

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

ART- Art Program CE- Cognitive Exercise MP- Musical Program

PE- Physical Exercise YM/SM- Yoga/Meditation/Stress Mgmt.

SUNNY COVE ACTIVITIES

Weekly Theme- Oktoberfest

Simchat Torah Begins

					1	2	3
					10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Soft Pretzel Social/Music with Steve-SM 3:30 Physical Task Group-PE	10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE 6:00 Coloring Group- ART	10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE
4	5	6	7	8	9	10	
10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night with popcorn	10:00 Table Game-CE 11:00 Exercise-PE 2:00 Fall Drink Taste Test-CE 3:30 Singalong-CE 6:00 Balloon Ball with Music-PE	10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Trick or Treat Bags-CE 3:30 Relaxation Hour-SM	10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 6:00 Woodworking Group-CE Weekly Theme- Sips and Sweets	10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Apple Bar Cooking Class and Apple Cider-CE 3:30 Physical Task Group-PE	10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE 6:00 Coloring Group-ART	10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE	
11	12	13	14	15	16	17	
10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night with popcorn	10:00 Table Game-CE 11:00 Exercise-PE 2:00 Coloring Group-ART 3:30 Singalong-CE 6:00 Balloon Ball with Music- PE Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Native American Documentary and Popcorn Social-CE 3:30 Relaxation Hour-SM	10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 6:00 Woodworking Group-CE Weekly Theme- Indigenous Peoples	10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Indian Corn Pipe Cleaners-ART 3:30 Physical Task Group-PE	10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE 6:00 Coloring Group-ART	10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE	
18	19	20	21	22	23	24	
10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night with popcorn	10:00 Table Game-CE 11:00 Exercise-PE 2:00 Pumpkin Pizzas Cooking Class-CE 3:30 Singalong-CE 6:00 Balloon Ball with Music-PE	10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Spider Web Luminaries-ART 3:30 Relaxation Hour-SM	10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 6:00 Woodworking Group-CE Neon dress-up day Weekly Theme- Light Up The Night	10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Glow Volleyball-PE 3:30 Physical Task Group-PE	10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE 6:00 Coloring Group-ART	10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE	
25	26	27	28	29	30	31	
10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night with popcorn	10:00 Table Game-CE 11:00 Exercise-PE 2:00 Bubbling Cauldron-ART 3:30 Singalong-CE 6:00 Balloon Ball with Music-PE	10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Trick-Or-Treat Trail Mix Cooking Class-CE 3:30 Relaxation Hour-SM	10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 3:00 Music with Steve-MP 6:00 Woodworking Group-CE Weekly Theme- Halloween	10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Halloween Mask Making- ART 3:30 Physical Task Group-PE	10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE 6:00 Coloring Group-ART Costume dress-up day	10:30-11:30 Halloween Party! 2:00 BINGO-CE Costume dress-up day continued Halloween	