

October 2023 Memory Care Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Exercise 11:30 Communion Visits with Holy Spirit	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Cooking Club: Snickerdoodle Cookies	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Movement & Rhythm	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion 10:30/11:00 Visits with the Therapy Pug Seated Strength: Resistance Bands 11:00 Outing: Pickering Hill Farms (sign ups only)	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Scarf Dancing	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion Fun Fact Friday: Welcome to October	<u>Morning</u> Morning Wake Up: Enjoy coffee, chronicles, & discussion
<u>Afternoon</u> 1:00-4:00 Trunk or Treat (Assisted Living Parking Lot) 1:30 Church with Abraham (South)	<u>Afternoon</u> 2:00/2:30 Music Therapy with Jessica 2:00/2:30 Snack Social Movin' to Music Cardio	<u>Afternoon</u> Craft Club: Making Halloween Garland (S) 1:30 Exercise with Active for Life (E) 2:30 Therapy Dog Visits with Duke Hand Massages & Relaxation	<u>Afternoon</u> 2:00 "Taste of Argentina" Tango Performance Bingo!	<u>Afternoon</u> Making Fresh Flower Centerpieces (S) 2:00 Manicures with Alyssa (East residents) Reading Roundtable	<u>Afternoon</u> 2:00 October Birthday Party with Jen Mauer (East) Seated Strength- Weights	<u>Afternoon</u> Sweatin' to the Oldies Brain Games: Fall Phrases
<u>Evening Wind Down</u> Short Stories	<u>Evening Wind Down</u> Classical Music & Puzzles	<u>Evening Wind Down</u> Movie Night	<u>Evening Wind Down</u> Create & Color	<u>Evening Wind Down</u> Crossword	<u>Evening Wind Down</u> Friday Night Musical	<u>Evening Wind Down</u> Word Games with Friends