

# October 29 - November 4, 2023 - Memory Care Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	Nov. 1	2	3	4
<b>Morning</b> <b>Sunday Sunrise</b> Have an extra cup of coffee as we ease into the week with a devotional and casual conversation.	<b>Morning</b> We have a special pumpkin treat planned for this morning. Need a fresh manicure? We're ready for you!	<b>Morning</b> <b>Happy Halloween!</b> Let's chat about Halloween traditions and decorating a pumpkin Jessica will be here for Chair Yoga - Halloween edition!	<b>Morning</b> <b>It's Wheel Wednesday!</b> Spin the wheel and see where it lands. Hearing aid battery checks & cleaning available (AL)	<b>Morning</b> <b>After our Table Talk,</b> we'll make a fall tree decoration	<b>Morning</b> <b>Join us for Fruity Friday!</b> Men - you're invited to a special Men's Coffee at 10:30am (AL)	<b>Morning</b> <b>Caffeine Corner</b> Start the day with Coffee while enjoying our daily newsletter. Once we're wide awake we'll stretch our muscles.
<b>Afternoon</b> <b>Virtual Worship</b> There will be a church service playing on the TV this afternoon for you to enjoy.	<b>Afternoon</b> Join us in the Dining Room for spooky snacks, Halloween Bingo and Candy Corn Bowling.	<b>Afternoon</b> We'll be Trickin' and Treatin' at 1:30pm at our Halloween Party - music, costumes, games and lots of treats!	<b>Afternoon</b> We'll take a bus ride this afternoon to see all the fall colors. For those interested, there is Rosary at 1:30pm and a Church Service at 2:00pm (AL)	<b>Afternoon</b> This afternoon we'll enjoy music by a new entertainer at 2:00pm - don't miss it!	<b>Afternoon</b> <b>Sing-a-long with Cati -</b> she'll be singing your favorites! Word Puzzles We've got plenty of word searches and crossword puzzles for you to enjoy.	<b>Afternoon</b> <b>Card Club - UNO?</b> <b>Go Fish?</b> <b>Come play!</b>
<b>Evening</b> <b>Music &amp; Meditation</b> Process the day by practicing relaxing breathing exercises and listen to soothing music to help us enjoy a restful evening	<b>Evening</b> <b>Wind Down</b> Let's stroll down memory lane as we finish out the day.	<b>Evening</b> <b>Movie Night:</b> Not so scary Halloween movie	<b>Evening</b> <b>Music &amp; Meditation</b> Process the day by practicing relaxing breathing exercises and listen to soothing music to help us enjoy a restful evening	<b>Evening</b> <b>Wind Down</b> Let's list the things we're thankful for	<b>Evening</b> <b>Evening Relaxation</b> Let's do some stretching together	<b>Evening</b> <b>SCENTsational Sounds</b> Essential oils & calming sounds makes for a relaxing environment as we prepare to wind down.