

Independence Village of Waukee

Memory Care

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy BDay Diane! 9:30 Daily Hope/Chronicles 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Craft 3:00 Happy Hour: Diane Birthday tray 6:00 Coloring Creations	2 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 BINGO 6:00 Movie Night:	3 9:30 Daily Chronicles 10.00 Sunshine and Stretch 6:00 Puzzles and Word Search
9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 6:00 Aromatherapy/Hand Massages 4	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 XXX APPLE 3:00 XXX APPLE 6:00 Connection Pods 5	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 12:30-2:30 OTB - BLOCK OFF 6:00 Reading Circle with Katie 6	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Apple Talk & Toss 3:00 Happy Hour: apple/cheese tray 6:00 Evening Tea Time 7	9:30 Daily Hope/Chronicles 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Clay Craft 2:00 Cooking Corner: Banana Boats 6:00 Coloring Creations 8	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 BINGO 6:00 Movie Night: 9	9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 6:00 Puzzles and Word Search 10
9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 6:00 Aromatherapy/Hand Massages 11	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Finish the Lyric Dolly Parton! 3:00 Live Music: David Watson 6:00 Connection Pods 12	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 1:30 Craft: Cowboy's & Rhinestones 3:00 Live Music: Been There Done That Band 6:00 Reading Circle with Katie 13	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Spiritual Study: Change Over the Years 3:00 Happy Hour: Tea Sandwiches 6:00 Evening Tea Time 14	9:30 Daily Hope/Chronicles 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Sing-along w/ Memory Lane 6:00 Coloring with Katie 15	Bosses Day 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 BINGO 6:00 Movie Night: 16	9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 6:00 Puzzles and Word Search 17
9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 6:00 Aromatherapy/Hand Massages 18	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Pet Thearpy With Grady 3:00 Hot Chocolate Bar 6:00 Connection Pods 19	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 1:30 Space: What do we Remember? What's New? The newest launch. 3:00 Alpacas; MC Circle Drive 6:00 Reading Circle with Katie 20	Happy BDay Marlene! 9:30 Daily Hope/Chronicles 10:00 Music&Massages w Jeanne Blum 10:30 Hydration Cart 2:00 Happy Hour: Marlene Birthday 3:00 Table Hockey 6:00 Evening Tea Time 21	9:30 Daily Hope/Chronicles 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Crafting the Moon: Chalk Art 3:00 BINGO 6:00 Coloring Creations with Katie 22	Happy Bday Gloria! 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 Happy Hour: Happy Birthday Gloria! 6:00 Movie Night: 23	9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 6:00 Puzzles and Word Search 24
9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 6:00 Aromatherapy/Hand Massages 25	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Howl!! The Wolves of Ely, MN 3:00 Scones w/ butter and jam 6:00 Connection Pods 26	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 1:30 Live Music: David Ambroson 3:00 Shake Loose A Memory 6:00 Reading Circle with Katie 27	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 2:00 Rockin' Oldies Happy Hour: Apple & Sweet cheese 3:00 BINGO 6:00 Evening Tea Time 28	9:30 Daily Hope/Chronicles 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Crafting the Moon: Marker Art 3:00 Culinary Demostration 6:00 Coloring Creations with Katie 29	Happy Bday Barb! 9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Happy Hour: Barb Birthday 3:00 Reverse Trick or Treating 6:00 Movie Night: 30	Halloween 9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 6:00 Puzzles and Word Search 31

Life Skills:

- Coupon Clipping
- Counting Coins
- Dust & Shine
- Folding & Sorting
- Stuffing Envelopes
- Sorting Mail
- Yarn Rolling
- Seasonal Decorating
- Napkin Folding
- Bead Sorting
- Sweeping
- Reading/Writing (ex: thank you cards)
- Grading Papers
- Sweeping
- Table Setting
- Table Wipe Down
- Kitchen Clean Up
- Silverware Sorting
- Silverware Polishing
- Greeting Card Writing
- List Making (ex. Grocery Lists)
- Sorting Playing Cards
- Sorting By Colors (ex. dominoes)
- Watering Plants/Gardening
- Baby Care
- Identifying Tools/Household Items
- Cooking Corner

Physical Engagement:

- Target Practice
- Jumbo Bowling
- Ladder Toss
- Balloon Bat
- Balloon Volleyball
- Bean Bag Toss
- Bucket Ball
- Ring Toss
- Ball Darts
- Seated Ball Toss
- Parachute Game
- Basketball Toss
- Tabletop Air Hockey
- Velcro Catch (patio game)
- Tabletop Ping Pong

Exercises:

- Cardio Drumming
- Chair Yoga
- Seated Tai Chi
- Stretching
- Walking Club
- Sit and Fit
- Scarf Dancing
- Ribbon Dancing

Mental Engagement/Memory Recall:

- Trivia
- Name I O
- Finish the Phrase
- Hangman
- Pictionary
- BINGO
- Sensory (ex: scent guessing)
- Name that Sound (youtube)
- Reading Daily Chronicle
- Open Ended Questions
- My 2 Cents Game
- Shake Loose a Memory Game
- Recipe Recall Activity
- Sequencing Tasks
- Card Games
- Board Games
- Identify Famous Faces
- What’s in the Box?
- Puzzles
- Taste Testing
- Who Am I?/What Am I? (activity connection)
- Name That Landmark
- Name That Tune
- Sing Along
- Instrument Exploration (maracas/shakers)
- Life Long Learning
- Tech Exploration
- National Geographic/Earth/Historic Documentaries
- Ticketless Travel (activity connection)
- Reminisce
- Conversation Prompts/Discussions (open-ended questions)