

HAPPY HALLOWEEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	OCTOBER 2019
		01 09:00-11:00 Salus Yoga Exercise Game/ Gentle Waking 10:00-12:00 Culinary Creations Fall Creations 01:00-03:00 Fall Creative Art 02:00-05:00 Brain Fitness/Bingo 06:00-08:00 Residents Choice	02 09:00-11:00 Active Living Healthy Eating - Gentle Walk 10:00-12:00 Community Service Planning 01:00-03:00 Name That Tune (music) 03:00-05:00 Remembering and Reminiscing 06:00-08:00 Relax Chit chat by AL	03 09:00-11:00 Chair Swimming / Gentle Walking 10:00-12:00 Food for Thought discussion 01:00-03:00 Musical Memories 04:00-05:00 Bible Study 06:00-08:00 Movie Mania	04 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Country Store 01:00-03:00 Spiritual daily Inspirations 02:30-04:30 Happy Hour Friday 06:00-08:00 Residents Choice	05 09:00-11:00 Coffee and Cookies on the Terrace 11:00-01:00 Friendship Circle/ Lunch 01:00-03:00 Residents Choice 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	Dimensions of Wellness Physical Spiritual Social Intellectual
06 09:00-11:00 Upper Body Fitness/ Gentle Waking 01:00-03:00 Worship Service/Praise and Worship 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	07 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Daily Reflection/ Daily Chronicle 01:00-03:00 Day Movie Mania/ Refreshments 03:00-05:00 Tea, Coffee and Current Events 06:00-08:00 Monday Movie	08 09:00-11:00 Salus Yoga Exercise Game/ Gentle Waking 10:00-12:00 Culinary Creations Fall Creations 01:00-03:00 Aromatherapy and Mini Facials 02:00-05:00 Brain Fitness/Bingo 06:00-08:00 Residents Choice	09 09:00-11:00 Active Living Healthy Eating - Gentle Walk 10:00-12:00 Community Service Planning 01:00-03:00 German Crafts 03:00-05:00 Remembering and Reminiscing 06:00-08:00 Relax Chit chat by the Fireplace	10 09:00-11:00 Chair Swimming / Gentle Walking 10:00-12:00 Food for Thought discussion 01:00-03:00 Musical Memories 04:00-05:00 Bible Study 06:00-08:00 Movie Mania	11 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Country Store 01:00-03:00 Spiritual daily Inspirations 02:30-04:30 Happy Hour Friday 06:00-08:00 Residents Choice	12 09:00-11:00 Coffee and Cookies on the Terrace 11:00-01:00 Friendship Circle/ Lunch 01:00-03:00 Residents Choice 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	Meeting Places AR Activity Room AL AL Dining Room S Beauty Salon FR Fitness Room TR Theater Room L Lobby LR Livingroom OP Outside Patio DR Dining Room
13 09:00-11:00 Upper Body Fitness/ Gentle Waking 01:00-03:00 Worship Service/Praise and Worship 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	14 Columbus Day 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Daily Reflection/ Daily Chronicle 01:00-03:00 Day Movie Mania/ Refreshments 03:00-05:00 Tea, Coffee and Current Events 06:00-08:00 Monday Movie	15 09:00-11:00 Salus Yoga Exercise Game/ Gentle Waking 10:00-12:00 Culinary Creations Fall Creations 01:00-03:00 Aromatherapy and Mini Facials 02:00-05:00 Brain Fitness/Bingo 06:00-08:00 Residents Choice	16 09:00-11:00 Active Living Healthy Eating - Gentle Walk 10:00-12:00 Community Service Planning 01:00-03:00 German Crafts 03:00-05:00 Remembering and Reminiscing 06:00-08:00 Relax Chit chat by the Fireplace	17 09:00-11:00 Chair Swimming / Gentle Walking 10:00-12:00 Food for Thought discussion 01:00-03:00 Musical Memories 04:00-05:00 Bible Study 06:00-08:00 Movie Mania	18 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Country Store 01:00-03:00 Spiritual daily Inspirations 02:30-04:30 Happy Hour Friday 06:00-08:00 Residents Choice	19 09:00-11:00 Coffee and Cookies on the Terrace 11:00-01:00 Friendship Circle/ Lunch 01:00-03:00 Residents Choice 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	Activities Subject to Change Fall-Fest Trunk Or Treat Autumn Culinary Creations
20 09:00-11:00 Upper Body Fitness/ Gentle Waking 01:00-03:00 Worship Service/Praise and Worship 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	21 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Daily Reflection/ Daily Chronicle 01:00-03:00 Day Movie Mania/ Refreshments 03:00-05:00 Tea, Coffee and Current Events 06:00-08:00 Monday Movie	22 09:00-11:00 Salus Yoga Exercise Game/ Gentle Waking 10:00-12:00 Culinary Creations Fall Creations 01:00-03:00 Aromatherapy and Mini Facials 02:00-05:00 Brain Fitness/Bingo 06:00-08:00 Residents Choice	23 09:00-11:00 Active Living Healthy Eating - Gentle Walk 10:00-12:00 Community Service Planning 01:00-03:00 German Crafts 03:00-05:00 Remembering and Reminiscing 06:00-08:00 Relax Chit chat by the Fireplace	24 09:00-11:00 Chair Swimming / Gentle Walking 10:00-12:00 Food for Thought discussion 01:00-03:00 Musical Memories 04:00-05:00 Bible Study/Fall-fest 06:00-08:00 Movie Mania	25 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Country Store 01:00-03:00 Spiritual daily Inspirations 02:30-04:30 Happy Hour Friday 06:00-08:00 Residents Choice	26 09:00-11:00 Coffee and Cookies on the Terrace 11:00-01:00 Friendship Circle/ Lunch 01:00-03:00 Residents Choice 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	
27 09:00-11:00 Upper Body Fitness/ Gentle Waking 01:00-03:00 Worship Service/Praise and Worship 03:00-05:00 Intellectual Connections 06:00-08:00 Chit-chat by the fireplace	28 09:00-11:00 Chair Exerciser/Gentle Waking 10:00-12:00 Daily Reflection/ Daily Chronicle 01:00-03:00 Name That Tune 03:00-05:00 Tea, Coffee and Current Events 06:00-08:00 Monday Movie/ Residents Mania/ Residents	29 09:00-11:00 Salus Yoga Exercise Game/ Gentle Waking 10:00-12:00 Culinary Creations Fall Creations 01:00-03:00 Aromatherapy and Mini Facials 02:00-05:00 Brain Fitness/Bingo 06:00-08:00 Residents Choice	30 09:00-11:00 Active Living Healthy Eating - Gentle Walk 10:00-12:00 Community Service Planning 01:00-03:00 German Crafts 03:00-05:00 Remembering and Reminiscing 06:00-08:00 Relax Chit chat by the Fireplace	31 09:00-11:00 Chair Swimming / Gentle Walking 10:00-12:00 Food for Thought discussion 01:00-03:00 Musical Memories 04:00-05:00 Bible Study 06:00-08:00 Movie Mania			

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Dimensions of Wellness Physical Spiritual Social Intellectual			01 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Yoga and Resident Spotlight Series 10:00-12:00p Church Services 02:00-04:00p Bible Study 05:00-06:30p Transition time- Dinner is served 06:00-08:00p Community Connection- Sunset on the Patio	02 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Walk the Block 10:00-12:00p Memory Games 02:30-04:00p Ice Cream Social 05:00-06:30p Transition time- Dinner is served 06:00-08:00p Community Connection- Movie Night	03 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Strength training 10:00-12:00p Arts & Crafts- Fence Board Painting 02:00-04:00p I Hear The Memories 06:00-08:00p Community Connection- Sunset on the Patio	04 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Rock N Roll Aerobics 10:00-12:00p Finish the Music Lyrics 02:00-04:00p Happy Hour- Appetizers, Drinks and Music 06:30-08:30p Community Connection- Game Night	05 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Weekend Leisure- coffee and cookies on the patio 10:00-12:00p Saturday Matinee Resident Choice, movies, games, painting 06:00-08:00p Community Connection- Color to Paper
Meeting Places MS Main Street DR Dining Room LV Location 1 VG Valeo Game Room LR Livingroom ICP Ice Cream Parlor TR Theater Room AC Arts and Crafts room OP Outside Patio AL AL Dining Room	06 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Church Services 02:00-04:00p Bible Study 04:00-05:00p Transition time- Resident Music Hour 05:00-06:30p Transition time- Dinner is served 06:00-08:00p Community Connection- Sunset on the Patio	07 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Music and Motion 10:00-12:00p Valeo Bake Club- Pumpkins 02:00-04:00p Arts & Crafts- Vent Pipe 06:00-08:00p Community Connection- Evening at the Movie Theater	08 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Yoga and Resident Spotlight Series 10:00-12:00p Aromatherapy and hand massages 02:00-04:00p Bingo 06:00-08:00p Community Connection- Puzzle Party	09 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Walk the Block 10:00-12:00p Memory Games 02:30-04:00p Ice Cream Social 05:00-06:30p Transition time- Dinner is served 06:00-08:00p Community Connection- Movie Night	10 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-10:30a Active Living- Strength training 10:00-12:00p Arts & Crafts- Melted Crayon Art 02:00-04:00p I Hear The Memories 06:00-08:00p Community Connection- Sunset on the Patio	11 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Rock N Roll Aerobics 10:00-12:00p Finish the Music Lyrics 02:00-04:00p Happy Hour- Appetizers, Drinks and Music 06:30-08:30p Community Connection- Game Night	12 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Weekend Leisure- coffee and cookies on the patio 10:00-12:00p Saturday Matinee Resident Choice, movies, games, painting 06:00-08:00p Community Connection- Color to Paper
	13 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Church Services 02:00-04:00p Bible Study 04:00-05:00p Transition time- Resident Music Hour 05:00-06:30p Transition time- Dinner is served 06:00-08:00p Community Connection- Sunset on the Patio	14 Columbus Day 12:00-12:00a Arts & Crafts- Paint the letters BOO 06:30-08:30a Solvere Connection; 1-on-1 Engagement 09:30-11:30a Active Living- Music and Motion 10:00-12:00p Valeo Bake Club- Caramel Apple Monkey Bread	15 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Yoga and Resident Spotlight Series 10:00-12:00p Aromatherapy and hand massages 02:00-04:00p Bingo 06:00-08:00p Community Connection- Puzzle Party	16 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Walk the Block 10:00-12:00p Memory Games 02:30-04:00p Ice Cream Social 06:00-08:00p Community Connection- Movie Night	17 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-10:30a Active Living- Strength training 10:00-12:00p Valeo Bake Club- Pumpkin Chocolate Chip Cookies 02:00-04:00p I Hear The Memories 06:00-08:00p Community Connection- Sunset on the Patio	18 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Active Living- Rock N Roll Aerobics 10:00-12:00p Finish the Music Lyrics 02:00-04:00p Happy Hour- Appetizers, Drinks and Music 06:30-08:30p Community Connection- Game Night	19 12:00-12:00a Solvere Connection; 1-on-1 Engagement 06:30-08:30a Gentle Waking- Morning Silliness 09:30-11:30a Weekend Leisure- coffee and cookies on the patio 10:00-12:00p Saturday Matinee Resident Choice, movies, games, painting 06:00-08:00p Community Connection- Color to Paper
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