

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October Birthdays Joan Ross 10-7 Bob Evans 10-14 Rose Steffens 10-19 Faye Bicknell 10-27</p>	<p>1 Morning Motivation 9:00-11:00 9:15 Morning Stroll, SN 10:15 Morning Stretch, FR Midday Bliss 2:00-4:00 2:00 Game Time, CR 3:00 Bible Study, MR 6:00 Evening Stroll, SN</p>	<p>2 Morning Motivation 10:00-12:00 9:00 Coffee &amp; Chat W/ Sharry, SN 10:15 Morning Fitness with John, FR 11:00 Jeopardy, MR Afternoon Delight 2:00-4:00 2:00 Ice Cream Social, CR</p>	<p>3 Morning Motivation 10:00-12:00 9:45 Donuts, Coffee, &amp; Chat on the patio, CRP 10:15 Sit &amp; Stretch, FR 11:00 Heartis Helpers, AR Midday Bliss 2:00-4:00 2:30 Thirsty Thursday &amp; Trivia W/ Trish, CR 6:00 Neighborhood Stroll, SN</p>	<p>4 Morning Motivation 10:00-12:00 9:15 Morning Stroll, SN 10:15 Morning Stretch, FR Afternoon Delight 1:00-3:00 2:00 Bronson Chadwick The Magician, CR 3:00 Catholic Communion, MR 4:00 Creative Coloring &amp; Current Events, AR 6:30 Movie &amp; Popcorn, MR</p>	<p>5 Morning Motivation 10:00-12:00 9:30 Morning Coffee Chat, CR 10:30 Card Making with Lisa, AR Community Connection 1:00-3:00 1:30 Bingo Bonanza, CR 3:00 Music W/Oasis Church, CR 4:00 Afternoon Stroll, SN</p>	<p>6 Morning Motivation 10:00-12:00 10:00 Morning Stroll, SN 11:00 Morning Coffee Chat, DH Community Connection 1:00-3:00 1:30 Church Service, MR 3:00 Game Club, CR 6:30 Sunday Night Movie Series, MR</p>
6	7	8	9	10	11	12
<p>13 Morning Motivation 10:00-12:00 10:00 Morning Stroll, SN 11:00 Morning Coffee Chat, DH Community Connection 1:00-3:00 1:30 Church Service, MR 3:00 Game Club, CR 6:30 Sunday Night Movie Series, MR</p>	<p>14 Morning Motivation 9:30-11:30 9:45 Boots the Therapy Dog Visits, SN 10:15 Fit 4 Life, FR 11:00 Wheel of Fortune, MR Afternoon Delight 1:00-3:00 1:15 Shopping - Walmart, LY 1:30 Game Time, CR</p>	<p>15 Morning Motivation 9:00-11:00 9:15 Morning Stroll, SN 9:30 Outing to Fossil Creek Pumpkin Patch, LY 1:00 Flu Shot Clinic, FR Midday Bliss 2:00-4:00 2:00 Game Time, CR 3:00 Bible Study, MR 6:00 Evening Stroll, SN</p>	<p>16 Morning Motivation 10:00-12:00 9:00 Coffee &amp; Chat W/ Sharry, SN 10:30 Silver Steppers Dance Show, DH 11:00 Jeopardy, MR 1:00 Fitness W/John, FR Afternoon Delight 2:00-4:00 2:00 Resident Council, MR 3:30 Activity Committee Meeting, AR</p>	<p>17 Morning Motivation 10:00-12:00 9:45 Donuts, Coffee, &amp; Chat on the patio, CRP 10:15 Sit &amp; Stretch, FR 11:00 Heartis Helpers, AR Midday Bliss 2:00-4:00 2:30 Thirsty Thursday &amp; Trivia W/ Trish, CR 6:00 Neighborhood Stroll, SN</p>	<p>18 Morning Motivation 10:00-12:00 9:15 Morning Stroll, SN 10:15 Morning Stretch, FR Afternoon Delight 1:00-3:00 1:30 Elvis in the building, CR 3:00 Catholic Communion, MR 4:00 Creative Coloring &amp; Current Events, AR 6:30 Movie &amp; Popcorn, MR</p>	<p>19 Morning Motivation 10:00-12:00 9:30 Morning Coffee Chat, CR 10:30 Card Making, AR Community Connection 1:00-3:00 1:30 Bingo Bonanza, CR 4:00 Afternoon Stroll, SN</p>
20	21	22	23	24	25	26
<p>27 Morning Motivation 10:00-12:00 10:00 Morning Stroll, SN 11:00 Morning Coffee Chat, DH Community Connection 1:00-3:00 1:30 Church Service, MR 3:00 Game Club, CR 6:30 Sunday Night Movie Series, MR</p>	<p>28 Morning Motivation 9:30-11:30 9:45 Boots the Therapy Dog Visits, SN 10:15 Strength w/weights, FR 11:00 Wheel of Fortune, MR Afternoon Delight 1:00-3:00 1:15 Shopping at Hobby Lobby, LY 1:30 Game Time, CR</p>	<p>29 Morning Motivation 9:00-11:00 9:15 Morning Stroll, SN 10:15 Morning Stretch, FR Midday Bliss 2:00-4:00 2:00 Game Time, CR 3:00 Bible Study, MR 6:00 Evening Stroll, SN</p>	<p>30 Morning Motivation 10:00-12:00 9:00 Coffee &amp; Chat W/ Sharry, SN 10:15 Morning Fitness w/ John, FR 10:30 Out to eat at Babes Chicken House, LY Afternoon Delight 2:00-4:00 2:30 Wine down Wednesday, CR</p>	<p>31 Morning Motivation 10:00-12:00 9:45 Donuts, Coffee, &amp; Chat on the patio, CRP 10:15 Sit &amp; Stretch, FR 11:00 Heartis Helpers, AR Midday Bliss 2:00-4:00 2:30 Thirsty Thursday &amp; Trivia, CR 6:00 Neighborhood Stroll, SN</p>	<p>MEETING PLACES SN - Salus Neighborhood FR - Fitness Room CR - Card Room MR - Media Room CRP - Card Room Patio AR - Activities Room DH - Dining Hall LY - Lobby</p>	<p>DIMENSIONS OF WELLNESS Physical Social Spiritual Intellectual</p>

VALEO / MEMORY CARE

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:30am-11:30am DANCE CHAIR VIDEO, FR 10:00am-11am THUMBALL MEMORY ACTIVITY/GAME, DH 1:00pm-2pm SING ALONE WITH KARAOKE MACHINE, MR 2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC 3:00pm-4pm SENSORY BALL 6:00pm-8pm MOVIES TIME</p>	<p>9:30am-11:30am DANCE CHAIR VIDEO, FR 10:00am-11am BOWLING WITH THE RESIDENT, DH 10:30am COOGAM WOODEN HEXAGON PUZZLE, DH 2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC 3:00pm PICTURE DETECTIVE, TLO 6:00pm-8pm MOVIES TIME</p>	<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 10:30am GEOBOARD GAME (MEMORY), AS 1:00pm-2PM MANICURE AND HAND MASSAGE, DP 2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC 3:00pm-4PM CREATIVE PUMPKIN PAINTING, DH 6:00pm-8PM MOVIES TIME</p>	<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 10:30am JEWELRY MAKING WITH THE RESIDENTS, AR 1:30pm-2:30PM LET'S PARTY WITH ELVIS THE SINGER, SR 2:00pm-4PM HAPPY HOUR- APPETIZER, DRINKS, MUSIC AND CURRENT EVENT TALK, VC 3:00pm-4PM LINCOLN LOG-RANCH BUILDING, AS</p>	<p>9:30am-11:30am DANCE CHAIR VIDEO, FR 10:30am GAME OF QWIRKLE, TL 1:00pm-2PM GAME OF SLOTZ BALL, AS 2:00pm-4pm BEVERAGE AND COOKIES ON THE TERRACE, VC 3:00pm WALL BASKETBALL (WALL MOUNT HOOP), VC 6:00pm-8PM MOVIES TIME</p>
6	7	8	9	10	11	12
<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 11:00am-12PM SUNDAY'S PRAISE AND WORSHIP, MR 12:00pm-1PM CREATIVE COLORING/ PAINTING, AS 1:00pm-2PM MONSTER RING TOSS GAME/CREATIVE COLORING, VC 2:00pm-4PM VALEO HANDS HELPER (FOLDING LAUNDRY), AS</p>	<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 10:00am BOOTS THE THERAPY DOG, VN 1:00pm-2PM STORY TIME/READING CLUB, TLO 2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC 3:00pm-4PM RESIDENTS MUSIC THERAPY, DP 6:00pm-8PM MOVIES TIME</p>	<p>9:30am-11:30am DANCE CHAIR VIDEO, FR 10:00am-11am THUMBALL MEMORY ACTIVITY/GAME, DH 1:00pm-2pm SING ALONE WITH KARAOKE MACHINE, MR 2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC 3:00pm SENSORY BALL MAKING, TLO 6:00pm-8pm MOVIES TIME</p>	<p>9:30am-11:30am DANCE CHAIR VIDEO, FR 10:30am-11am SILVER STEPPERS, PUMPKIN PATCH VISIT, CC 11am-11:30am COOGAM WOODEN HEXAGON PUZZLE, DH 2:00pm-4pm HAPPY HOUR- CREATIVE PAINTING, BOARD GAMES, VC 3:30pm PICTURE DETECTIVE, TLO 6:00pm-8pm MOVIES TIME</p>	<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 10:30am GEOBOARD GAME (MEMORY), AS 1:00pm-2PM MANICURE AND HAND MASSAGE, DP 2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC 3:00pm-4PM CREATIVE PUMPKIN PAINTING, DH 6:00pm MOVIES TIME</p>	<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 10:00am-12PM FLIED TRIP TO FORT WORTH ZOO, CC 1:00pm-2PM A GAME OF RUBBER HORSESHOE, VC 2:00pm-4PM HAPPY HOUR- APPETIZER, DRINKS, MUSIC AND CURRENT EVENT TALK, VC 3:00pm-4PM LINCOLN LOG-RANCH BUILDING, AS</p>	<p>9:30am-11:30AM DANCE CHAIR VIDEO, FR 10:30am GAME OF QWIRKLE, TL 1:00pm-2PM GAME OF SLOTZ BALL, AS 2:00pm-4PM BEVERAGE AND COOKIES ON THE TERRACE, VC 3:00pm WALL BASKETBALL (WALL MOUNT HOOP), VC 6:00pm MOVIES TIME</p>
13	14	15	16	17	18	19
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27	28	29	30	31	MEETING PLACES	DIMENSIONS OF WELLNESS
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