

Grace Haven Assisted Living and Memory Care

Assisted Living | Comfort Care

October 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Church Service Streaming (PD) 1:30 Recorded Virtual Tour of the IQhub at AgroLiquid (PD) 3:00 Word Search (PD) 6:00 Walking Club	2 10:00 Manicures for AL and CC Halls(PD) 11:00 Manicures (MC) 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 6:00 Decorate for Halloween	3 Oktoberfest 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 3:00 Briggs Library (PD) 4:00 Happy Hour: Oktoberfest Drinks (L) 6:00 Before Bed Meditation	4 Golf Day 10:30 Golfing with Missy (MD) 1:30 Resident Forum with GH Managers (MD) 3:15 Music with Wendy (MC) 4:15 Halloween Minute To Win It Games (MD)	5 10:30 Karaoke with Friends (PD) 1:00 Oakview South Students Visit (MD) 2:00 Games (MD) 3:15 Exercise (MD) 4:00 Would You Rather?	6 Wear a Hat Day 10:30 Craft: Decorating Hats (PD) 11:30 Mobile Cart: Mad Cool Hats 1:30 Bingo (MD) 3:30 GH Zumba (PD) 4:00 Meaningful Connections	7 11:00 Bingo Store - Scary Good Deals! (PD) 1:30 New Friend Welcome Party (PD) 2:30 Chair Swimming Exercise (PD) 6:00 Cornhole (L)
Linda's Birthday 8 10:30 Men's Group: Halloween Chat (PD) 1:30 Meaningful Connections 3:30 Resident Lead Euchre Games (MD) 6:00 Pool Noodle Golf (PD)	Lindsey's Birthday 9 10:30 Steven's Fire Safety Seminar (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 6:00 Happy Hour: Jungle Juice (L)	10 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 3:00 Zumba with Margie (MD) 4:00 Craft: Glow in the Dark Pumpkins (PD)	Tom's Birthday 11 10:00 Chair Synchronized Swimming Exercise (O) 10:30 Dog Therapy with Jen and Frankie 1:30 Coloring Contest (PD) 6:00 Mobile Cart: Hydration	12 11:30 Chili and Fall Color Tour Outing at the St. Johns Park (O) 2:00 Games (MD) 3:15 Exercise (MD) 4:15 Bobbing for Apples (MD)	Friday the 13th 13 10:00 Cardio Drumming (PD) 11:00 Bible Study with Robby (PD) 1:30 Bingo (MD) 3:15 Music with Marty (MD) 6:00 Halloween Movie and Snack Bar (PD)	14 10:30 Craft: Halloween Decoration (PD) 1:30 Caramel Apple Slices Bar Snack (PD) 2:30 Balloon Badmitten (PD) 4:00 Mad Libs (PD)
15 10:30 Halloween Sing-A-Long (PD) 1:00 Grace Haven ALZ Walk (O) 3:00 Cross Words (PD) 6:00 Breathing and Meditation (PD)	Bosses Day Sherry B.'s Birthday 16 10:30 Pictionary (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 6:00 Happy Hour: Missy's Favorite Drink (L)	17 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 1:30 Balloon Badmitten (PD) 2:15 Manicures for AL and CC Halls(PD) 3:30 Manicures (MC)	Don W.'s Birthday 18 10:00 Move Those Joints (PD) 11:00 Music with Tess (MD) 1:30 Bingo Store (PD) 2:30 Craft: Halloween Door Hang Decoration (MD)	19 10:30 Culinary Showcase with Paul (CD) 1:30 Men's Group Bible Study with David (PD) 2:00 Games (MD) 3:15 Exercise (MD) 4:00 Halloween Jokes (MD)	MSU vs U of M Dress 20 10:30 Cooking Club: Spice Cookies (CD) 1:30 Bingo (MD) 3:00 Swimming Aerobics (PD) 6:00 Mobile Cart: Sweetest Day Items	21 10:30 Happy Hour: Sweetest Day Mimosa's (L) 1:30 Farkle Game (PD) 3:00 Don't Burst My Bubble Game (MD) 6:15 Winddown and Relax Exercise (PD)
22 10:15 Pilates Exercise (PD) 11:00 Church Service Streaming (PD) 2:30 Gourd You're Good at Bean Bag Toss (MC) 6:00 Resident Lead Card Games (MD)	TV Host Day 23 10:15 Halloween Trivia Game Show (PD) 11:15 Horses Fun with Hannah 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD)	24 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 1:30 Cooking Club: Pumpkin Spice Lattes (CD) 3:00 Zumba with Margie (MD)	Gary M.'s Birthday Robert's Birthday 25 12:30 Resident Birthday Celebration 1:30 Resident Council (PD) 2:30 Music with Lisa (MD) 6:00 Tactile Ball Exercise (PD)	26 10:30 Food Committee with Paul (MD) 12:30 Lunch Outing at Arby's 2:00 Games (MD) 3:15 Exercise (MD) 4:00 Meaningful Connection	27 10:00 Sweatin' to the Oldies (PD) 11:00 Men's Group: Carving Pumpkins (PD) 1:30 Bingo (MD) 6:00 Happy Hour: Spiked Pumpkin Spice Latte (L)	28 10:30 Cooking Club: Baking Pumpkin Seeds (CD) 1:30 Mobile Cart: Baked Pumpkin Seeds 3:00 Manicures for Everyone (PD) 6:00 Walking Club
29 10:30 Making Candy Corn Trail Mix Bags (CD) 1:30 Sit and Be Fit Exercise (PD) 2:30 Sudoku (PD) 6:00 Halloween Movie and Snack Bar (MC)	Candy Corn Day 30 10:30 Craft: Candy Corn Painting (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:15 Exercise (MD) 6:00 Mobile: Candy Corn Trail Mix	Happy Halloween! 31 10:00 Catholic Service and Rosary (PD) 10:45 Dean Bible Study (CD) 1:30 Halloween Exercise Run! (PD) 3:00- 5:00 Trick or Treating w/ Families				

Calender Key:

MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room

L – Lobby
P - Patio
O - Outside

B- Beauty Salon

Which Team are you rooting for MSU or U of M? Wear your teams colors on the 20th!