Pumpkin</p> <p>I 1:30 Bible study with Pastor Bryson</p>	<div>26</div> <p>8:00 Dominos Sugar Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Sweet Exercises</p> <p>A 10:45 Build a Sugar Cube House</p> <p>GG 2:30 Bingo</p>	<div>27</div> <p>8:00 US Navy Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Anchor Yourself for Some Great Exercises</p> <p>L 10:45 US Naval Ships Discussion</p>	<div>28</div> <p>8:00 Pop, Pop, Pop Day</p> <p>K 9:30 Daily Chronical</p> <p>V 10:00 Pop Up Exercises</p> <p>GG 10:45 Bubble Wrap Popping</p> <p>GG 2:30 Pop on in to Bingo</p> <p>GF 6:00 Popcorn and Popular</p>	<div>29</div> <p>9:30 Daily Chronical</p> <p>V 10:00 Hoe Down Exercises</p> <p>GF 10:45 Gather your Harvest Party costume</p> <p>S 2:30 Happy Hour Harvest Party in Costume</p>	<div>30</div> <p>8:00 Black Cat Day</p> <p>K 10:00 Daily Chronical</p> <p>K 10:30 Black Cat Superstitions</p> <p>I 2:00 Hymns</p> <p>GF 3:00 Popcorn and Chit Chat</p>
<div>31</div> <p>Halloween</p> <p>K 10:00 Daily Chronical</p> <p>I 10:30 Sunday Service</p> <p>GF 1:30 Ghost Stories</p> <p>GF 2:30 Fill Your Candy Bucket</p>		<p>National Geographic released its first magazine in October 1888.</p>		<p>It is believed that the night skies are clearer than any other month.</p>		<p>The Statue of Liberty arrived in October 1886.</p>

Activities are subject to change to meet residents requests and safety.



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality</p>	<p>"About Times" 10:00 A.M. Vitality 10:30 A.M. Keeping It Sharp/Reminisce 10:45 A.M. Creative Cooking 11:30 A.M. Lunch Prep 12:00 P.M. Lunch 1:00 P.M. Relax/Recharge</p>	<p>3:00 P.M. Music To My Ears 3:30 P.M. Group Games 4:00 P.M. Keeping It Sharp 4:30 P.M. Dinner Prep 5:00 P.M. Dinner 6:00 P.M. Gathering of Friends 6:30 P.M. Nighttime Traditions "Activities Subject To Change"</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 German Beer Cheese Spread</p>	<p>5 V Pretzel Toss K Create A Caption CC Maple Oatmeal Cookies Relax & Recharge A Tissue Paper Leaves M Campfire Songs CC Needlework</p>	<p>6 V Stein Exercises K Yard Sale CC Beer Cheese Dip Relax & Recharge A Paper Pumpkins M Name That Instrument CC German Apple Cake</p>	<p>7 V POLKA! K Let's Spell Fall CC Pumpkin Cheesecake Swirl Muffins Relax & Recharge A Tissue Paper Flowers M Groovin' Gospel</p>	<p>8 V Basketball K Football Frenzy CC Apple Cider Cake Relax & Recharge A Salt Dough Ornaments M October Happy Hour CC Games We Played As Kids</p>	<p>9 V Chair Swimming K Quick Words CC Baked Coconut Custard Relax & Recharge A Salt Dough Ornaments M Feel the Rhythm CC Halloween Buns</p>
<p>10 V Costume Parade K Fall Memories CC Pumpkin Scones Relax & Recharge A Edelweiss Flower Picture M Celebrity Sunday CC Pumpkin Scones</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 Beer Cheese Spread</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 Needlework</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 Games We Played As Kids</p>	<p>15 V Basketball K Football Frenzy CC German Crock Pot Rice Pudding Relax & Recharge A Decorative Designs M October Happy Hour CC Games We Played As Kids</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 Halloween Buns</p>
<p>17 V Costume Parade K Fall Memories CC Pear Crisp Relax & Recharge A Dunkin Pumpkins M Celebrity Sunday CC Pumpkin Scones</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 German Beer Cheese Spread</p>	<p>19 V Pretzel Toss K Create A Caption CC Cinnamon Roll Sugar Cookies Relax & Recharge A Salt Painting M Campfire Songs CC Needlework</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 German Apple Cake</p>	<p>21 V POLKA! K Let's Spell Fall CC Cheese Crispies Relax & Recharge A Paint with Wheels M Groovin' Gospel CC Games We Played As Kids</p>	<p>22 V Basketball K Football Frenzy CC Cornmeal Cookies Relax & Recharge A Sandpaper Painting M October Happy Hour CC Games We Played As Kids</p>	<p>23 V Chair Swimming K Quick Words CC Parmesan Brussel Sprouts & Dip Relax & Recharge A Tie Wreath M Feel the Rhythm CC Halloween Buns</p>
<p>24 V Costume Parade K Fall Memories CC Cappuccino Muffins Relax & Recharge A Clay Hands M Celebrity Sunday CC Pumpkin Scones</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 German Beer Cheese Spread</p>	<p>26 V Pretzel Toss K Create A Caption CC Mexican Stuffed Avocados Relax & Recharge A Pinecone Mummies M Campfire Songs CC Needlework</p>	<p>27 V Stein Exercises K Yard Sale CC Apple Spice Dump Cake Relax & Recharge A Ghost Rocks M Name That Instrument CC German Apple 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 Games We Played As Kids</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 Games We Played As Kids</p>	<p>30 V Chair Swimming K Quick Words CC Candy Corn Crunch Relax & Recharge A Halloween Pumpkin Vase M Feel the Rhythm CC Halloween Buns</p>
<p>31 Halloween V Costume Parade K Fall Memories CC Hocus Pocus Buns Relax & Recharge A Halloween Wall Art M Celebrity Sunday CC Pumpkin Scones</p>						



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30 Chair Yoga- 30-60 min 2:30 Happy Hour	2 Open Exercise Room 6:00 Resident choice Movie night
3 Resident Choice.	4 9:00 Coffee and Newspaper -1 hour 10:30 Chair Yoga- 30-60 min	5 12:00 Lunch and Learn about Villa Ambassador- 30 min to 45 min	6 National Noodle Day!!! Ramen Cup of Noodles available for lunch! 11:00 exercise class	7 2:00 Villa Community Meeting 1 hour 3:30 Covered Wagon- outing time may fluctuate with meeting ending.	8 10:30 Chair Yoga- 30-60 min 2:30 Happy Hour	9 Open Exercise Room
10 Resident Choice	11 Columbus Day 9:00 Coffee and Newspaper -1 hour 10:30 Chair Yoga- 30-60 min	12	13 1:30 Senior Executive Club- Lunch Drive-Thru	14 11:00 Men's outing- Air Force Museum	15 10:30 Chair Yoga- 30-60 min 2:30 Happy Hour	16 Open Exercise Room 6:00 Game Night Social
17	18 9:00 Coffee and Newspaper -1 hour 10:30 Chair Yoga- 30-60 min	19	20	21 11:00 Ladies Luncheon- Home Sweet Home Cafe	22 10:30 Chair Yoga- 30-60 min 2:30 Happy Hour	23 Open Exercise Room
24	25 9:00 Coffee and Newspaper -1 hour 10:30 Chair Yoga- 30-60 min	26 11:00 Wellness Screening BP/Pulse/Resp/O2- 1 hour	27	28 9:00 Donuts and Coffee 3:16 Shopping outing to Meijer	29 10:30 Chair Yoga- 30-60 min 2:30 Happy Hour	30 Open Exercise Room 6:00 Game Night Social
31 Halloween						