



October 2020 MEMORY WAY

10/12 Columbus Day
10/31 Halloween

ACTIVITY LOCATION KEY:

2FLB	2nd Floor Balcony	TR	Theater Room
ACT	Activities Room	SR1	Sunroom 1
B	Bistro	SR2	Sunroom 2
DR	Dining Room	LIB	Library
LR	Living Room	AL Bar	LIVE MUSIC
O	Outing		
LV2	2nd Floor Living		

CelebrateLIFE! Calendar & Social Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The 8 Dimensions of Wellness!</p> <ul style="list-style-type: none"> • Remaining active & mobile! • Establish & maintain a positive Relationship with yourself & others • Environment & community consciousness! • Inner peace & security! • Maintain a sense of Identity & purpose! • Engage & Participate in a courteous manner with Others! • Expand one's knowledge & learn new things! • Productivity & health 				<p>1 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (LR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag</p>	<p>2 7:30 Breakfast (LR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Bowling 11:30 Lunch (DR) 1:00 Hangman (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag</p>	<p>3 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Afternoon Stroll 3:00 Make Birthday Cards (LR) 3:30 Rest Relax Hydrate 4:30 Dinner (LR) 6:30 Jenga 7:00 Movie (LR) Lowering the Flag</p>	<p>5 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:30 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag</p>	<p>6 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag</p>	<p>7 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Cornhole 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Deck our Halls" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag</p>	<p>8 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (LR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag</p>	<p>9 PODIATRIST 7:30 Breakfast (LR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Bowling 11:30 Lunch (DR) 1:00 Pictionary (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag</p>	<p>10 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag</p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Afternoon Stroll 3:00 Make Birthday Cards (LR) 3:30 Rest Relax Hydrate 4:30 Dinner (LR) 6:30 Jenga 7:00 Movie (LR) Lowering the Flag</p>	<p>12 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:30 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag</p>	<p>13 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag</p>	<p>14 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Cornhole 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Deck our Halls" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag</p>	<p>15 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (LR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag</p>	<p>16 7:30 Breakfast (LR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Bowling 11:30 Lunch (DR) 1:00 Pictionary (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag</p>	<p>17 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag</p>

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<p>18 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Afternoon Stroll 3:00 Make Birthday Cards (LR) 3:30 Rest Relax Hydrate 4:30 Dinner (LR) 6:30 Jenga 7:00 Movie (LR) Lowering the Flag</p>	<p>19 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:00 Resident's Birthday Celebration (DR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag</p>	<p>20 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag</p>	<p>21 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Cornhole 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Deck our Halls" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag</p>	<p>22 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (LR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag</p>	<p>23 7:30 Breakfast (LR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Bowling 11:30 Lunch (DR) 1:00 Pictionary (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag</p>	<p>24 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag</p>

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25 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Memory Chain 11:00 SECC on TV (LR) 11:30 Lunch (DR) 1:00 Bingo (LR) 2:00 Afternoon Stroll 3:00 Make Birthday Cards (LR) 3:30 Rest Relax Hydrate 4:30 Dinner (LR) 6:30 Jenga 7:00 Movie (LR) Lowering the Flag	26 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Pictionary (LR) 10:30 Arts & Crafts (LR) 11:30 Lunch (DR) 1:30 Board Games (LR) 2:30 "Shake, Rattle & Roll" 3:30 Rest Relax Hydrate 4:30 Dinner (DR) 6:00 Evening Stroll 7:00 Tea Time (B) Lowering the Flag	27 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Pretty Nails (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (DR) 7:00 Hand Massages (LR) 7:30 Evening Stroll Lowering the Flag	28 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Cornhole 11:30 Lunch (DR) 1:00 Crossword Puzzle (LR) 2:00 "Deck our Halls" 3:15 Rest Relax Hydrate 4:30 Dinner (DR) 7:00 Movie (LR) Lowering the Flag	29 7:30 Breakfast (DR) 9:15 Raise the Flag 10:00 Chair Volleyball! (SUN) 11:30 Lunch (DR) 1:00 Arts & Crafts (LR) 2:00 Rest Relax Hydrate 3:15 Bingo (LR) 4:30 Dinner (LR) 6:00 Evening Stroll 7:00 Aromatherapy/ Hand Massage Lowering the Flag	30 7:30 Breakfast (LR) 9:15 Raise the Flag 9:30 Exercise (SUN) 10:00 Bowling 11:30 Lunch (DR) 1:00 Pictionary (LR) 2:00 Walk and Talk 3:00 Rest Relax Hydrate 4:00 Reading the Newspaper 4:30 Dinner (DR) 6:30 Jenga (LR) 7:00 Tea Time (B) Lowering the Flag	31 7:30 Breakfast (DR) 9:15 Raise the Flag 9:30 Exercise 10:00 Trivia Time 11:30 Lunch (DR) 1:00 Movie Matinee (LR) 3:00 Card Games (LR) 3:30 Rest Relax Hydrate 4:00 Bingo (LR) 4:30 Dinner (DR) 7:00 Aromatherapy/Hand Massage Lowering the Flag