

Glen Abbey Assisted Living and Memory Care

Assisted Living

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:30 Smore’s Making 4:00 Book Club 6:00 Evening Reflection	2 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 11:30 Men’s Outing 2:00 Bingo(CR) 4:00 TV-Show-50 States(CR) 6:00 Breathing Exercises	3 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Ring Toss Game 4:00 Puzzles 6:00 Breathing Exercises
Peter’s Birthday 4 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Stretches(CR) 2:00 Mini-Golf(CR) 4:00 TV- Show 50 States(CR) 6:00 Relaxation Music	5 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Potion Mixology 4:00 King’s Corner Game 6:00 Coloring and Chat	Mary Ann’s Birthday 6 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 1:30 One Team Broadcast 2:00 Movie-Resident Choice 4:00 Book Club(CR) 6:00 Smooth Jazz Music	7 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:30 Chocolate Pretzels 4:00 Activity Meeting 6:00 Relaxation Music	8 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:00 Vintage Jazz Show(D) 4:00 Story Time(CR) 6:00 Community Bon Fire	9 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 1:00 Communion(CR) 2:00 Bingo(CR) 4:00 TV-Show 50 States(CR) 6:00 Aromatherapy	Barbara’s Birthday 10 9:30 Chronicles and Coffee 11:00 Exercise (Weights) 2:00 Karoke(CR) 4:00 Coloring and Chat 6:00 Breathing Exercises
11 9:30 Chronicles and Coffee 10:00 Church Service 11:00 Chair Yoga(CR) 2:00 Bowling(CR) 4:00 Tea Party(CR) 6:00 Relaxation Chat	12 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:30 Ping Pong 4:00 Walking Club 6:00 Calming Tea	13 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Moving and Groovin 3:00 Bingo(CR) 6:00 Relaxation Music	14 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:00 Snack Mobile Cart 2:30 Cup Pong(CR) 4:00 Spooky Trivia(CR) 6:00 Family Movie Night(D)	15 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Bingo and Mocktails 4:00 Hand Massages 6:00 Evening Reflection	Bosses Day 16 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:30 Painting with Dan(CR) 4:00 Book Club(CR) 6:00 Breathing Exercises	17 9:30 Chronicles and Coffee 11:00 Pastor Glass (D) 2:30 Music and UNO 4:00 Chair Exercise(CR) 6:00 Relaxation Music
18 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Exercise(CR) 2:00 Balloon Volley(CR) 4:00 TV-Show 50 States(CR) 6:00 Aromatherapy	19 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Bingo(CR) 4:00 Cup Stacking Challenge 6:00 Resident Led Games	20 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Diane the Balloon Lady 4:00 TV-Show 50 States(CR) 6:00 Evening Reflection	21 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:00 Caramel Apple Making 3:00 Snack Mobile Cart 4:00 Walking Club 6:00 Relaxation Chat	22 9:30 Chronicles and Coffee 10:00 Debucks Fall Festival 11:00 Zumba(CR) 2:00 Drinks with Alicia 2:00 Sling Shot Game 4:00 Resident Council 6:00 Calming Tea	23 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 1:00 Communion(CR) 2:00 Bingo/Resident Party 2:30 Resurrected Band 4:00 Book Club	24 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 1:00 Josh Men’s Group (D) 2:00 Bracelet Making 4:00 Manicures 6:00 Relaxation Music
25 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Zumba(CR) 2:00 Hand Massages 3:30 Table Hockey(CR) 6:00 Breathing Exercises	26 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 1:30 Resident Forum(CR) 2:30 Pumpkin Painting(CR) 4:00 Book Club(CR) 6:00 Classical Music	27 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Moving and Groovin 3:00 Ghost Frame Craft(CR) 6:00 Smooth Jazz Music	Larry’s Birthday 28 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:00 Culinary Showcase(CR) 3:30 Basketball Contest(CR) 6:00 Evening Reflections	29 9:30 Chronicles and Coffee 10:00 French Toast Brunch 11:00 Chair Yoga(CR) 2:30 Bag Decorating(CR) 4:00 TV-Show 50 States(CR) 6:00 Evening Reflections	30 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:00 Scary Movie/ Popcorn 4:00 Bag Toss Game(CR) 6:00 Family Trick-or-Treat	Halloween 31 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:00 Reverse Trick or Treat 4:00 Card Games(CR) 6:00 Breathing Exercises