

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 AM-Manicures & Hair 10:00 AM-Dlce exercise movement 10:30 AM-Church Services (FC) 1:00 PM-TOM HOFER MUSIC (FC) 2:00 PM-Chuck a duck game 3:00 PM-Craft in AR 5:30 PM-Large Connect 4 7:00 PM-"Alexa play soothing music"	2 BLUEBERRY POPSICLE DAY 9:30 AM-Bible Study 10:30 AM-FOX Exercise Class (AL) 1:00 PM-Sorting Bingo money 2:00 PM-Beads & pipecleaners 3:00 PM-Lint roller texture painting 5:30 PM-Hook the hanger 7:00 PM-Fold the Blankets	3 U.S. BOWLING LEAGUE DAY 9:30 AM-Manicures & Hair 10:30 AM-Bowling 1:30 PM-Scenic Drive/Outing 3:00 PM-NEIL HEWITT MUSIC 5:30 PM-Jewerly sorting 7:00 PM-"Alexa play soothing music"	4 WILDLIFE DAY COLLEGE COLORS DAY 9:30 AM-Manicures & Hair 10:30 AM-Scarf Exercise 1:00 PM-Shadow Box project 2:00 PM-Nerf cups 3:00 PM-Colored bingo 5:30 PM-Napkin folding 7:00 PM-Animal sensory table	5 HUMMINGBIRD DAY CHEESE PIZZA DAY 9:00 AM- Coffee Hour (MC) 10:00 AM-Linen Folding (MC) 1:00 PM-Relax & Color (MC) 2:00 PM-Happy Hour (MC) 3:30 PM-Walking Group 5:30 PM-50s country sing a long 7:00 PM-Blanket folding
6 READ A BOOK DAY COFFEE ICE CREAM 9:00 AM-Coffee Hour (MC) 10:00 AM-Magazine Browsing (MC) 1:00 PM-Balloon Toss (MC) 2:00 PM-Group Puzzle (MC) 3:30 PM- Walking Group	7 LABOR DAY SALAMI DAY BEER LOVER'S DAY 9:30 AM-Manicures & Hair 10:30 AM-Ball Drumming 11:30 AM-LABOR DAY LUNCH 1:00 PM-Rock Painting project 2:00 PM-"Set the table"-SPA 3:00 PM-SPA social 5:30 PM-Coin Sorting 7:00 PM-Animal Station	8 ANTS ON A LOG DAY 9:30 AM-Manicures & Hair 10:00 AM-Dice exercise 10:30 AM-Church Services (FC) 1:00 PM-Chalk Hammering art 2:00 PM-Cotton ball pickup game 3:00 PM-Craft: coasters 5:30 PM-Button color sorting 7:00 PM-"Alexa play soothing music"	9 TEDDY BEAR DAY 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class (AL) 1:00 PM-Sorting soft socks 2:00 PM-"Fill the fries" 3:00 PM-"Hungry Hippo" 5:30 PM-Napkin folding 7:00 PM-"Alexa play soothing music"	10 SCHOOL PICTURE DAY 9:30 AM-Manicures & Hair 10:30 AM-Chair stretches 1:30 PM-Scenic Drive/Outing 3:00 PM- Mens' Social-Golf tea rings 5:30 PM-Yarn detangle 7:00 PM-"Alexa play soothing music"	11 PATRIOTIC DAY 9:30 AM -Manicures & Hair 10:30 AM-Scarf Exercise 1:00 PM-Shadow box project 2:00 PM-Frisbee Tic tak Toe 3:00 PM-Shape Bingo 5:30 PM-Napkin folding 7:00 PM-Animal sensory table	12 CHOCOLATE MILKSHAKE DAY 9:00 AM- Coffee Hour (MC) 10:00 AM-Linen Folding (MC) 1:00 PM-Relax & Color (MC) 2:00 PM-Happy Hour (MC) 3:30 PM-Walking Group 5:30 PM-Elvis sing a long 7:00 PM-Blanket folding
13 GRANDPARENTS DAY 9:00 AM-Coffee Hour (MC) 10:00 AM-Church service with St. Croix (FC) 11:30 AM-GRANDPARENTS LUNCH SOCIAL 1:00 PM-Balloon Toss (MC) 2:00 PM-I Spy Bottles (MC) 3:30 PM- Walking Group	14 CREAM-FILLED DONUT DAY 9:30 AM-Manicures & Hair 10:30 AM-Ball Drumming 1:00 PM-Q-Tip Tree Painting 2:30-3:30 PM SHINE BRIGHT PARADE 5:30 PM-Balloon Tic Tac Toe 7:00 PM-Animal Station	15 FELT HAT DAY 9:30 AM-Manicures & Hair 10:30 AM-Church Services (FC) 1:00-PM-HH 3:00 PM-Craft:Felt Hat 5:30 PM-Large Connect 4 7:00 PM-"Alexa play soothing music"	16 GUACAMOLE DAY 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class-LIVE GAME DAY (AL) 1:00 PM-Coin sorting 2:00 PM-Food matching 3:00 PM-Hula Hoop Ball grab 5:30 PM-Hook the hanger 7:00 PM-Fold the blankets	17 9:30 AM-Manicures & Hair 10:30 AM-Chair stretches 1:00 PM-Birthday Celebration 2:00 PM-ANNIKA WILSON MUSIC 5:30 PM-Post card group share 7:00 PM-"Alexa play soothing music"	18 CHEESEBURGER DAY 9:30 AM-Manicures & Hair 10:30 AM-Scarf Exercise 1:00 PM-Shadow box project 2:00 PM-Knock the cups 3:00 PM-Bingo 5:30 PM-Napkin folding 7:00 PM-Animal sensory table	19 WIFE APPRECIATION DAY DANCE DAY 9:00 AM- Coffee Hour (MC) 10:00 AM-Linen Folding (MC) 1:00 PM-Colorful Coloring(MC) 2:00 PM-Happy Hour (MC) 3:30 PM-Walking Group 5:30 PM-60s classics sing a long 7:00 PM-Blanket folding
20 PEPPERONI PIZZA DAY 9:00 AM-Coffee Hour (MC) 10:00 AM-Magazine Browsing (MC) 1:00 PM-Balloon Toss (MC) 2:00 PM-Group Puzzle (MC) 3:30 PM- Walking Group	21 PECAN COOKIE DAY 9:30 AM-Manicures & Hair 10:30 AM-Ball Drumming 1:00 PM-Sensory Rain sticks 2:45 PM-Baking group: Edible Arrangements 4:00 PM-Balloon swat 5:30 PM-Coin Sorting 7:00 PM-Animal Station	22 ICE CREAM CONE WHITE CHOC DAY 9:30 AM-Manicures & Hair 10:30 AM-Church Services (FC) 1:00 PM-Motor explore with marbles 2:00 PM-Mens' social Wooden cars 3:15 PM-Craft: Hay Bail creation (AR) 5:30 PM-Button color sorting 7:00 PM-"Alexa play soothing music"	23 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class (AL) 1:00 PM-Buttons on shirts 2:00 PM-silverware matching 3:00 PM-Marble painting 5:30 PM-Balloon toss 7:00 PM-Fold the blankets	24 9:30 AM-Manicures & Hair 10:30 AM-Chair stretches 1:30 PM-Scenic Drive/Outing 3:00 PM-Baking 5:30 PM-Picture sorting 7:00 PM-"Alexa play soothing music"	25 DAUGHTER'S DAY 9:30 AM-Manicures & Hair 10:30 AM-Scarf Exercise 1:00 PM-Shadow box project 2:00 PM-"Find something"..color game 3:00 PM-Bingo 5:30 PM-Pool noodle & Balloon 7:00 PM-Animal sensory table	26 PANCAKE DAY 9:00 AM- Coffee Hour (MC) 10:00 AM-Linen Folding (MC) 1:00 PM-Colorful Coloring (MC) 2:00 PM-Happy Hour (MC) 3:30 PM-Walking Group 5:30 PM-50s country sing a long 7:00 PM-Blanket folding
27 CHOCOLATE MILK DAY 9:00 AM-Coffee Hour (MC) 10:00 AM-Magazine Browsing (MC) 1:00 PM-Balloon Toss (MC) 2:00 PM-I Spy Bottles (MC) 3:30 PM- Walking Group	28 FAMILY DAY 9:30 AM-Manicures & Hair 10:30 AM-Ball Drumming 1:00 PM-Lava Lamps 2:00 PM-Pool noodle string race 3:00 PM-RICHIE LEE MUSIC(FC) 5:30 PM-Balloon Toss 7:00 PM-Animal Station	29 COFFEE DAY 9:30 AM-Manicures & Hair 10:30 AM-Church Services(FC) 1:00 PM-Water gun painting 2:00 PM- Pool noodle hockey 3:00 PM-Craft:Yarn Pumpkin 5:30 PM-Large Connect 4 7:00 PM- "Alexa play soothing music"	30 ORANGE SHIRT DAY 9:30 AM-Bible Study (L) 10:30 AM-FOX Exercise Class (AL) 1:00 PM-Paint sample clothespin match 2:00 PM-Ballon Volleyball 3:00 PM-Whack a staff 5:30 PM-Hook the hanger 7:00 PM-Fold the Blankets			

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

Life Enrichment Director:
Matthew Beminio-Mejia

Follow us on Facebook !

1600 8th St. SE, Altoona, IA
50009

Phone: 515-330-8322