

Woodlawn Meadows  
Assisted Living

October 2026  
Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                                         | Monday                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                             |
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|                                                                                                                                                                |                                                                                                                                                                                                 |                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                   | <b>1</b><br>9:30 Get Pumped with Gary (RL)<br>9:45 Prayer Service (D)<br>10:45 Stand & Stretch (D)<br>1:15 Resdient Council (D)<br>2:30 What Not Bingo (D)<br>3:30 Trivia (D)                                                    | <b>2</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>12:45 Wii Bowling (A)<br>1:30 Penny Bingo (D)<br>3:00 November Calendar Review (D)<br>3:30 New Resident Welcome Party (D)                                      | <b>3</b><br>9:30 Get Pumped with Gary (RL)<br>11:00 Coffee & Conversation (D)<br>2:00 Card Games (D)<br>3:30 Uno (D)<br>6:00 Jigsaw Puzzles (A)                                      |
| <b>4</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Cranium Crunches & Word Puzzles (SL)<br>2:00 Card Games (D)<br>3:00 Puzzles (A)<br>6:00 Read & Relax (SL)  | <b>Culinary Week 5</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>12:30 Wii Bowling (A)<br>1:30 Quick Bites (D)<br>1:45 Nail Painting (D)<br>3:00 Ladies' Group (D)       | <b>6</b><br>9:30 Get Pumped with Gary (RL)<br>10:00 Veteran's Group (D)<br>10:30 Chair Exercise (D)<br>11:00 The Good News Group (D)<br>1:00 Quick Bites (D)<br>1:30 One Team Broadcast (D)<br>3:15 What Not Bingo (D) | <b>7</b><br>9:30 Get Pumped with Gary (RL)<br>10:00 Mens Group (D)<br>10:30 Chair Exercise (D)<br>11:00 Peaceful Pause (D)<br>12:30 Wii Bowling (A)<br>1:30 Church Service with United Methodist (D)<br>2:30 Quick Bites (D)<br>3:00 The Wednesday Variety Show (D)               | <b>8</b><br>9:30 Get Pumped with Gary (RL)<br>9:45 Prayer Service (D)<br>10:45 Stand and Stretch (D)<br>1:30 Culinary Conversations and Small Bites (D)<br>2:30 What Not Bingo (D)<br>3:30 Make Spooky! Halloween Decorating (D) | <b>9</b><br>9:30 Get Pumped with Gary (RL)<br>10:45 Chair Exercise (D)<br>12:45 Wii Bowling (A)<br>1:30 Cunlinary Triva (A)<br>4:00 Penny Bingo (D)                                                                                      | <b>10</b><br>9:30 Get Pumped with Gary (RL)<br>11:00 Coffee & Conversation (D)<br>2:00 Card Games (D)<br>3:30 Uno (D)<br>6:00 Jigsaw Puzzles (A)                                     |
| <b>11</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Cranium Crunches & Word Puzzles (SL)<br>2:00 Card Games (D)<br>3:00 Puzzles (A)<br>6:00 Read & Relax (SL) | <b>Columbus Day 12</b><br>9:30 Woodlawn Walkers (SL)<br>10:30 Chair Exercise (D)<br>12:30 Wii Bowling (A)<br>1:30 Colombus Day Trivia (D)<br>2:00 Music with Bing (D)                           | <b>13</b><br>10:30 Chair Exercise (D)<br>11:00 The Good News Group (D)<br>1:30 Halloween/Fall Crafting (D)<br>2:30 What Not Bingo (D)<br>3:30 Executive Director Day Craft (D)                                         | <b>14</b><br>9:30 Woodlawn Walkers (SL)<br>10:30 Chair Exercise (D)<br>11:00 Peaceful Pause (D)<br>12:30 Wii Bowling (A)<br>1:30 Church Service with United Methodist (D)<br>2:30 Name That Tune (D)<br>3:30 Music with Mark (D)                                                  | <b>I Love Lucy Day 15</b><br>9:30 Woodlawn Walkers (SL)<br>9:45 Prayer Service (D)<br>10:45 Stand and Stretch (D)<br>1:30 I Love Lucy Trivia (D)<br>2:30 What Not Bingo (D)                                                      | <b>Executive Director Day 16</b><br>9:30 Woodlawn Walkers (SL)<br>10:30 Chair Exercise (D)<br>12:45 Wii Bowling (A)<br>1:30 Penny Bingo (D)<br>3:30 Parade (RL)                                                                          | <b>17</b><br>9:30 Get Pumped with Gary (RL)<br>11:00 Coffee & Conversation (D)<br>2:00 Card Games (D)<br>3:30 Uno (D)<br>6:00 Jigsaw Puzzles (A)                                     |
| <b>18</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Cranium Crunches & Word Puzzles (SL)<br>2:00 Card Games (D)<br>3:00 Puzzles (A)<br>6:00 Read & Relax (SL) | <b>19</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>12:45 Wii Bowling (A)<br>1:45 Nail Painting (D)<br>3:30 Crafter's Corner (D)                                         | <b>20</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>11:00 The Good News Group (D)<br>11:30 Culvers Lunch (O)<br>2:30 What Not Bingo (D)<br>3:30 Make Spooky! Halloween Decorating (D)           | <b>National Apple Day 21</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>11:00 Peaceful Pause (D)<br>12:30 Wii Bowling (A)<br>1:30 Church Service with United Methodist (D)<br>2:00 Arnold Audiology Visit (S)<br>3:30 Apple Picking and Pumpkin picking (P) | <b>22</b><br>9:30 Get Pumped with Gary (RL)<br>9:45 Prayer Service (D)<br>10:45 Stand & Stretch (D)<br>1:30 Culinary Showcase (D)<br>2:30 What Not Bingo (D)<br>3:30 Fall Leaves Color Tour (O)                                  | <b>23</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>12:45 Wii Bowling (A)<br>1:30 Penny Bingo (D)<br>2:30 An Afternoon at the Theatre with Jan and the LE Team (D)<br>4:30 Meet and Greet with Holly and Jess (D) | <b>24</b><br>9:30 Get Pumped with Gary (RL)<br>11:00 Coffee & Conversation (D)<br>2:00 Card Games (D)<br>3:30 Uno (D)<br>6:00 Jigsaw Puzzles (A)                                     |
| <b>25</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Cranium Crunches & Word Puzzles (SL)<br>2:00 Card Games (D)<br>3:00 Puzzles (A)<br>6:00 Read & Relax (SL) | <b>National Pumpkin Day 26</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>12:30 Wii Bowling (D)<br>1:30 Pumpkin Painting Contest (D)<br>3:30 Conversation Card Social (D) | <b>27</b><br>9:30 Get Pumped with Gary (RL)<br>10:30 Chair Exercise (D)<br>11:00 The Good News Group (D)<br>1:30 What Not Bingo (D)<br>3:30 Haunted Dining Room (D)                                                    | <b>28</b><br>9:30 Get Pumped with Gary (RL)<br>10:00 Men's Group (D)<br>10:30 Chair Exercise (D)<br>11:00 Peaceful Pause (D)<br>12:30 Wii Bowling (A)<br>1:30 Church Service with United Methodist (D)<br>3:00 Spooky Cookie Decorating (D)                                       | <b>National Cat Day 29</b><br>9:30 Get Pumped with Gary (RL)<br>9:45 Prayer Service (D)<br>10:45 Stand & Stretch (D)<br>2:30 What Not Bingo (D)<br>3:30 Halloween and Cats: A Presentation (D)                                   | <b>30</b><br>9:30 Woodlawn Walkers (SL)<br>10:45 Chair Exercise (D)<br>12:45 Wii Bowling (A)<br>1:30 Reverse Trick orTreating (D)<br>2:30 Penny Auction (D)<br>3:30 Halloween Social/ Resident Birthday Party (D)                        | <b>Halloween 31</b><br>9:30 Get Pumped with Gary (RL)<br>11:00 Coffee & Conversation (D)<br>1:15 Spooky Cart (M/C)<br>2:00 Card Games (D)<br>3:30 Uno (D)<br>6:00 Jigsaw Puzzles (A) |

| Sunday                                                                                                                   | Monday                                                                                                                                                                       | Tuesday                                                                                                                                                                       | Wednesday                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                             | Saturday                                                                                                                                                                           |
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|                                                                                                                          |                                                                                                                                                                              |                                                                                                                                                                               |                                                                                                                                                                                                             | 9:20 Prayer Service<br>9:30 Sunrise Meditation<br>10:00 Music with Ruthie<br>11:00 Chair Exercise<br>3:45 New Neighbor<br>Welcome Party1                                                                                 | 9:30 Sunrise Meditation<br>10:30 Morning Meeting<br>11:00 Chair Exercise<br>1:30 Baker’s Batch<br>3:00 Treats with Friends2                                                                                        | 10:30 Bible Study with Alan<br>11:15 Morning Movement<br>2:30 Afternoon Meeting<br>3:30 Mindful Music<br>6:30 Saturday Night Reel<br>Relaxation3                                   |
| 11:00 Morning Movement<br>11:45 Morning Meeting<br>1:30 Word Games<br>3:00 Snacks and Socialize<br>3:30 Mindful Music4   | Culinary Week<br>9:30 Sunrise Meditation<br>10:30 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Reading Group<br>2:00 Quick Bites<br>2:30 Prize Bingo<br>3:30 Table Games5 | 9:30 Sunrise Meditation<br>10:30 Music with George<br>10:30 Veteran’s Group<br>11:30 Chair Exercise<br>1:30 Reminiscing Group<br>3:30 Quick Bltes6                            | 9:30 Sunrise Meditation<br>10:00 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Reading Group<br>3:00 Quick Bites<br>6:30 Lounging with Lila7                                                              | 9:20 Prayer Service<br>9:30 Sunrise Meditation<br>10:00 Chair Exercise<br>11:00 Morning Meeting<br>11:30 Make Spooky!<br>Halloween Decorating<br>1:30 Table Top Games<br>3:30 Culinary Conversations<br>and Quick Bites8 | 9:30 Sunrise Meditation<br>10:30 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Baker’s Batch<br>3:00 Treats with Friends9                                                                                        | 10:30 Bible Study with Alan<br>11:15 Morning Movement<br>2:30 Afternoon Meeting<br>3:30 Mindful Music<br>6:30 Saturday Night Reel<br>Relaxation10                                  |
| 11:00 Morning Movement<br>11:45 Morning Meeting<br>2:30 Word Games<br>3:00 Snacks and Socialize<br>3:30 Mindful Music11  | Columbus Day<br>9:30 Sunrise Meditation<br>10:30 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Reading Group<br>2:30 Prize Bingo<br>3:30 Fall Craft12                      | 9:30 Sunrise Meditation<br>10:30 Music with George<br>11:30 Chair Exercise<br>1:30 Reminiscing Group<br>3:30 Word Puzzles13                                                   | 9:30 Sunrise Meditation<br>10:00 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Reading Group<br>3:00 Word Games<br>6:30 Lounging with Lila14                                                              | I Love Lucy Day<br>9:20 Prayer Service<br>9:30 Sunrise Meditation<br>10:15 Chair Exercise<br>1:30 Table Top Games<br>3:30 I Love Lucy Game15                                                                             | Executive Director Day<br>9:30 Sunrise Meditation<br>11:00 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Baker’s Batch<br>3:00 Treats with Friends16                                                             | 10:30 Bible Study with Alan<br>11:15 Morning Movement<br>2:30 Afternoon Meeting<br>3:30 Mindful Music<br>6:30 Saturday Night Reel<br>Relaxation17                                  |
| 11:00 Morning Movement<br>11:45 Morning Meeting<br>1:30 Board Games<br>2:30 Snacks and Socialize<br>3:30 Mindful Music18 | 9:30 Sunrise Meditation<br>10:30 Chair Exercise<br>11:00 Morning Meeting<br>1:30 Reading Group<br>2:30 Prize Bingo<br>3:00 Table Games19                                     | 9:30 Sunrise Meditation<br>10:30 Music with George<br>11:30 Chair Exercise<br>1:30 Reminiscing Group<br>3:30 Make Spooky<br>Halloween Decorating!<br>4:00 Allison’s Academy20 | National Apple Day<br>9:30 Sunrise Meditation<br>10:00 Chair Exercise<br>11:00 Morning Meeting<br>1:30 Reading Group<br>3:00 Nature Nerds<br>3:30 Apple and Pumpkin<br>Picking<br>6:30 Lounging with Lila21 | 9:20 Prayer Service<br>9:30 Sunrise Meditation<br>10:30 Chair Exercise<br>11:30 Morning Meeting<br>1:30 Table Top Games<br>2:00 Culinary Showcase<br>3:30 Fall Color Tour Outing22                                       | 9:30 Sunrise Meditation<br>10:30 Morning Meeting<br>11:30 Chair Exercise<br>1:30 Reminiscing Group<br>3:30 An Afternoon at the Theatre<br>with Jan and the LE Team<br>4:00 Meet and Greet with Holly<br>and Jess23 | 10:30 Bible Study with Alan<br>11:15 Morning Movement<br>2:30 Afternoon Meeting<br>3:30 Mindful Music<br>6:30 Saturday Night Reel<br>Relaxation24                                  |
| 11:00 Morning Movement<br>11:45 Morning Meeting<br>1:30 Board Games<br>2:30 Snacks and Socialize<br>3:30 Mindful Music25 | National Pumpkin Day<br>9:30 Sunrise Meditation<br>10:30 Chair Exercise<br>11:00 Morning Meeting<br>1:30 Pumpkin Painting<br>Contest<br>2:30 Prize Bingo<br>3:30 Trivia26    | 9:30 Sunrise Meditation<br>10:30 Music with George<br>11:30 Chair Exercise<br>1:30 Reminiscing Group<br>3:30 Remember When?<br>Halloween27                                    | 9:30 Sunrise Meditation<br>10:00 Chair Exercise<br>11:00 Morning Meeting<br>1:30 Reading Group<br>3:30 Spooky Halloween<br>Decorating<br>6:30 Lounging with Lila28                                          | National Cat Day<br>9:20 Prayer Service<br>9:30 Sunrise Meditation<br>10:00 Chair Exercise<br>11:00 Morning Meeting<br>1:30 Table Games<br>4:00 Halloween and Cats: A<br>presentation29                                  | 9:30 Sunrise Meditation<br>10:30 Morning Meeting<br>11:30 Chair Exercise<br>1:30 Baker’s Batch<br>2:00 Reverse Trick or Treating<br>3:00 Treats with Friends<br>3:30 Halloween Social/Resident<br>Birthday Party30 | Halloween<br>10:30 Bible Study with Alan<br>11:15 Morning Movement<br>1:30 Spooky Cart<br>2:30 Afternoon Meeting<br>3:30 Mindful Music<br>6:30 Saturday Night Reel<br>Relaxation31 |