

Grace Haven Assisted Living and Memory Care

Assisted Living | Comfort Care

October 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Marching Exercise (MC) 10:45 Manicures (PD) 3:15 Music with Wendy and More Manicures (MC) 6:00 Happy Hour: Apple Butterscotch Drink (L)	2 10:30 Men’s Group with DJ (MD) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Historical Events Talk (MC)	3 10:30 Craft: Easy Fall Crafting (MC) 1:00 Dream Big Horses (O) 3:00 Chair Synchronized Swimming (MC) 6:00 Meet and Greet with Nick (L)	4 11:00 Golden Zumba Exercise (PD) 1:00 Resident Games and Hydration (CD) 3:00 Reverse Trick -Or- Treating Fun 5:45 Owosso Speedway Outing (*Dress Warm)
5 10:30 Rise and Shine Exercise Group (MC) 1:00 Apple to the Core Tasting and Trivia (MD) 2:30 Church Group Singing and Chat (MD) 5:45 Essential Oils (MC)	6 10:30 Crafting Scarecrows (MC) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Mobile Cart: Pumpkin Pop Floats	7 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Briggs Library (PD) 5:45 Not So Spooky Slow Walks (MC)	Linda C.’s Birthday 8 10:30 Haden’s Safety Seminar (L) 1:00 Manicures (PD) 3:45 Circuit Training Exercises (MC) 6:00 Happy Hour: Life Enrichment Choice (L)	Lindsey’s Birthday 9 10:30 Sing-A-Long Spook-tac-ular (MC) 1:15 Resident Activity Meeting (PD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Affirmations (MC)	Shannon’s Birthday 10 10:30 Morning Motivation Songs and Smoothies Mobile Cart 1:15 Bingo (MD) 3:15 Music with Marty (MD) 5:45 Resistance Band Exercise (MC)	11 10:30 Pen Pals Program Tools and Tips (CD) 1:30 Suzanne and Chloe Dog Therapy 2:15 Balloon Badminton (MC) 5:45 Euchre Games (CD)
12 10:30 Church Service and Songs (MC) 1:30 Fall Foliage Walk (O) 2:30 Ghostly S’mores Mobile Cart 5:45 Meditation Exercise and Calming Sounds (MC)	Pink Out 13 10:30 Jen and Frankie Therapy 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Pink Power Catwalk and Conversation (MC)	14 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 5:45 Warming Words (MC)	Luke’s Birthday 15 10:00 Simple Stretches (MC) 11:00 Music with Tess (MD) 2:30 Sterling Silver Group (MD) 3:30 Manicures (MC) 6:00 Happy Hour: Warm Up Drinks (L)	16 10:00 Uncle Johns Cider Mill Outing 12:00 BB Lunch 2:00 Games (MD) 3:30 Exercise (MD) 5:45 More Manicures and Hand Massages (MC)	17 10:30 Craft: Painting Pumpkins (PD) 1:15 Bingo (MD) 2:30 Halloween Exercise (MD) 5:45 Caramel Apple Bar and Card Games (MC)	Don’s Birthday 18 10:30 Coffee with Our Veterans (CD) 1:15 Halloween Exercise and Game (MC) 2:00 Sudoku Puzzles (MD) 5:45 Seasonal Movie with Snacks and Drinks (MC)
19 10:30 Church Service and Songs (MC) 11:15 Technology Time with Tammy (PD) 2:30 Kickball (MD) 5:45 Resident Lead Card Games (CD)	20 10:30 Craft: Fall Painting and Fun (PD) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Wind Down Hydration Mobile Cart	21 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:15 Decorate and Drink Party (H) 5:45 Hymns (MC)	22 10:30 Cooking Club: Pumpkin Spiced Latte (MC) 1:15 Oakview Friends (MD) 2:30 Manicures (B) 6:00 Happy Hour: Pumpkin Spiked Latte’s (L)	23 10:00 Culinary Showcase with Chef (MC) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Tactile Ball Exercise and Breath Control (MC)	24 10:00 Denise and Ruby Pet Therapy 1:15 Bingo (MD) 3:30 Before Dinner Meditation (MC) 5:45 Coloring and Nighttime Chat (MC)	Gary’s Birthday 25 10:30 Don’t Burst My Bubble Game (MD) 1:15 Boo Bash Welcome Party (PD) 5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)
26 10:30 Church Service and Songs (MC) 11:30 Oil and Massage Allergy Relief (MC) 1:15 Indoor Walking Club (H) 5:45 Crosswords (PD)	27 10:30 Making Music with Lisa (MD) 1:15 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 5:45 Relaxing Drinks and Hand Massages (MC)	28 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 3:00 Zumba with Margie (MD) 4:00 Spooky Bingo Sale (PD)	29 10:30 Halloween Comedy (L) 12:15 Halloween Resident Birthday Party 1:30 Resident Council (PD) 2:30 Manicures (B) 6:00 Happy Hour: Witches Brew (L)	30 10:00 Food Committee with Chef (L) 11:00 Craft: Fall (MC) 2:00 Games (MD) 3:30 Exercise (MD) 6:00 -8:00 Trunk or Treating Event	Happy Halloween! 31 10:00 Halloween Exercise (MC) 11:00 Halloween Dress Up Lunch Outing 1:30 Bingo (MD) 5:45 Dirty Soda Bar: Witches Brew (MC)	November 1 11:00 Golden Zumba Exercise (PD) 1:15 Cooking Club: Seasonal Cookies (MC) 2:45 Flavor Your Popcorn Party (MC) 5:45 Scalp and Head Massages (MC)

Calender Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon
H- Hall

Breakfast:
7:30am-9:00am

Lunch:
12:15pm-1:30pm

Dinner:
4:45pm- 6:00pm

