



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears</p> <p><b>O</b> - Out &amp; About <b>S</b> - Signature Events <b>V</b> - Vitality</p>			<p>Birthdays</p> <p>Charles G. 10-1</p>		<p><b>1</b></p> <p><b>MM</b> 10:00 Aromatherapy/Hand Massage <b>A</b> 10:30 Art with a Heart / Handmade Cards <b>M</b> 2:00 Happy Hour <b>M</b> 2:30 Channel 2 Concert <b>V</b> 4:30 Breathe and Stretch</p>	<p><b>2</b></p> <p><b>K</b> 10:00 Media Cart <b>M</b> 11:00 Musical Movements <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo</p>
<p><b>3</b></p> <p><b>MM</b> 10:00 Morning Inspiration/Media Cart <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>K</b> 2:30 Group Games</p>	<p><b>4</b></p> <p><b>I</b> 10:00 Morning Motivations/Media Cart <b>MM</b> 10:30 Morning Eye Opener <b>JG</b> 10:30 Walt Talks <b>CC</b> 2:30 Milkshake Monday <b>K</b> 3:00 Game of the Day <b>V</b> 4:30 Dancing to the Oldies</p>	<p><b>5</b></p> <p><b>V</b> 10:00 Gardentime <b>L</b> 10:30 Lifelong Learning / National Parks <b>MM</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>I</b> 3:30 Gratitude Circle</p>	<p><b>6</b></p> <p><b>V</b> 10:00 Breathe and Stretch <b>A</b> 10:30 Let's Create / Halloween Decor <b>MM</b> 11:30 Healthy Hands <b>K</b> 12:00 Conversation Starters <b>O</b> 2:00 Scenic Drive</p>	<p><b>7</b></p> <p><b>I</b> 10:30 Gardentime <b>V</b> 10:45 Guided Meditation <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>S</b> 3:30 Inspired Living Committee <b>M</b> 4:30 Music Choice</p>	<p><b>8</b></p> <p><b>MM</b> 10:00 Aromatherapy/Hand Massage <b>A</b> 10:30 Art with a Heart / Handmade Cards <b>M</b> 2:00 Happy Hour <b>M</b> 2:30 Channel 2 Concert <b>V</b> 4:30 Breathe and Stretch</p>	<p><b>9</b></p> <p><b>K</b> 10:00 Media Cart <b>M</b> 11:00 Musical Movements <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo</p>
<p><b>10</b></p> <p><b>MM</b> 10:00 Morning Inspiration/Media Cart <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>K</b> 2:30 Group Games</p>	<p><b>11</b> <b>Columbus Day</b></p> <p><b>I</b> 10:00 Morning Motivations/Media Cart <b>MM</b> 10:30 Morning Eye Opener <b>CC</b> 2:30 Milkshake Monday <b>K</b> 3:00 German Trivia <b>V</b> 4:30 Dancing to the Oldies</p>	<p><b>12</b></p> <p><b>V</b> 10:00 Gardentime <b>L</b> 10:30 Lifelong Learning / German Travel <b>MM</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>I</b> 3:30 Gratitude Circle</p>	<p><b>13</b></p> <p><b>V</b> 10:00 Breathe and Stretch <b>A</b> 10:30 Let's Create / Centerpieces <b>MM</b> 11:30 Healthy Hands <b>K</b> 12:00 Conversation Starters / Learn German <b>O</b> 2:00 Scenic Drive</p>	<p><b>14</b></p> <p><b>I</b> 10:30 Gardentime <b>V</b> 10:45 Guided Meditation <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>M</b> 4:30 Edelweiss Playlist <b>S</b> 5:00 Theme Dinner</p>	<p><b>15</b></p> <p><b>MM</b> 10:00 Aromatherapy/Hand Massage <b>A</b> 10:30 Art with a Heart / Handmade Cards <b>M</b> 2:00 Happy Hour/Homemade Bread</p>	<p><b>16</b></p> <p><b>K</b> 10:00 Media Cart <b>M</b> 11:00 Musical Movements <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo</p>
<p><b>17</b></p> <p><b>MM</b> 10:00 Morning Inspiration/Media Cart <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>K</b> 2:30 Group Games</p>	<p><b>18</b></p> <p><b>I</b> 10:00 Morning Motivations/Media Cart <b>MM</b> 10:30 Morning Eye Opener <b>CC</b> 2:30 Milkshake Monday <b>K</b> 3:00 Game of the Day <b>V</b> 4:30 Dancing to the Oldies</p>	<p><b>19</b></p> <p><b>V</b> 10:00 Gardentime <b>L</b> 10:30 Lifelong Learning / Seed Harvesting <b>MM</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>I</b> 3:30 Gratitude Circle</p>	<p><b>20</b></p> <p><b>V</b> 10:00 Breathe and Stretch <b>A</b> 10:30 Let's Create / Ornaments <b>MM</b> 11:30 Healthy Hands <b>K</b> 12:00 Conversation Starters <b>O</b> 2:00 Scenic Drive</p>	<p><b>21</b></p> <p><b>I</b> 10:30 Gardentime <b>V</b> 10:45 Guided Meditation <b>V</b> 11:30 Healthy Hands <b>S</b> 12:00 Taste of Town <b>K</b> 2:30 Bingo <b>M</b> 4:30 Music Choice</p>	<p><b>22</b></p> <p><b>MM</b> 10:00 Aromatherapy/Hand Massage <b>A</b> 10:30 Art with a Heart / Handmade Cards <b>M</b> 2:00 Happy Hour <b>M</b> 2:30 Channel 2 Concert <b>V</b> 4:30 Breathe and Stretch</p>	<p><b>23</b></p> <p><b>K</b> 10:00 Media Cart <b>M</b> 11:00 Musical Movements <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo</p>
<p><b>24</b></p> <p><b>MM</b> 10:00 Morning Inspiration/Media Cart <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>K</b> 2:30 Group Games</p>	<p><b>25</b></p> <p><b>I</b> 10:00 Morning Motivations/Media Cart <b>MM</b> 10:30 Morning Eye Opener <b>CC</b> 2:30 Milkshake Monday <b>K</b> 3:00 Game of the Day <b>V</b> 4:30 Dancing to the Oldies</p>	<p><b>26</b></p> <p><b>V</b> 10:00 Gardentime <b>L</b> 10:30 Lifelong Learning / All Hallows Eve <b>MM</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>I</b> 3:30 Gratitude Circle</p>	<p><b>27</b></p> <p><b>V</b> 10:00 Breathe and Stretch <b>A</b> 10:30 Let's Create / Costumes <b>MM</b> 11:30 Healthy Hands <b>K</b> 12:00 Conversation Starters <b>O</b> 2:00 Scenic Drive</p>	<p><b>28</b></p> <p><b>I</b> 10:30 Gardentime <b>V</b> 10:45 Guided Meditation <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo <b>M</b> 4:30 Music Choice</p>	<p><b>29</b></p> <p><b>MM</b> 10:00 Aromatherapy/Hand Massage <b>A</b> 10:30 Art with a Heart / Handmade Cards <b>M</b> 2:00 Happy Hour <b>M</b> 2:30 Channel 2 Concert <b>V</b> 4:30 Breathe and Stretch</p>	<p><b>30</b></p> <p><b>K</b> 10:00 Media Cart <b>M</b> 11:00 Musical Movements <b>V</b> 11:30 Healthy Hands <b>K</b> 2:30 Bingo</p>
<p><b>31</b> <b>Halloween</b></p> <p><b>MM</b> 10:00 Morning Inspiration/Media Cart <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>K</b> 2:30 Group Games</p>						



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Theme Dinner Oktoberfest 10-14	"Act as if What you do makes a difference. It does"  ~William James ~	Activities are subject to change.			1 V Basketball K Football Frenzy CC Pumpkin Pie Chocolate Chip Cookies Relax & Recharge A Autumn Sun Printing	2 V Chair Swimming K Quick Words CC Pumpkin Pie Truffles Relax & Recharge A Candy Corn Button Craft M Feel the Rhythm
3 V Costume Parade K Fall Memories CC BLT Dip Relax & Recharge A Wine Cork Pumpkins M Celebrity Sunday	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?	5 V Pretzel Toss K Create A Caption CC Maple Oatmeal Cookies Relax & Recharge A Tissue Paper Leaves M Campfire Songs	6 V Stein Exercises K Yard Sale A Let's Create / Halloween Decor CC Beer Cheese Dip Relax & Recharge A Paper Pumpkins	7 V POLKA! K Let's Spell Fall CC Pumpkin Cheesecake Swirl Muffins Relax & Recharge A Tissue Paper Flowers	8 V Basketball K Football Frenzy CC Apple Cider Cake Relax & Recharge M Happy Hour A Salt Dough Ornaments	9 V Chair Swimming K Quick Words CC Baked Coconut Custard Relax & Recharge A Salt Dough Ornaments M Feel the Rhythm
10 V Costume Parade K Fall Memories CC Pumpkin Scones Relax & Recharge A Edelweiss Flower Picture M Celebrity Sunday	11 <b>Columbus Day</b> V Don't Worry, Be Happy K Autumn Poem CC German Oktoberfest Stew Relax & Recharge A Shultute Cone M Who Am I?	12 V Pretzel Toss K Create A Caption CC German Beer Cheese Spread Relax & Recharge A Lebkuchenherzen paper hearts M Campfire Songs	13 V Stein Exercises K Yard Sale A Let's Create / Centerpieces CC German Apple Cake Relax & Recharge A Edelweiss Ornament	14 V POLKA! K Let's Spell Fall CC Pretzel Flight Relax & Recharge A German Creative Storytelling M Groovin' Gospel	15 V Basketball K Football Frenzy CC German Crock Pot Rice Pudding Relax & Recharge A Decorative Designs M Happy Hour/Homemade	16 V Chair Swimming K Quick Words CC Broccoli Apple Cheese Soup Relax & Recharge A Melted Crayon Pumpkins M Feel the Rhythm
17 V Costume Parade K Fall Memories CC Pear Crisp Relax & Recharge A Dunkin Pumpkins M Celebrity Sunday	18 V Don't Worry, Be Happy K Autumn Poem CC Apple Pecan Fall Salad Relax & Recharge A Brushless Painting M Who Am I?	19 V Pretzel Toss K Create A Caption CC Cinnamon Roll Sugar Cookies Relax & Recharge A Salt Painting M Campfire Songs	20 V Stein Exercises K Yard Sale A Let's Create / Ornaments CC Berry Croissant Bake Relax & Recharge A Cut & Paste Pumpkin Face	21 V POLKA! K Let's Spell Fall CC Cheese Crispies S Taste of Town Relax & Recharge A Paint with Wheels	22 V Basketball K Football Frenzy CC Cornmeal Cookies Relax & Recharge M Happy Hour A Sandpaper Painting	23 V Chair Swimming K Quick Words CC Parmesan Brussel Sprouts & Dip Relax & Recharge A Tie Wreath
24 V Costume Parade K Fall Memories CC Cappuccino Muffins Relax & Recharge A Clay Hands M Celebrity Sunday	25 V Don't Worry, Be Happy K Autumn Poem CC Red Lobster Cheddar Biscuits Relax & Recharge A Autumn Decor M Who Am I?	26 V Pretzel Toss K Create A Caption CC Mexican Stuffed Avocados Relax & Recharge A Pinecone Mummies M Campfire Songs	27 V Stein Exercises K Yard Sale A Let's Create / Costumes CC Apple Spice Dump Cake Relax & Recharge A Ghost Rocks	28 V POLKA! K Let's Spell Fall CC Creamy Corn Casserole Relax & Recharge A Tissue Paper Pumpkin Favors M Groovin' Gospel	29 V Basketball K Football Frenzy CC Halloween Cream Cheese Swirl Brownies Relax & Recharge A Halloween Candy Wrappers	30 V Chair Swimming K Quick Words CC Candy Corn Crunch Relax & Recharge A Halloween Pumpkin Vase M Feel the Rhythm
31 <b>Halloween</b> V Costume Parade K Fall Memories CC Hocus Pocus Buns Relax & Recharge A Halloween Wall Art M Celebrity Sunday						