

Independence Village of Ames

Assisted Living

October

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Outing: Walmart (CO) 10:30 Sit and be Fit (CH/TV) 11:30 Penny Pinching 1:30 Candy Bar BINGO! (DR)	2 10:30 Balloon Volleyball (CH/TV) 11:30 Pumkin Bowling (IF-F) 1:00 Halloween Mobile Cart (TYD) 3:00 Happy Hour (IF-F)	3 10:30 Giant Dice Workout (CH/TV) 1:00 Music and Manicures (MC) 3:00 Resident Led Card Club (AR)
4 10:15 Catholic Communion (CH/TV) 11:00 Sit and be Fit (CH/TV) 2:00 Church with Denny (CH/TV)) 4:00 Whatcha Readin? (LIB)	5 Culinary Week 10:30 Exercise with Fox (CH/TV) 11:30 Laundry Toss (IF-F) 3:00 Music with Carol (MC) 6:15 Monday Movie Night (CH/TV)	6 Culinary Week 10:30 Balloon Hockey (CH/TV) 11:00 Trivia (CYH) 2:00 Pumkin Patch Party (IF-F) 3:00 Residents Meeting (LIB) 4:00 Tik Tok Tuesday (IF-F)	7 Culinary Week 10:30 Cardio Drumming (CH/TV) 11:30 Pressed Leave Book Marks (IF-F) 1:00 Bible Study (CH/TV) 3:00 Wednesday Evening Card Club (AR) 6:15 Bev's Movie (MC)	8 Culinary Week 9:30 Outing: Hobby Lobby (CO) 10:30 Sit and be Fit (CH/TV) 11:30 Unscramble 1:30 Fall BINGO! (AR) 2:00 Culinary Forum (DR)	9 Culinary Week 10:30 Balloon Volleyball (CH/TV) 11:30 Ghost Dream Catchers (IF-F) 1:00 Minute to Win it (IF-F) 3:00 Happy Hour	10 Suanne Smith's Birthday 10:30 Giant Dice Workout (CH/TV) 1:00 Music and Maniures (IF-F) 3:00 Resident Led Card Club (AR)
11 10:15 Catholic Communion (CH/TV) 11:00 Sit and be Fit (CH/TV) 2:00 First Methodist Church (CH/TV) 4:00 Whatcha Readin? (LIB)	12 Dale Feller's Birthday 10:30 Exercise with Fox (CH/TV) 11:00 Fall Art Class (AR) 3:00 Music with Carol (MC) 6:15 Monday Movie Night (CH/TV)	13 10:30 Balloon Hockey (CH/TV) 11:00 Trivia (CYH) 2:15 Resident Forum (CH/TV) 4:00 Tik Tok Tuesday (IF-F) 6:00 Dementia Support Group (AR)	14 10:30 Cardio Drumming (CH/TV) 11:30 What's in the Box (IF-F) 1:00 Bible Study (CH/TV) 3:00 Wednesday Evening Card Club (AR) 6:15 Bev's Movie (MC)	15 9:30 Outing: Walmart CO) 11:30 Fall Cookie Decorating (AR) 10:30 Sit and be Fit (CH/TV) 1:30 BINGO! 2:00 Culinary Showcase (DR)	16 National Bosses Day 10:30 Balloon Volleyball (CH/TV) 11:30 Pumkin Tic Tac Toe (IF-F) 1:00 Minute to Win it (IF-F) 3:00 Wine and Cheese Happy Hour	17 10:30 Giant Dice Workout (CH/TV) 1:00 Music and Manicures (MC) 2:00 South Hamilton Dance Team (DR) 3:00 Resident Led Card Club (AR)
18 Vicki Jhar's Birthday 10:15 Catholic Communion (CH/TV) 11:00 Sit and be Fit (CH/TV) 2:00 Cornerstone Church (CH/TV) 4:00 Whatcha Readin? (LIB)	19 10:30 Exercise with Fox (CH/TV) 11:30 Unusual Bingo (IF-F) 3:00 Fun with Fox (DR) 6:15 Monday Movie Night (CH/TV)	20 10:30 Balloon Hockey (CH/TV) 11:00 Trivia (CYH) 2:00 Oktoberfest (IF-F) 3:00 Music with Carol (MC) 4:00 Tik Tok Tuesday (IF-F)	21 10:30 Cardio Drumming (CH/TV) 11:00 What's in the Box (IF-F) 1:30 Bible Study (CH/TV) 3:00 Wednesday Evening Card Club (AR) 6:15 Bev's Movie (MC)	22 9:30 Outing: Target (CO) 10:30 Sit and be Fit (CH/TV) 11:30 Spooky Plino (IF-F) 1:30 BINGO! (AR) 2:00 Culinary Demo (DR)	23 10:30 Balloon Volleyball (CH/TV) 11:00 Pumkin Carving (AR) 1:00 Minute to Win it IF-F) 3:00 Witches Brew Happy Hour(1F-F)	24 10:30 Giant Dice Workout (CH/TV) 1:00 Music and Manicures (1F-F) 3:00 Resident Led Card Club (AR)
25 10:15 Catholic Communion (CH/TV) 11:00 Sit and be Fit (CH/TV) 2:00 First Baptist Church (CH/TV) 4:00 Whatcha Readin? (LIB)	26 Halloween Spirit Week! Lazy Monday 10:30 Exercise with Fox (CH/TV) 11:30 Zombie Eyeball Toss (1F-F) 3:00 Live Entertainment with Tom Hoffer (1F-F) 6:15 Monday Movie Night (CH/TV)	27 Halloween Spirit Week! Twin Tuesday 10:30 Balloon Hockey (CH/TV) 11:00 Halloween Trivia (CYH) 1:00 Poke a Pumkin (1F-F) 3:00 Music with Carol (MC) 4:00 Tik Tok Tuesday (1F-F)	28 Halloween Spirit Week! Wild Wednesday 10:30 Cardio Drumming (CH/TV) 1:00 Bible Study (CH/TV) 11:30 3:00 Wednesday Evening Card Club (AR) 6:15 Bev's Movie (MC)	29 Halloween Spirit Week! Orange Out 10:30 Balloon Volleyball (CH/TV) 1:30 BINGO! (AR) 3:00 Halloween Party & Costume Contest (1F-F)	30 Halloween Spirit Week! Flannel Friday 10:30 Ghost Balloon Volleyball (CH/TV) 11:30 1:00 Reverse Trick or Treat Mobile Cart (TYD)	31 Halloween 10:30 Giant Dice Workout (CH/TV) 1:00 Music and Manicures (1F-F) 3:00 Resident Led Card Club (AR)