

Glen Abbey Assisted Living and Memory Care

Memory Care

October 2026

Life Enrichment Monthly Calendar

Activities are subject to change

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