

Grace Haven Assisted Living and Memory Care

Memory Care

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Men’s Group: Euchre Bro’s 1:00 Hair-Doin It Up Fun Frenzy 2:00 Vaccuming 3:30 Exercise 5:45 Affirmation Stories	2 10:30 Cooking Club: Applebutter 1:15 Bingo 3:00 SilverSneakers Class and Clean Up 5:45 Warming Words and Cold Drinks	3 10:30 Golden Zumba Exercise 1:15 Tetris Tournament Ladies vs Men 2:15 Mean Girls Mobile Cart: We Wear Pink Pass Out 5:45 Chicken Soup Story
4 11:15 Rise and Shine Exercise Group 1:15 Pool Noodle Goofy Golfing 2:30 Church Group Singing and Chat 5:45 Kitchen Tidy Up	5 10:30 Arm or Thumb Wrestle Challenge 1:15 Bingo 2:00 Sweeping 3:30 Exercise 5:45 Exfoliating and Hydrating Lip Care	6 10:00 Catholic Service and Rosary 10:45 Bible Study with Dean 1:30 Coffee with a Cop 3:00 Dusting 4:00 Mad Hatter’s Craft 5:30 Hand Massages	7 10:30 Haden’s Safety Seminar 1:30 Orange You Glad It’s a Mobile Cart Pass Out 3:15 Music with Wendy 6:00 Happy Hour: Apple-Tini	8 10:30 Frappe and Friends 1:00 Resident Activity Meeting 2:00 Laundry 3:30 Exercise 6:30 Kendra and Line Dancing Group	Lindsey’s Birthday 9 10:15 Haunted Halloween Exercise and Set Up 11:15 Dunking for Apples 1:15 Bingo 4:15 Music with Marty 5:45 Self- Care Acupressure	Shannon’s Birthday 10 10:30 Balloon Badminton 1:30 Traci Day and Family Visiting 2:15 Fluffernutter Mobile Cart Pass Out 5:45 Euchre Games
11 10:30 Church Service and Songs 11:15 Pool Noodle Volleyball Exercise 1:15 Set Up Friends and Crochet Club 5:45 Head Massages	12 10:30 Making Jack-O- Lanterns 1:15 Bingo 2:00 Dishes 3:30 Exercise 5:45 Hay There Haven’s Hayrides	13 10:00 Catholic Service and Rosary 10:45 Bible Study with Dean 1:00 Tik Tok Tuesday 2:45 Set Up and Zumba with Margie 5:30 Have a Gourd Time	14 10:30 M&M Tasting Challenge and Clean 1:00 Sherlock Holmies Sweat Detectives 2:30 Sterling Silver Group 6:00 Happy Hour: The Black Magic Martini	Jerry’s Birthday Luke’s Birthday 15 10:30 Handwashing Hygiene 1:00 Cider Bar with DJ 2:00 Laundry 3:30 Exercise 5:45 I Love Lucy and Popcorn	16 10:30 Uncle Johns Cider Mill Outing 1:15 Bingo and Clean Up 3:00 SilverSneakers Class 5:45 Sip and Spill the Sleepy Time Tea Social	Sweetest Day 17 10:30 Exercise From the 50's and 60's 1:30 Ben’s Dance Group 2:15 Sweetest Day Mobile Cart Pass Out 5:45 Relaxing Drinks and Hand Massages
18 10:30 Church Service and Songs 1:00 Set Up Cooking Club: Making Popcorn Balls 2:00 Marching Exercise 5:45 Resident Lead Card Games	19 10:30 Halloween Decorating and Drinks Party 1:15 Bingo 2:00 Closet Clean Up 3:30 Exercise 5:45 Halloween Sing A Long Songs	20 10:00 Catholic Service and Rosary 10:45 Bible Study with Dean 1:00 Set Up Tetris Game 2:30 Farmer’s Market 5:45 Oil and Massage Allergy Relief	21 10:30 Axe Throwing Exercise 11:30 Music with Tess 1:00 Oakview Friends Halloween Party 2:15 Manicures and Vaccum 6:00 Happy Hour: Spook-tacular Special	22 10:30 Culinary Showcase with Chef 1:00 Making Applesauce 2:00 Organizing 3:30 Exercise 5:45 Stress Less Ball Exercise	23 10:30 Jen and Frankie Visiting 1:15 Bingo 3:00 SilverSneakers Class and Clean Up 4:00 Crafting 5:45 Plinko Game	24 10:30 Don’t Burst My Bubble Game 1:30 Suzanne Dog Visit 2:15 Chair Synchronized Swimming 5:45 Essential Oils, and Hydration
Gary’s Birthday 25 10:30 Church Service and Songs 1:15 Cardio Drumming 2:15 Autumn Trail Mix Mobile Cart Pass Out 5:45 Piano and Peaceful Melody	26 10:30 Elvis Has Entered the Building Performance 1:15 Bingo 2:00 Kitchen Clean Up 3:30 Exercise 5:45 Bonfire, Weeny Roasting, and S’more’s	27 10:00 Catholic Service and Rosary 1:30 Making Candied Apple 3:00 Zumba with Margie and Clean Up 5:30 Meditation Exercise and Calm Sounds	28 10:30 Fall Scavenger Hunt Exercise 12:00 Wild’n Out Birthday Party 1:00 Resident Council 6:00 Happy Hour: Halloween Cocktails Pass Out	29 10:00 Food Committee with Chef Jenelle 11:00 Halloween Cart 2:00 Dusting 3:30 Exercise 5:30 Grace Haven’s Haunted Halloween	30 10:30 Reverse Trick or Treating 1:15 Halloween Bingo 3:00 SilverSneakers Class and Clean Up 5:45 Halloween/ Spooky Stories	31 10:30 Men’s Group: Autumn Season 2:15 Haunted Halloween Exercise 3:00 Halloween Movies and Popcorn 5:45 Story Telling