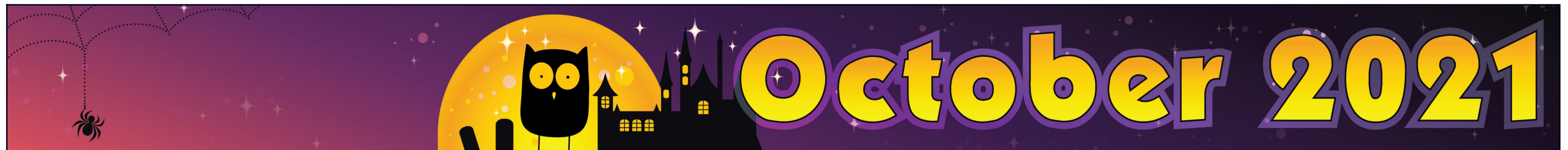




# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Outings are posted with a sign up sheet on Knights Court (300 Hall Nurses Station) Please Contact Dani or Cassidy in Life Enrichment with any questions. Out and Abouts are subject to cancellations due to weather.</p>	<p>Activity Location Key: Health Care Rec Room=1 McIntosh Parlor=2 Assisted Living Rec Room=3 Assisted Living Fire Place=4 Health Care Dining Room=5</p>	<p>Activities are subject to change, you will be notified of changes via LifeShare. Hospitality Cart is available in the Health Center Rec Room and is offered at 9 AM Monday, Wednesday and Friday.</p>	<p><b>A</b> - Artisans <b>CC</b> - Community Connections <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>M</b> - Music to My Ears</p>	<p><b>S</b> - Signature Events <b>V</b> - Vitality</p>		
<p><b>3</b></p> <p><b>I</b> 9:45 Daily Devotions <b>CC</b> 10:00 Good Morning Cart Mystery! <b>K</b> 11:00 Daily Chronicle <b>M</b> 1:30 BB: CHANNEL 2:Hymns Singing with Lyrics</p>	<p><b>4</b></p> <p><b>M</b> 9:45 All About Romeo And Juliet <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>5</b></p> <p><b>A</b> 10:00 Fabric Pumpkins <b>CC</b> 10:30 Chefs Circle in AL Rec Room <b>K</b> 11:00 Daily Chronicle <b>V</b> 2:00 Carnival Ball Toss <b>K</b> 5:30 Game of Choice</p>	<p><b>6</b></p> <p><b>M</b> 9:45 All About Grease Musical <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>7</b></p> <p><b>A</b> 10:00 Falling Leaves Snow Globe <b>I</b> 10:30 Aroma Therapy <b>K</b> 11:00 Daily Chronicle <b>CC</b> 4:30 Movie Theater Popcorn <b>L</b> 5:30 Netflix Movie</p>	<p><b>8</b></p> <p><b>M</b> 9:45 All About Macbeth <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle <b>M</b> 11:30 Piano Hymns with Lyrics</p>	<p><b>9</b></p> <p><b>M</b> 10:00 Saturday Sing A longs! <b>K</b> 10:30 Daily Chronicle <b>I</b> 11:00 New Hope Baptist Church-HCRM-1 <b>GF</b> 2:45 Root Beer Floats in HC Rec Room <b>L</b> 3:00 Saturday Movie Matinee</p>
<p><b>10</b></p> <p><b>I</b> 9:45 Daily Devotions <b>CC</b> 10:00 Good Morning Cart Mystery! <b>K</b> 11:00 Theme Week Kick Off! <b>M</b> 1:30 BB: CHANNEL 2:Hymns Singing with Lyrics</p>	<p><b>11</b> <b>Columbus Day</b></p> <p><b>M</b> 9:45 All About Oktoberfest <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Beer Toss! <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>12</b></p> <p><b>K</b> 9:45 All About Acorns! <b>A</b> 10:00 DIY Fall Acorns! <b>CC</b> 10:30 Chefs Circle in AL Rec Room <b>CC</b> 3:00 Beer Tasting! <b>K</b> 5:30 Game of Choice</p>	<p><b>13</b></p> <p><b>M</b> 9:45 All About All Shook Up Musical <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>14</b></p> <p><b>A</b> 10:00 Watercolors &amp; Plastic Wrap <b>I</b> 10:30 Aroma Therapy <b>K</b> 11:00 Pumpkin Tic Tac Toe <b>L</b> 2:00 Netflix Movie <b>CC</b> 2:30 Movie Theater Popcorn</p>	<p><b>15</b></p> <p><b>M</b> 9:45 All About Kiss Me, Kate Musical <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>16</b></p> <p><b>M</b> 10:00 Saturday Sing A longs! <b>K</b> 11:00 Daily Chronicle <b>GF</b> 2:45 Root Beer Floats in HC Rec Room <b>L</b> 3:00 Saturday Movie Matinee</p>
<p><b>17</b></p> <p><b>I</b> 9:45 Daily Devotions <b>CC</b> 10:00 Good Morning Cart Mystery! <b>K</b> 11:00 Daily Chronicle <b>M</b> 1:30 BB: CHANNEL 2:Hymns Singing with Lyrics</p>	<p><b>18</b></p> <p><b>M</b> 9:45 All About Rockabye Hamlet <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>19</b></p> <p><b>L</b> 9:45 Hocus Pocus Holiday! <b>A</b> 10:00 Coffee Can Scarecrow! <b>CC</b> 10:30 Chefs Circle in AL Rec Room <b>K</b> 2:00 American Cheese Day! <b>CC</b> 2:30 Wine &amp; Cheese Tasting <b>K</b> 5:30 Game of Choice</p>	<p><b>20</b></p> <p><b>M</b> 9:45 All About the Hunters Moon <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>A</b> 10:00 South Milford Church Crafts-3 <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>GF</b> 10:30 Resident Council Meeting</p>	<p><b>21</b></p> <p><b>V</b> 10:00 BB: Channel 2:Gentle Yoga <b>A</b> 10:00 Pumpkin Footballs <b>I</b> 10:30 Aroma Therapy <b>K</b> 11:00 Daily Chronicle <b>CC</b> 2:30 Movie Theater Popcorn</p>	<p><b>22</b></p> <p><b>M</b> 9:45 All About Romeo And Juliet <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>23</b></p> <p><b>M</b> 10:00 Saturday Sing A longs! <b>K</b> 11:00 Daily Chronicle <b>GF</b> 2:45 Root Beer Floats in HC Rec Room <b>L</b> 3:00 Saturday Movie Matinee</p>
<p><b>24</b></p> <p><b>I</b> 9:45 Daily Devotions <b>V</b> 10:00 Kickball <b>M</b> 1:30 BB: CHANNEL 2:Hymns Singing with Lyrics <b>CC</b> 2:00 Good Afternoon Pumpkin Pie</p>	<p><b>25</b></p> <p><b>M</b> 9:45 All About Romeo And Juliet <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>26</b></p> <p><b>A</b> 10:00 Spooky Wooden Spoon Centerpieces! <b>CC</b> 10:30 Chefs Circle in AL Rec Room <b>K</b> 2:00 Moon Folk Stories <b>K</b> 5:30 Game of Choice</p>	<p><b>27</b></p> <p><b>M</b> 9:45 All About Romeo And Juliet <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>GF</b> 10:30 Resident Council Meeting</p>	<p><b>28</b></p> <p><b>A</b> 10:00 Pumpkins Painting <b>I</b> 10:30 Aroma Therapy <b>K</b> 11:00 Daily chronicle <b>CC</b> 2:30 Movie Theater Popcorn <b>L</b> 3:00 Netflix Movie</p>	<p><b>29</b></p> <p><b>M</b> 9:45 All About National Cat Day <b>V</b> 10:00 BB:CHANNEL 2:Whole Body Chair Exercise <b>V</b> 10:00 Stretch &amp; Strength <b>I</b> 10:30 Meditation <b>K</b> 11:00 Daily Chronicle</p>	<p><b>30</b></p> <p><b>M</b> 10:00 Saturday Sing A longs! <b>K</b> 11:00 Daily Chronicle <b>GF</b> 2:45 Root Beer Floats in HC Rec Room <b>L</b> 3:00 Saturday Movie Matinee</p>
<p><b>31</b> <b>Halloween</b></p> <p><b>I</b> 9:45 Daily Devotions <b>CC</b> 10:00 Good Morning Cart Mystery! <b>K</b> 11:00 Daily Chronicle <b>M</b> 1:30 BB: CHANNEL 2:Hymns Singing with Lyrics</p>						



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>M 10:00 All About The Phantom of the Opera</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 11:00 Healthy Hands</div> <div>M 11:30 Piano Hymns with Nelda!</div>	<div>2</div> <div>V 10:00 Table Tennis</div> <div>K 10:30 Daily Chronicle</div> <div>A 11:00 Clothespins Coasters</div> <div>MM 11:15 Mindful Moments</div> <div>L 3:00 Saturday Movie Matinees</div>
<div>3</div> <div>I 9:45 Daily Devotions</div> <div>CC 10:00 Breakfast Bash! Come Join Us in the Health Center Rec Room!</div> <div>K 11:00 Daily Chronicle</div> <div>M 1:30 BB: CHANNEL</div>	<div>4</div> <div>M 9:45 All About Romeo And Juliet</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>K 11:00 Daily Chronicle</div> <div>K 2:00 Game of Choice</div>	<div>5</div> <div>A 10:00 Fabric Pumpkins</div> <div>K 11:00 Daily Chronicle</div> <div>V 2:00 Carnival Ball Toss</div> <div>K 5:30 Game of Choice</div>	<div>6</div> <div>M 9:45 All About Grease Musical</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>K 11:00 Daily Chronicle</div> <div>K 2:00 Game of Choice</div>	<div>7</div> <div>A 10:00 Falling Leaves Snow Globe</div> <div>I 10:30 Aroma Therapy</div> <div>I 10:30 Aroma Therapy/ Healthy Hands</div> <div>K 11:00 Daily Chronicle</div>	<div>8</div> <div>M 9:45 All About Macbeth</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>K 11:00 Daily Chronicle</div> <div>I 11:00 Healthy Hands</div> <div>M 11:30 Piano Hymns with Nelda!</div>	<div>9</div> <div>K 11:00 Daily Chronicle</div> <div>MM 11:15 Mindful Moments</div> <div>CC 3:30 Movie Theater Popcorn</div>
<div>10</div> <div>I 9:45 Daily Devotions</div> <div>CC 10:00 Breakfast Bash! Come Join Us in the Health Center Rec Room!</div> <div>K 11:00 Theme Week Kick Off!</div> <div>M 1:30 BB: CHANNEL</div>	<div>11</div> <div>Columbus Day</div> <div>M 9:45 All About Oktoberfest</div> <div>V 10:00 Beer Toss!</div> <div>I 10:30 Meditation</div> <div>K 11:00 Daily Chronicle</div> <div>K 2:00 Game of Choice</div> <div>CC 3:30 Bible Study With</div>	<div>12</div> <div>K 9:45 All About Acorns!</div> <div>A 10:00 DIY Fall Acorns!</div> <div>V 2:00 Hula Hoop Contest with Staff &amp; Residents!</div> <div>CC 3:00 Beer Tasting!</div> <div>K 5:30 Game of Choice</div>	<div>13</div> <div>M 9:45 All About All Shook Up Musical</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>A 2:00 DIY Dinosaur Fossils!</div> <div>K 3:00 National Fossil Day</div>	<div>14</div> <div>A 10:00 Watercolors &amp; Plastic Wrap</div> <div>I 10:30 Aroma Therapy</div> <div>K 11:00 Pumpkin Tic Tac Toe</div> <div>L 2:00 Netflix Movie</div> <div>CC 2:30 Movie Theater</div>	<div>15</div> <div>M 9:45 All About Kiss Me, Kate Musical</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>I 11:00 Healthy Hands</div> <div>M 11:30 Piano Hymns with Nelda!</div>	<div>16</div> <div>K 11:00 Daily Chronicle</div> <div>MM 11:15 Mindful Moments</div> <div>CC 3:30 Movie Theater Popcorn</div>
<div>17</div> <div>I 9:45 Daily Devotions</div> <div>CC 10:00 Breakfast Bash! Come Join Us in the Health Center Rec Room!</div> <div>K 11:00 Daily Chronicle</div> <div>M 1:30 BB: CHANNEL</div>	<div>18</div> <div>M 9:45 All About Rockabye Hamlet</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>K 11:00 Daily Chronicle</div> <div>K 2:00 Game of Choice</div>	<div>19</div> <div>L 9:45 Hocus Pocus Holiday!</div> <div>A 10:00 Coffee Can Scarecrow!</div> <div>K 2:00 American Cheese Day!</div> <div>CC 2:30 Wine &amp; Cheese Tasting</div> <div>M 3:30 BB: CHANNEL 2: Hocus Pocus Movie</div>	<div>20</div> <div>M 9:45 All About the Hunters Moon</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>K 2:00 Game of Choice</div> <div>M 2:30 Boat Song Day</div>	<div>21</div> <div>V 10:00 BB: Channel 2:Gentle Yoga</div> <div>A 10:00 Pumpkin Footballs</div> <div>I 10:30 Aroma Therapy</div> <div>K 11:00 Daily Chronicle</div> <div>CC 4:30 Movie Theater</div>	<div>22</div> <div>M 9:45 All About Romeo And Juliet</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>I 11:00 Healthy Hands</div> <div>M 11:30 Piano Hymns with Nelda!</div>	<div>23</div> <div>K 11:00 Daily Chronicle</div> <div>MM 11:15 Mindful Moments</div>
<div>24</div> <div>I 9:45 Daily Devotions</div> <div>CC 10:00 Breakfast Bash! Come Join Us in the Health Center Rec Room!</div> <div>V 10:00 Kickball</div> <div>M 1:30 BB: CHANNEL</div>	<div>25</div> <div>M 9:45 All About Romeo And Juliet</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>K 11:00 Daily Chronicle</div> <div>K 2:00 Game of Choice</div>	<div>26</div> <div>A 10:00 Spooky Wooden Spoon Centerpieces!</div> <div>A 10:15 Carving Pumpkins!</div> <div>K 2:00 Moon Folk Stories</div> <div>V 2:30 Ghost Golfing</div> <div>K 5:30 Game of Choice</div>	<div>27</div> <div>M 9:45 All About Romeo And Juliet</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>GF 10:30 Resident Council</div> <div>K 2:00 Game of Choice</div>	<div>28</div> <div>A 10:00 Pumpkins Painting</div> <div>I 10:30 Aroma Therapy</div> <div>K 11:00 Daily chronicle</div> <div>CC 4:30 Movie Theater Popcorn</div> <div>L 5:30 Netflix Movie</div>	<div>29</div> <div>M 9:45 All About National Cat Day</div> <div>V 10:00 Stretch &amp; Strength</div> <div>I 10:30 Meditation</div> <div>I 11:00 Healthy Hands</div> <div>M 11:30 Piano Hymns with Nelda!</div>	<div>30</div> <div>K 11:00 Daily Chronicle</div> <div>MM 11:15 Mindful Moments</div>
<div>31</div> <div>Halloween</div> <div>I 9:45 Daily Devotions</div> <div>CC 10:00 Breakfast Bash! Come Join Us in the Health Center Rec Room!</div> <div>K 11:00 Daily Chronicle</div> <div>M 1:30 BB: CHANNEL</div>						





# October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Birthdays

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