

# October 2023 - Memory Care's Weekly Calendar

| Sunday  | Monday   | Tuesday   | Wednesday                          | Thursday         | Friday   | Saturday             |
|---|--|---|------------------------------------|------------------|--|----------------------|
| 1   | 2  | 3   | 4                                  | 5                | 6  | 7                    |
| Morning   | Morning  | Morning   | Morning                            | Morning          | Morning  | Morning              |
| Daily Chronicles                                    | Daily Chronicles                                     | Daily Chronicles                                | Daily Chronicles                   | Daily Chronicles | Daily Chronicles                               | Daily Chronicles     |
| Church with Father Val<br>Community Room<br>10:00am | 1st Presbyterian Church<br>Community Room<br>10:30am | Scarf Exercises                                 | Tai Chi<br>Fitness Room<br>10:30am | Cardio Drumming  | St. Joseph Church<br>Community Room<br>11:00am | Seated Yoga          |
| Afternoon   | Afternoon  | Afternoon                                       | Afternoon                          | Afternoon        | Afternoon                                      | Afternoon            |
| Noodle Exercise                                     | Move to the Music                                    | St. Lawrence Church<br>Community Room<br>2:00pm | Coffee Bar                         | Card Games       | Sit to be Fit                                  | Organizing & Sorting |
| White Board Games                                   | October Jeopardy                                     | Sing Along with Susie Q                         | Picture Bingo                      | Autumn Coloring  | Sensory Games                                  | Parachute            |
| Flower Arrangements                                 | Creative Crafting                                    | Balloon Toss                                    | Making Balloon Animals             | This or That     | Oktoberfest Happy Hour                         | Juice & Jokes        |
| Evening   | Evening  | Evening   | Evening                            | Evening          | Evening  | Evening              |
| October Autumn Colors                               | Puzzles  | Hand Massages                                   | Meditation & Relaxation            | Story Stories    | Relaxing Records                               | October Jazz         |