

Springvale Assisted Living

| Assisted Living | Memory Care

# October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                        | Monday                                                                                                                                                                                                     | Tuesday                                                                                                                                                              | Wednesday                                                                                                                                                                                  | Thursday                                                                                                                                                                  | Friday                                                                                                                                                                                   | Saturday                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                               | <b>October Birthday's!</b><br><br><b>Mary P. - Oct. 2<sup>nd</sup></b><br><br><b>David J. - Oct. 5<sup>th</sup></b><br><br><b>Bob P. - Oct 17<sup>th</sup></b><br><b>Phyllis W. - Oct. 31<sup>st</sup></b> |                                                                                                                                                                      |                                                                                                                                                                                            | <b>Pumpkin Cookies 1</b><br>10:30 - Coffee Chats w/ Steph<br>11:00 - Chair Yoga<br>1:30 - Thirsty Thursday's<br>2:30 - Make Pumpkin Cookies<br>3:30 - Puzzles             | <b>Smartie Day 2</b><br>10:30 - Mad Libs<br>11:00 - Entertainment Greg Zaffrioff<br>1:30 - Exercise Powerback<br>2:30 - Smartie Pants Trivia<br>3:30 - Brandy Fruit<br>6:00 - Card Games | <b>Independent Activity 3</b><br><b>Supplies Available</b><br><br>11:00 - Balloon Bop<br><br>2:00 - Joggin Your Noggin<br><br>6:00 - Sorry! Board Game |
| <b>Independent Activity 4</b><br><b>Supplies Available</b><br><br>11:00 - Morning Walk<br><br>2:00 - Football Game Bets<br><br>6:00 - Puzzles | <b>Door Decor Party 5</b><br>10:30 - Word Search<br>11:00 - Chair Zumba<br>1:30 - Make Tea Party Hats<br>2:30 - Fall/Halloween Door Decorating<br>4:00 - Cookies & Punch                                   | <b>Natl. Noodle Day 6</b><br>10:00 - Church Service<br>11:00 - Exercise<br>1:30 - Mad Hatter Tea Party<br>2:30 - Noodle Bar<br>3:30 - Trivia<br>6:00 - Bean Bag Toss | <b>Cops &amp; Coffee 7</b><br>10:30 - Calm Coloring<br>11:00 - Balloon Bop<br>2:00 - Make Chocolate Covered Pretzels<br>3:00 - Cops & Coffee<br>4:00 - Table Topics                        | <b>Jewelry Making 8</b><br>10:30 - Word Games<br>11:00 - Chair Tai Chi<br>1:30 - Joggin Your Noggin<br>2:30 - Make Fall Friendship Bracelets<br>3:30 - Puzzles            | <b>Football Game 9</b><br>10:30 - Mad Libs<br>11:00 - Exercise w/ Powerback<br>1:30 - Harvest Bingo<br>2:30 - Movie & Popcorn<br>7:00 - Football Game                                    | <b>Independent Activity 10</b><br><b>Supplies Available</b><br><br>11:00 - Balloon Bop<br><br>2:00 - Joggin Your Noggin<br><br>6:00 - Board Games      |
| <b>Independent Activity 11</b><br><b>Supplies Available</b><br><br>11:00 - Triva<br><br>1:20 - Lions Game<br><br>6:00 - Afternoon Walk        | <b>Resident Meetings 12</b><br>10:30 - Word Search<br>11:00 - Activity Planning Meeting<br>1:30 - Chair Zumba<br>2:30 - Resident Council<br>3:30 - Fall Painting                                           | <b>Hot Cider Social 13</b><br>10:00 - Church Service<br>11:00 - Paint Rocks<br>1:30 - Exercise<br>2:00 - Joggin Your Noggin<br>3:30 - Hot Cider Social on the Porch  | <b>Chair Zumba Class 14</b><br>10:30 - Mad Libs<br>11:00 - Balloon Bop<br>2:00 - Current Events Club<br>3:30 - Chair Zumba Class<br>4:00 - Card Games                                      | <b>I Love Lucy Day 15</b><br>10:30 - Coffee Chats w/ Steph<br>11:00 - Chair Yoga<br>1:30 - Thirsty Thursday's - Pumpkin Spice<br>2:30 - I love Lucy Day<br>3:30 - Puzzles | <b>Pumpkin Painting 16</b><br>10:30 - Word Games<br>11:00 - Exercise w/ Powerback<br>1:30 - Pumpkin Painting<br>2:30 - Popcorn Bar<br>3:30 - Table Topics                                | <b>Independent Activity 17</b><br><b>Supplies Available</b><br><br>11:00 - Balloon Bop<br><br>2:00 - Joggin Your Noggin<br><br>6:00 - Board Games      |
| <b>Independent Activity 18</b><br><b>Supplies Available</b><br><br>11:00 - Morning Walk<br><br>2:00 - Board Games<br><br>6:00 - Table Topics  | <b>Restaurant Outing 19</b><br>10:30 - Word Search<br>11:00 - Chair Zumba<br>12:00 - Cracker Barrel Lunch Outing<br>1:30 - Fall Taste Test<br>2:30 - Nail Painting<br>3:30 - Uno                           | <b>Cake Painting 20</b><br>10:00 - Church Service<br>11:00 - Exercise<br>1:30 - Culinary Showcase<br>2:30 - Cake Painting<br>3:30 - Fall Colors Walk                 | <b>Entertainment 21</b><br>10:30 - Calm Coloring<br>11:00 - Entertainment - Sax Duet<br>2:00 - Soup & Storytelling<br>3:00 - Balloon Bop<br>4:00 - Puzzles                                 | <b>Fall Trail Mix 22</b><br>10:30 - Word Games<br>11:00 - Chair Tai Chi<br>1:30 - Popcorn Bar<br>2:30 - Halloween Movie<br>3:30 - Fall Trail Mix                          | <b>Ice Cream Social 23</b><br>10:30 - Mad Libs<br>11:00 - Exercise w/ Powerback<br>1:30 - Brandied Fruit Happy Hour Ice Cream Social<br>2:30 - Hot Cider Cart<br>3:30 - Pumpkin Carving  | <b>Independent Activity 24</b><br><b>Supplies Available</b><br><br>11:00 - Balloon Bop<br><br>2:00 - Joggin Your Noggin<br><br>6:00 - Board Games      |
| <b>Independent Activity 25</b><br><b>Supplies Available</b><br><br>11:00 - Trivia<br><br>4:00 - Lions Game<br><br>6:00 - Afternoon Walk       | <b>Halloween Party 26</b><br>10:30 - Word Search<br>11:00 - Chair Zumba<br>1:30 - Harvest Hoedown<br>2:30 - Haunted Happy Hour<br>3:30 - Halloween Convo's<br>6-8p - Haunted House Trick or Treat          | <b>Bible Study/ Worship 27</b><br>10:30 - Calm Coloring<br>11:00 - Exercise<br>1:30 - Bible Study/Worship<br>3:00 - Joggin Your Noggin<br>4:00 - Puzzles             | <b>Current Events Club 28</b><br>10:30 - Mad Libs<br>11:00 - Balloon Bop<br>2:00 - Current Events Club<br>3:30 - Chair Zumba Class<br>4:00 - Card Games<br>6:00 - Monster Mash Sing A long | <b>Candy Taste Test 29</b><br>10:30 - Coffee Chats w/ Steph<br>11:00 - Chair Yoga<br>1:30 - Spooky Storytelling<br>2:30 - Candy Taste Test<br>3:30 - Card Games           | <b>Nail Painting 30</b><br>:30 - Word Games<br>11:00 - Exercise w/ Powerback<br>1:30 - Nail Painting<br>2:30 - Halloween Movie & Popcorn                                                 | <b>Independent Activity 31</b><br><b>Supplies Available</b><br><br>11:00 - Balloon Bop<br><br>2:00 - Joggin Your Noggin<br><br>6:00 - Board Games      |

Calender Key: