

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Range of Motion 10:30 Sensory Screens 11:00 Crossword 1:30 Cooking with Jen CCK 2:00 Painting 3:00 Bingo 6:00 Cool Down with Shay	2 Rosh Hashanah 10:00 Tai Chi 11:00 Fall Word Game 1:30 Name That Tune 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	3 10:00 Dance to Fitness 11:00 Photo Hunt 1:30 Making Masks 2:00 Cup Pong 3:00 Activity Tables 3:45 Word Ladder 6:00 Movement with Shay	4 World Smile Day 10:00 Lower Body Focus 11:00 SMILE Words 1:30 Photo Booth 3:00 On Friday... We Sing 6:00 Scarf Dancing	5 10:00 Morning Exercise 11:00 Television Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
6 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 3:45 Hymn Sing 6:00 Reminisce & Reflect	7 10:00 Using Weights 11:00 Out of the Box 1:30 Basketball 2:00 Java Music 3:00 Finish the Phrase 3:30 Fast Facts: Money Matters 6:00 Travelogues: Switzerland	8 10:00 Range of Motion 10:30 Sensory Screens 11:00 "Dog's the Word" 1:30 Mike Armentano 3:00 Bingo 6:00 Cool Down with Shay	9 10:00 Stretch & Shape 11:00 Curious Events Day 1:30 Picture This 2:00 Dice Race 3:00 Small Groups 3:45 Resident Council 6:00 Jen's Book Nook	10 10:00 Dance to Fitness 11:00 Pictionary 1:30 ZUMBA 2:00 Sing Along 3:00 Activity Tables 3:45 I Say... You Say 6:00 Movement with Shay	11 Yom Kippur 10:00 Lower Body Focus 11:00 Match Up 1:30 Soccer 3:00 On Friday... We Sing 6:00 Scarf Dancing	12 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
13 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 3:45 Hymn Sing 4:15 Walking Music 6:00 Reminisce & Reflect	14 Indigenous People Day 10:00 Using Weights 11:00 The First Peoples 1:30 Basketball 2:00 Java Music 3:00 Indigenous Music Traditions 3:30 Fast Facts: Named For 6:00 Travelogues: Reservations	15 10:00 Range of Motion 10:30 Sensory Screens 11:00 Mind Benders 1:30 Cooking with Jen CCK 2:00 Leaf Runners 3:00 Bingo 6:00 Cool Down with Shay	16 Bosses Day 10:00 Tai Chi 11:00 Ribbons & Reflections 1:30 List It! Fall Favorites 2:00 Occupation Match Up 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	17 10:00 Dance to Fitness 11:00 Name Five 1:30 Leaf Art 2:00 Roll it Exercise 3:00 Activity Tables 5:00 Support Group 6:00 Movement with Shay	18 10:00 Lower Body Focus 11:00 Truth or a Lie 1:30 Mickey Wyllys 3:00 On Friday... We Sing 6:00 Scarf Dancing	19 10:00 Morning Exercise 11:00 Television Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
20 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Hymn Sing 4:15 Walking Music 6:00 Reminisce & Reflect	21 10:00 Using Weights 11:00 Brain Games 1:30 Basketball 2:00 Java Music 3:00 In the News 3:30 Fast Facts: School Days 6:00 Travelogues: The Midwest	22 10:00 Range of Motion 10:30 Sensory Screens 11:00 It's Trivial 1:30 Mary Morse 3:00 Bingo 6:00 Cool Down with Shay	23 10:00 Stretch & Shape 11:00 Zoom In 1:30 Pass It On 2:00 Treat Bags & Cards 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	24 10:00 Dance to Fitness 11:00 Silly Sayings 1:30 ZUMBA 2:00 Who Am I? 3:00 Activity Tables 6:00 Movement with Shay	25 10:00 Lower Body Focus 11:00 How do you call? 1:30 Lazer Tag with the Team 3:00 On Friday... We Sing 6:00 Scarf Dancing	26 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
27 Tell a Story Day 10:00 Upper Body 11:00 St. Dunstan's 1:30 Your Stories 3:00 Bowling Club 3:45 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	28 10:00 Using Weights 11:00 Quotable Quotes 1:30 Basketball 2:00 Java Music 3:00 Sounds Like 3:30 Fast Facts: Musical Theater 6:00 Travelogues: The Met	29 10:00 Range of Motion 10:30 Sensory Screens 11:00 Worksheets 1:30 Cooking with Jen CCK 2:00 Corn Hole 3:00 Bingo 6:00 Cool Down with Shay	30 Trunk or Treat 10:00 Tai Chi 11:00 Jokes & Puns 1:30 Soup Eaters 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	31 Halloween 10:00 Dance to Fitness 11:00 Cup Pong 1:30 Costume Contests 3:00 Activity Tables 6:00 Movement with Shay	Dining Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 4:30 P.M. Evening Refreshments 7:00 P.M.	Program Locations: If unmarked, Town Square (TS) CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen <i>Italics is an IN2L program</i>