

StoryPoint Altoona		October				Activities are subject to change	
Memory Care		Life Enrichment Monthly Calendar					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Birthdays: 10/26-Dorothy	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 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Fall decorating (RAs) 1:00-1:30 PM-Ball Drumming (LE) 2:00-2:30 PM-Crayons with leaf rubbings (LE) 3:00-4:00 PM Happy hour with Neil Hewitt performance(AL) (LE/RAs) 5:30 PM-Animal Live cams on youtube: Rainforest (RAs) 6:00 PM-Hand massages (RAs)	Smile Day 2 9:30-10:00 AM-Hair & manicures(LE) 10:30-11:00 AM- Linen folding (RAs) 1:00-1:30 PM-Puck shooting-swiffer (LE) 2:00-2:45 PM-Halloween lava lamp(LE) 3:00-3:30 PM- Smile photo shoot (LE) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Hand massages (RAs) 6:00 PM-"Alexa guess that tune" (RAs)	3 9:00-9:30 AM-Coffee Hour (RAs) 10:00-10:30 AM-Linen folding & housekeeping (RAs) 11:00 AM-Iowa Cyclones game (RAs) 12:30-1:00 PM-Balloon swat (LE) 1:30-2:30-Fall coloring (RAs) 2:30 PM-Iowa Hawks on CBS (LE) 3:00PM-4:00 PM-Daily walk (LE) 5:30 PM-Graphic novels (RAs) 6:00 PM-Soothing nature sounds from alexa (RAs)	
Golf day 4 9:00-9:30 AM-Coffee chat (RAs) 10:00 AM-Church service with St. Croix (LE/RAs) (FC) 12:30-1:30 PM-Scarf dancing (LE) 2:00-3:00 PM-Cupcake decorating (LE) 3:30-4:00 PM-Daily walk (LE) 5:30-6:30 PM-Movie (RAs)	5 9:30-10:00 AM-Hair & manicures (LE) 9:30-11:00 AM Fall flower outing 10:30-11:00 AM-Pipe cleaner pine cone weaving (RAs) 1:00-1:30 PM-Pumpkin bowling (LE) 2:00-2:45 PM-VWreath making (LE) 3:00-3:30 PM- Rice krispe monsters(LE) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Hand massages (RAs) 6:00 PM-Nature sounds from alexa (RAs)	6 9:30-10:00 AM-Indoor gardening table (RAs) 10:30-11:00 AM- Church (AL) (LE/RAs) 1:00-1:30 PM-Ball drumming (LE) 2:00-2:45 PM-Spinners (LE) 3:00-3:30 PM- Family recipes (LE) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Animal Live cams on youtube (RAs) 6:00 PM-Hand massages (RAs)	Chocolate covered pretzel 7 9:30-10:00AM-Bible Study (L) (LE/RAs) 10:00-10:30 AM-Library Uno (LE) 10:30-11:00 AM-FOX exercise class (LE/RAs) (AL) 1:30-2:30 PM-Nurturing corner (RAs) 3:00-4:00 PM Fondue & pretzel dipping (LE) 5:30 PM-Blanket folding (RAs) 6:00 PM-Calming music on alexa (RAs)	Hero day 8 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM- Rock stacking art project (RAs) 1:00-1:30 PM-Ball drumming (LE) 2:00-2:45 PM-Pumpkin painting (LE) 3:00-4:00 PM Dave Gray and dog Bell 3:30-4:00 PM-Daily Walk (LE) 5:30 PM- Animal Live cam on youtube:Blrds (RAs) 6:00 PM-Hand massages (RAs)	Fire prevention 9 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Fall floral arranging (RAs) 1:00-1:30 PM- Dice Exercise game (LE) 2:00-2:45 PM-Pumpkin guts sensory (LE) 3:00-3:30 PM- Marshmellow treats (LE) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Hand massages (RAs) 6:00 PM-"Alexa guess that tune" (RAs) 8:00 PM-Iowa Hawks on FOX (FC) 9:15 PM-Iowa Cyclones on ESPN(FC)	Cake decorating day 10 9:00-9:30 AM-Coffee Hour (RAs) 10:00-10:30 AM- Linen folding & housekeeping(RAs) 12:30-1:00 PM-Balloon swat (RAs) 1:30-2:30-Fall coloring (RAs) 3:00PM-4:00 PM-Daily walk (LE) 5:30 PM-Graphic novels (RAs) 6:00 PM-Soothing nature sounds from alexa (RAs)	
Sausage pizza day 11 9:00-9:30 AM-Coffee chat (RAs) 10:00-10:30 AM-Magazine scavengar hunt (RAs) 12:30-1:30 PM-Scarf dancing (LE) 2:00-3:00 PM-Snackcart (RAs) 3:30-4:00 PM-Daily walk (LE) 5:30-6:30 PM-Movie (RAs)	Farmers day 12 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Clean the pumpkins (RAs) 1:00-1:30 PM- Bingo ball # cup (LE) 2:00-2:45 PM- Yarn tape pumpkins (LE) 3:00-3:30 PM- No bake cookies (LE) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Hand massages (RAs) 6:00 PM-Alexa name that tune (RAs)	Navy birthday 13 9:30-10:00 AM- Indoor gardening table (RAs) 10:30-11:00 AM-Church Services (FC) (LE/RAs) 1:00-1:45 PM-Ball drumming (LE) 2:30-3:30 PM-Birthday bash happy hour with CW music performance (AL) (LE/RAs) 3:30-4:00 PM-Daily walk (LE) 5:30 PM-Animal live cams on youtube (RAs) 6:00 PM-Hand massages (RAs)	Dessert day 14 9:30-10:00 AM-Bible Study (L) (LE/RAs) 10:00-10:30 AM-Cards in the library (LE) 10:30-11:00 AM-FOX Exercise Class (AL) (LE/RAs) 1:30-2:30 PM-Nurturing corner & dessert snack cart (RAs) 3:00-4:00 PM-Dave Watson performance (AL) (LE/RAs) 5:30 PM-Blanket folding (RAs) 6:00 PM-Calming music on alexa (RAs)	I love lucy day 15 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM- I love Lucy re run (RAs) 1:00-1:30 PM-Ball drumming (LE) 2:00-2:45 PM-Cotton ball ghosts (LE) 3:00-3:30 PM- Family recipes(LE) 3:30-4:00 PM-Daily Walk(LE) 5:30 PM- Animal Live cam on youtube:Fish (RAs) 6:00 PM-Hand massages (RAs)	Boss day 16 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Fall floral arranging (RAs) 1:00-1:30 PM-Halloween disco (LE) 2:00-2:45 PM-World food tasting (LE) 3:00-3:30 PM- Music therapy with Jackie 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Hand massages (RAs) 6:00 PM-"Alexa guess that tune" (RAs)	17 9:00-9:30 AM-Coffee Hour (RAs) 10:00-10:30 AM- Linen folding & housekeeping(RAs) 12:30-1:00 PM-Balloon swat (RAs) 1:30-2:30-Fall coloring (RAs) 3:00PM-4:00 PM-Daily walk (LE) 5:30 PM-Graphic novels (RAs) 6:00 PM-Soothing nature sounds from alexa (RAs)	
Chocolate cupcake day 18 9:00-9:30 AM-Coffee chat (RAs) 10:00-10:30 AM-Book social (RAs) 12:30-1:30 PM-Scarf dancing (LE) 2:00-3:00 PM-Snack cart (RAs) 3:30-4:00 PM-Daily walk (LE) 5:30-6:30 PM-Movie (RAs)	19 9:30-11:00 AM-Outing for Fall flowers 10:30-11:00 AM- Greeting card sorting (RAs) 1:00-1:45 PM- Pumpkin golf tea hammering (LE) 2:00-2:30 PM- jack-o-lantern floats hosted by Suncrest HH (AL) (LE/RAs) 3:00-3:30 PM-Halloween decorating (LE) 3:30-4:00 PM Daily walk (LE) 5:30 PM-Hand massages (RAs) 6:00 PM-Alexa name that tune (RAs)	20 9:30-10:00 AM- Indoor gardening table (RAs) 10:30-11:00 AM-Church Services (FC) (LE/RAs) 1:00-1:30 PM-Ball drumming (LE) 2:00-2:45 PM-Painting with apples (LE) 3:00-3:30 PM-Family recipes (LE) 3:30-4:00 PM-Daily walk(LE) 5:30 PM-Animal live cams on youtube :tundra (RAs) 6:00 PM-Hand massages (RAs)	Apple day 21 9:30-10:00 AM-Bible Study (L) (LE/RAs) 10:00-10:30 AM-Ping pong toss into fish bowls(LE) 10:30-11:00 AM-FOX Exercise Class (AL) (LE/RAs) 1:30-2:30 PM-Nurturing corner & snack cart (RAs) 3:00-3:30 PM-Bobbing for apples (LE) 3:30-4:00 PM-Daily walk(LE) 5:30 PM-Blanket folding (RAs) 6:00 PM-Calming music on alexa (RAs)	Color day-wear your favorite color 22 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Tool table (RAs) 12:45-3:00 PM Iowa orchard outing(LE/Wellness) 1:00-2:00 PM-Halloween decorating (RAs) 2:30-3:30 PM-Halloween snack cart (RAs) 3:30-4:00 PM-Daily Walk & hydration cart (LE/RAs) 5:30 PM- Animal Live cam on youtube: Safari (RAs) 6:00 PM-Hand massages (RAs)	23 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Fall floral arranging (RAs) 1:00-1:30 PM- Skeleton hand toss (LEA) 2:00-2:45 PM-Resin hands (LE) 3:00-3:30 PM-Spooky chex mix(LE) 3:30-4:00 PM-Daily Walk(LE) 5:30 PM-Hand massages (RAs) 6:00 PM-"Alexa guess that tune"(RAs)	Food day 24 9:00-9:30 AM-Coffee Hour (RAs) 10:00-10:30 AM- Linen folding & housekeeping(RAs) 12:30-1:00 PM-Balloon swat (RAs) 1:30-2:30-Fall coloring (RAs) 3:00PM-4:00 PM-Daily walk (LE) 5:30 PM-Graphic novels (RAs) 6:00 PM-Soothing nature sounds from alexa (RAs)	
25 9:00-9:30 AM-Coffee chat (RAs) 10:00-10:30 AM-Magazine scavengar hunt (RAs) 12:30-1:30 PM-Scarf dancing (LE) 2:00-3:00 PM-Snack cart (RAs) 3:30-4:00 PM-Daily walk (LE) 5:30-6:30 PM-Movie (RAs)	Pumpkin day 26 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM- Greeting card sorting (RAs) 1:00-1:30 PM-Fall cake walk (LE) 2:00-2:45 PM-Pumpkin decorating (LE) 3:00-4:00 PM-Richie Lee performance and Halloween happy hour (AL) (LE/RAs) 5:30 PM-Animal live cams on youtube: aquarium (RAs) 6:00 PM-Hand massages (RAs)	Halloween costumes 27 9:30-10:00 AM-Indoor gardening table (RAs) 10:30-11:00 AM-Church Services(FC)(LE/RAs) 1:00-1:30 PM-Halloween costumes & boogie (LE) 2:00-2:45 PM-Needle in the haystack (LE) 3:00-3:30 PM-Pudding ghosts (LE) 3:30-4:00 PM-Daily walk (LE) 5:30-7:00 PM-Community trick or treating event (IL & AL halls and FC) *see newsletter*	Chocolate day 28 9:30-10:00 AM-Bible Study (L)(LE/RAs) 10:00-10:30 AM-Ping pong toss into fish bowls (LE) 10:30-11:00 AM-FOX Exercise Class (AL) (LE/RAs) 1:30-2:30 PM-Nurturing corner & snack cart(RAs) 3:00-3:30 PM-Hot chocolate bar (LE/Hospice) 3:30-4:00 PM-Daily walk(LE) 5:30 PM-Blanket folding (RAs) 6:00 PM-Calming music on alexa(RAs)	Cat day 29 9:30-10:00 AM-Hair & manicures (LEA) 10:30-11:00 AM-Tool table (RAs) 1:00-1:30 PM-Ball drumming(LE) 2:00-3:30 PM-Outing to cat cafe (LE/Wellness) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM- Animal Live cam on youtube: cats (RAs) 6:00 PM-Hand massages (RAs)	Candy corn day 30 9:30-10:00 AM-Hair & manicures (LE) 10:30-11:00 AM-Fall sensory cart (RAs) 1:00-1:30 PM-Chair dancing (LE) 2:00-2:45 PM-National popcorn month cart (LE) 3:00-3:30 PM-Candy corn toss (LE) 3:30-4:00 PM-Daily Walk (LE) 5:30 PM-Hand massages(RAs) 6:00 PM-"Alexa guess that tune"(RAs) *Trick or treating mobile cart throughout the day* (see newsletter)	Happy Halloween 31 9:00-9:30 AM-Coffee Hour (RAs) 10:00-10:30 AM- Linen folding & housekeeping(RAs) 12:30-1:00 PM-Balloon swat (LE) 1:30-2:30-Fall coloring (RAs) 3:00PM-4:00 PM-Halloween movie (LE) 5:30 PM-Graphic novels (RAs) 6:00 PM-Soothing nature sounds from alexa (RAs)	
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 LE-Life Enrichment RA-Resident Assistant	Life Enrichment Director: Matthew Beminio-Mejia Follow us on Facebook !	1600 8th St. SE, Altoona, IA 50009 Phone: 515-330-8322	STORYPOINT Senior Living	