

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:15 Yoga with Vickie 1:45 Fall Flower Buddies 3:45 Scouting Out October Trivia 6:15 Grab and Go Word Scramble	2 10:15 Cardio Drumming 1:45 Apple Cider and Doughnuts 3:45 Breezes and Buddies (CY) 6:15 Movie Night: You’ve Got Mail (Amazon)	3 11:00 Coffee Chats & Daily Chronicle 1:15 Coloring Corner 2:45 Buzz Word Game 6:15 Aromatherapy & Relaxing
4 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day Sunday 4:00 Our Great National Parks: Episode 1 (Netflix) 6:15 Evening Tea Time	5 10:15 Active Fitness 1:45 Patchwork Pumpkin 2:30 Live Entertainment: Steve Kovich (Acoustic Folk Music) 6:15 Monday Mindfulness: Coloring Pages	6 10:15 MOTIVATED Moving Group Exercise 12:30 Outing: Apple Charlie’s Orchards 3:45 Spooky Story Writing 6:15 Tone Down Tuesday: Short Stories	7 11:15 Breathing & Stretching 1:45 Leaf Jewelry Dish 3:45 Spa Day - Manicures & Hand Massages 6:15 Peaceful Aromatherapy Experience	8 10:15 Yoga with Vickie 1:45 Tree of Thanks Thursdays 3:45 Pumpkin Bowling 6:15 Grab and Go Word Search	9 10:15 Cardio Drumming 1:45 Campfire Jars 3:45 Sunshine and Socializing (CY) 6:15 Movie Night: Clue (Pluto)	10 11:30 Coffee Chats & Daily Chronicle 1:15 Card Hour: Gin Rummy 2:45 Pumpkin Triviva 6:15 Aromatherapy & Relaxing
11 End Alzheimer’s Walk 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day 4:00 Our Great National Parks: Episode 2 (Netflix) 6:15 Evening Tea Time	12 10:15 Active Fitness 1:45 Knock the Monsters Down 2:30 Live Entertainment: Christine Schinker (Acoustic Folk Music) 6:15 Monday Mindfulness: Meditation with Music	13 10:15 Seated Zumba 12:30 Outing: Wiard’s Orchard 3:45 Think Fast! 6:15 Travelogue: Top 10 Beautiful Places in the World (YouTube)	14 9:00 Waffle Wednesday! 10:15 Breathing and Stretching 1:45 Ghost Garland 3:45 Spa Day - Manicures and Hand Massages 6:15 Mindful Relaxation and Aromatherapy	15 10:15 Yoga with Vickie 1:45 Dried Orange Ornaments 3:45 October Jeopardy Trivia 6:15 Grab and Go Crossword	16 10:15 Cardio Drumming 1:45 Hot Chocolate Tasting 3:45 Friesh Air and Friends (CY) 6:15 Movie Night: We have a Ghost (Netflix)	17 10:30 Coffee Chats & Daily Chronicle 1:15 Hang Man 2:45 Coloring Corner 6:15 Aromatherapy & Relaxing
18 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day 4:00 Our Great National Parks: Episode 3 (Netflix) 6:15 Evening Tea Time	19 10:15 Active Fitness 1:45 Boo! Brain Teasers 2:30 Live Entertainment: Henrick the Violinist 6:15 Monday Mindfulness: Coloring Pages	20 10:15 Seated Zumba 11:00 Outing: Kensington Park 3:45 Eye Ball Roll 6:15 Tone Down Tuesday: Short Stories	21 10:15 Breathing and Stretching 1:45 Fall Leaf Mosaic Art 3:45 Spa Day - Manicures and Hand Massages 6:15 Peaceful Aromatherapy Experience	22 10:15 Yoga with Vickie 1:45 Spider Snatch 3:45 Tree of Thanks Thursdays 6:15 Grab and Go Short Stories	23 10:15 Cardio Drumming 1:45 See-Through Ghost Tags 3:45 Gather and Get Outside (CY) 6:15 Movie Night: Ghostbusters (Netflix)	24 10:30 Coffee Chats & Daily Chronicle 1:15 Finish the Phrase 2:45 Card Hour: Euchre 6:15 Aromatherapy & Relaxing
25 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day 4:00 Our Great National Parks: Episode 4 (Netflix) 6:15 Evening Tea Time	26 10:15 Active Fitness 1:45 Autumn Scavenger Hunt 2:30 Live Entertainment: Doulbe Play Flute and Tuba 6:15 Monday Mindfulness: Meditation with Music	27 9:00 EMU OT Students Visit 12:30 Outing: Three Cedars Farm 3:45 Spooky Story Telling 6:15 Travelogue: UNSEEN Wonders (YouTube)	28 10:15 Breathing & Stretching 1:45 Coffee Filter Leaves 3:45 Spa Day- Manicures & Hand Massages 6:15 Mindful Relaxation and Aromatherapy	29 9:00 EMU OT Students Visit 1:45 Leaf Faries 3:45 Gourd Toss 6:15 Grab and Go Short Stories	30 10:15 Cardio Drumming 1:45 Pine Cone Gnomes 3:45 Wander and Wonder (CY) 6:15 Movie Night: Nightmare Before Christmas (Disney+)	31 10:30 Coffee Chats & Daily Chronicle 1:15 Coloring Corner 2:45 Remember When? Halloween Trivia 6:15 Aromatherapy & Relaxing