

StoryPoint Altoona		October				Activities are subject to change	
Independent Living Assisted Living		Life Enrichment Monthly Calendar					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sign up sheets for outings in IL (display on the communication counter) AL (outside the activity room)	Always available to do between activities! Activity room • Word Search • Dot to Dot • Simple Painting/Crafts • Newspaper • Magazines • Board games(UNO,Cards,Yahtzee, Checkers,Connect 4,Bean Bag toss,Dominoes, etc.) • Diamond Painting • Sticker Coloring	Birthdays: 10/8-Pat W 10/8-Jeanne 10/9-Kathy Be 10/17-Earl 10/17-Larry H 10/26-Dorothy 10/28-Betty W	10/3-Jordan 10/6-Julie 10/6-Blake 10/8-Kris 10/21-Faith 10/24-Mimi 10/24-Vivian 10/25-Vijayantha	Hair day 1 8:00 AM-Daily cronicle at breakfast 10:30 AM-BBB practice (AL) 10:30-11:30 AM Community Fall decorating(IL) 1:00 PM Country Store (AL) 1:30 PM-Bingo (IL) 1:30-2:30 PM-Community Fall decorating(AL) 3:00 PM- Happy hour with Neil Hewitt performance(AL) 5:30 PM-Cards Players’Club (L)	2 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM Bingo-(AL) 2:45 PM-Pumpkin patch rocks (resident led) (AR) 3:00 PM-Happy hour (IL) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Self led: Poker Night (IL 1 st floor end rom) 6:00 PM-Nightly tv news (FC)	3 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-dot to dot coloring (AR) (resident led) 11:00 AM-Iowa Cyclones (FC) 1:30 PM-Bingo (AL) (resident led) 2:00 PM-Game shelf (AR) (resident led) 2:30 PM-Iowa Hawks on CBS (FC) 3:00 PM-Walking Group 5:30 PM-Cards Players’ Club (L)	
Golf day 4 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Church services with St. Croix (FC) 1:00 PM-Tv social (FC) 2:00 PM-Afternoon coffee (AL) 5:30 PM- Card Players’ Club (L) 6:00 PM-News (FC)	5 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-Bingo (AL) 3:00-4:00 PM-Spa pampering (S) 3:00-4:00 PM-Shuffleboard ,sports social & beer(room end of 200) 5:30 PM-Cards Players’ Club (L) 6:00 PM-Nightly tv news (FC)	6 8:00 AM-Daily cronicle at breakfast 9:45 AM-Chair exercise (AL) 10:30 AM-Church Services (FC) 1:00 PM- Hero wall interviews (L)*See newsletter 2:15 PM-Activity Planning Meeting(AR) 3:00 PM-Hero thank you cards (AR) 3:15 PM-BBB practice (AL) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Book club (resident led and self coordinate) (FC of IL)	Chocolate covered pretzel 7 8:00 AM-Daily cronicle at breakfast 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class (AL) 1:30-2:30 PM-Chocolate fondue & pretzels Bingo (AR) 2:00 Pm-BBB game(home)-(AL) 5:30 PM-Cards Players’ Club (L) 5:30 PM-Self led: Poker Night (IL 1 st floor end rom) 6:00 PM-Bible study (IL-private dining) (resident led)	Hero day 8 8:00 AM-Daily cronicle at breakfast 9:30 AM-thank you cards to responders (FC) 10:30 AM-BBB practice(AL) 1:00 PM-Country Store (AL) 1:30-2:30 PM-Bingo (IL) 1:45 PM-Pumpkin bowling (AL) 3:00 PM-Craft-fall walker decorating (AR) 5:30 PM-Cards Players’Club (L)	Fire prevention 9 8:00 AM-Daily cronicle at breakfast 9:00 AM-Bass pro outing 10:00 AM-Fire safety with Ryan (FC) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-Bingo (AL) 3:00 PM-Happy hour (IL) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Self led: Poker Night (IL 1 st floor end rom) 6:00 PM-Scenic walk 8:00 PM-Iowa Hawks on FOX (FC) 9:15 PM-Iowa Cyclones on ESPN(FC)	Cake decorating day 10 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Relaxing coloring (AR) (resident led) 11:00 AM-Group word searches (resident led) 1:30 PM-Bingo (AL) (resident led) 2:30 PM-Book social (resident led) (L) 3:00 PM-Walking Group 5:30 PM-Cards Players’ Club (L) 6:00 PM-News (FC)	
Sausage pizza day 11 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Self craft (AR) (resident led) 1:00 PM-Tv social (FC) 2:00 PM-Afternoon coffee (AL) 3:00 PM-Bean bag toss (AR) (resident led) 5:30 PM- Card Players’ Club (L) 6:00 PM-News (FC)	Farmers day 12 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 10:30 AM-Painting class with Kayla (AR) 1:30-2:30 PM"guess how many" Bingo (AL) 3:00 PM-Spa pampering (S) 3:00 PM-Fooseball, sports social & beer (room end of 200) 5:30 PM-Cards Players’ Club (L) 6:00 PM-Card signing table (AR)	Navy birthday 13 8:00 AM-Daily cronicle at breakfast 9:45 AM-Chair exercise (AL) 10:30 AM-Church Services (FC) 12:45 PM-Craft: toilet paper pumpkins(AR) 2:30 PM-Birthday bash happy hour with CW music performance (AL) 3:45 PM-BBB practice (AL) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Book club (resident led and self coordinate) (FC of IL)	Dessert day 14 8:00 AM-Daily cronicle at breakfast 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class (AL) 1:30-2:30 PM- Bingo (AL) 1:00 Pm-BBB game(away) 3:00 PM-Dave Watson performance (AL) 5:30 PM-Cards Players’ Club (L) 5:30 PM-Self led: Poker Night (IL 1 st floor end rom) 6:00 PM-Bible study (IL private dining)(resident led)	I love lucy day 15 8:00 AM-Daily cronicle at breakfast 9:30 AM-Caring hands outing 10:30 AM- BBB practice (AL) 1:00 PM-Country Store (AL) 1:30-2:30 PM-Bingo (IL) 1:15 PM-Movie theater outing (Street fighter) 3:00 PM-1950s Tv trivia (L) 5:30 PM-Cards Players’Club (L) 6:00 PM-Scenic walk through the halls	Boss day 16 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-"poke a pumpkin" Bingo (AL) 3:00 PM-Happy hour hosted by senior helpers (IL) 3:00 PM-Fall greeting cards (resident led) (AR) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Self led: Poker Night (IL 1 st floor end rom)	17 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Relaxing coloring (AR) (resident led) 11:00 AM-Group word searches (resident led) 1:30 PM-Bingo (AL) (resident led) 2:30 PM-Book social (resident led) (L) 3:00 PM-Walking Group 5:30 PM-Cards Players’ Club (L) 6:00PM-News (FC)	
Chocolate cupcake day 18 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Self craft (AR) (resident led) 1:00 PM-Tv social (FC) 2:00 PM-Afternoon coffee (AL) 3:00 PM-Bean bag toss (AR) (resident led) 5:30 PM- Card Players’ Club (L) 6:00 PM-News (FC)	19 8:00 AM-Daily cronicle at breakfast 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-Bingowith jack-o-lantern floats hosted by Suncrest (AL) 1:00 PM-Halloween decorating (IL) 3:00 PM-Halloween decorating (AL) 5:30 PM-Cards Players’ Club (L) 6:00 PM-Scenic walk through the halls	20 8:00 AM-Daily cronicle at breakfast 9:00 AM-Halloween greeeting cards (AL) 9:45 AM-Chair exercise (AL) 10:30 AM-Church Services (FC) 1:00 PM-AI Pumpkin creation(L) 2:00 PM-Resident council (AL) 3:15 PM-BBB practice (AL) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Book club (resident led and self coordinate) (FC of IL)	Apple day 21 8:00 AM-Daily cronicle at breakfast 9:30 AM-Bible Study (L) 10:00 AM-Bobbing for apples with grabbers 10:30 AM-FOX Exercise Class (AL) 1:30-2:30 PM- Bingo (AR) 2:00 Pm-BBB game(home) 3:45 PM-Apple guessing game (L) 5:30 PM-Cards Players’ Club (L) 6:00 PM-Bible study (IL private dining)(resident led)	Color day-wear your favorite color 22 8:00 AM-Daily cronicle at breakfast 10:30 AM-BBB practice (AL) 1:00 PM-Country Store (AL) 1:30-2:30 PM-Bingo (IL) 3:00 PM-Craft: Scented potpourri & pomanders (AR) 5:30 PM-Cards Players’Club (L) 6:00 PM-Card signing table (AR)	23 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-Bingo (AL) 2:30 PM-Halloween spider jenga (AR) 3:00 PM-Happy hour (IL) 3:00 PM-Pumpkin patch rocks (resident led) (AR) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Self led: Poker Night (IL 1 st floor end rom)	Food day 24 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Dot to dot (AR) (resident led) 11:00 AM-Group word searches (resident led) 1:30 PM-Bingo (AL) (resident led) 2:30 PM-Snack cart and chat 3:00 PM-Book social (resident led) (L) 5:30 PM-Cards Players’ Club (L) 6:00PM-News (FC)	
25 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Self craft (AR) (resident led) 1:00 PM-Tv social (FC) 2:00 PM-Afternoon coffee (AL) 3:00 PM-Bean bag toss (AR) (resident led) 5:30 PM- Card Players’ Club (L) 6:00 PM-News (FC)	Pumpkin day 26 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-Bingo (AL) 3:00 PM-Richie Lee performance and Halloween happy hour (AL) 5:30 PM-Cards Players’ Club (L) *Pumpkin painting contest throughout the day in activity room* (see newsletter)	Halloween costumes 27 8:00 AM-Daily cronicle at breakfast 10:00 AM-Chair exercises (AL) 10:30 AM-PRAIRE MEADOWES OUTING 10:30 AM-Church Services(FC) 1:00 PM-Halloween candy tasting bar 2:00 PM- Resident Council (IL) 3:15 PM-BBB practice (AL) 5:30-7:00 PM-Community trick or treating event (IL & AL halls and FC) *see newsletter*	Chocolate day 28 8:00 AM-Daily cronicle at breakfast 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class (AL) 1:30-2:30 PM- Bingo (AL) 2:00 PM-Bowling outing 3:00 PM-Hot chocolate bar (AL) 5:30 PM-Cards Players’ Club (L) 5:30 PM-Self led: Poker Night (IL 1 st floor end rom) 6:00 PM-Bible study(IL private dining(resident led)	Cat day 29 8:00 AM-Daily cronicle at breakfast 10:30 AM-Applebees lunch outing 10:30 AM-BBB practice (AL) 1:00 PM-Country Store (AL)*Buy a cat toy for a shelter* 1:30-2:30 PM-Bingo (IL) 2:00 PM-Cat sticker coloring (resident led)(AR) 3:00 PM-Rick Ludwig singing performance-in IL common area (IL) 5:30 PM-Cards Players’Club (L) 6:00 PM-Scenic walk through the halls	Candy corn day 30 8:00 AM-Daily cronicle at breakfast 10:00 AM-Manicures (S)(signup day before outside the activity room) 10:30 AM-Ball drumming (AL) 1:30-2:30 PM-Bingo candy corn style (AL) 3:00 PM-Happy hour (IL) 3:30 PM Candy corn toss (AL) 5:30 PM-Cards Players’ Club(L) 6:00 PM-Self led: Poker Night (IL 1 st floor end rom) *Trick or treating mobile cart throughout the day* (see newsletter)	Happy Halloween 31 9:00 AM-Coffee Hour (IL & AL) 10:00 AM-Coloring (AR) (resident led) 11:00 AM-Group word searches (resident led) 1:30 PM-Bingo (AL) (resident led) 2:30 PM-Snack cart and chat (FC) 3:00 PM-Halloween movie (FC) 5:30 PM-Cards Players’ Club (L) 6:00PM-News (FC)	
Calender Key: AL-Assisted Living Dining IL-Independent Living Dining	AR-Activity Room FC-Front Common in AL L-Library	S-Salon HH-Happy Hour P-Pub Bar in IL	BBB-Bean Bag Baseball RL-Resident Led	Life Enrichment Director: Matthew Beminio-Mejia Follow us on Facebook !	1600 8 th St. SE, Altoona, IA 50009 Phone: 515-330-8322	STORYPOINT™ Senior Living	