

Sunday

Monday

Tuesday

Wednesday






Thursday

Friday

Saturday

October 2021

Activity Opportunities

<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>3</p>	<p>9:30 Daily News and Chronicle-AR(I)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 Paint by Numbers-AR(E)</p> <p>1:30 Prize Bingo – AR (SO)</p> <p>3:00 "Proper Nouns A to Z." -AR(I)</p> 	<p>10:00 Therapy Dog Grappa Visits- O(E)</p> <p>10:45 Daily News and Chronicle-AR(I)</p> <p>11:15 Pasta: The Universal Food-AR(SO)</p> <p>1:30 Music Videos- Name That Disney Tune-AR(SO)</p> 	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Fitness with Mark – AR (P)</p> <p>11:15 Pumpkin Chuck-AR(SO)</p> <p>1:15 Scenic Drive – meet in 1FL (SO)</p> 	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 Spaghetti and Marshmallow Challenge-AR(SO)</p> <p>1:30 The Write Word Game-AR(I)</p> <p>2:30 Heritage Virtual Volunteers-AR(V)</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Noodling Around-AR(P)</p> <p>11:00 YouTube & You-AR(SO)</p> <p>1:30 Prize Bingo – AR (SO)</p> <p>3:00 Cute and Sleepy Sloth-AR(EN)</p>	<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>2</p> <p>Happy Birthday Bruce!</p>
<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>10</p>	<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>11</p> <p>1:15 Grub Club-AR(V)</p> 	<p>10:00 Therapy Dog Grappa Visits- O(E)</p> <p>10:45 Daily News and Chronicle-AR(I)</p> <p>11:15 October Puzzles-AR(I)</p> <p>1:30 Music Videos-Mitch Miller-AR(SO)</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Fitness with Mark – AR (P)</p> <p>11:00 Hearing Aid Service-AR(H)</p> <p>1:15 Scenic Drive – meet in 1FL (SO)</p> <p>Happy Birthday James!</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 Junk Drawer Detective-AR(I)</p> <p>1:30 What's Wrong with This Picture? -AR(I)</p> <p>2:30 Heritage Virtual Volunteers-AR(V)</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Noodling Around-AR(P)</p> <p>11:00 Jigsaw Puzzle-AR(I)</p> <p>1:30 Prize Bingo – AR (SO)</p> <p>3:00 Tort and Tortellini: A Short Story-AR(I)</p>	<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>16</p>
<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>17</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 Armchair Travel: Discovering Denmark-AR(I)</p> <p>1:30 Prize Bingo – AR (SO)</p> <p>3:00 Pasta Trivia-AR(I)</p>	<p>10:00 Therapy Dog Grappa Visits- O(E)</p> <p>10:45 Daily News and Chronicle-AR(I)</p> <p>11:15 Jeopardy-AR(I)</p> <p>1:30 Karaoke Music Videos-AR(SO)</p> <p>Happy Birthday Amelia and Doris!!</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Fitness with Mark – AR (P)</p> <p>11:00 Random Trivia-AR(I)</p> <p>12:15 Resident Council-DR (V)</p> <p>1:15 Scenic Drive – meet in 1FL (SO)</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 Who Am I? -AR(I)</p> <p>1:30 Mambo Italiano Pasta Party-AR(SO)</p> <p>2:30 Heritage Virtual Volunteers-AR(V)</p>	<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>22</p>	<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>23</p>
<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>24</p> <p>Happy Birthday Edna and Ramon!!</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 YouTube Entertainment-AR(SO)</p> <p>1:30 Prize Bingo – AR (SO)</p> <p>3:00 Dancing Pasta: The Science of Carbonation-AR(I)</p> <p>Happy Birthday Corinne!</p>	<p>10:00 Therapy Dog Grappa Visits- O(E)</p> <p>10:45 Daily News and Chronicle-AR(I)</p> <p>11:15 Do You Believe in Ghosts? -AR(I)</p> <p>1:30 Sing along Music Videos-AR(SO)</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Fitness with Mark – AR (P)</p> <p>11:15 World Series Facts and Fun-AR(I)</p> <p>1:15 Scenic Drive – meet in 1FL (SO)</p>	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:15 A Steady Diet of Chocolate Humor-AR(E)</p> <p>1:30 Harvest Party Punch and Pumpkin Judging-AR(SO)</p> <p>2:30 Heritage Virtual Volunteers-AR(V)</p> 	<p>9:30 Daily News and Chronicle-AR(H)</p> <p>10:15 Noodling Around-AR(P)</p> <p>11:00 Elizabeth Krebs: Queen of Halloween-AR(I)</p> <p>1:30 Prize Bingo – AR (SO)</p> <p>3:00 The History of Classic Monster Movies-AR(I)</p>	<p>9:30 Independent Daily News and Chronicle Packet-AR</p> <p>30</p>

Dimensions of Wellness: SO-Social, P-Physical, I-Intellectual, E-Emotional, V-Vocational, SP-Spiritual, H- Health Services, EN-Environmental

Locations: AR- Activity Room, DR-Dining Room, L-Lobby, 1FL-First Floor Lounge, O-Outside

Please see channel 902 for additional meditation, exercise, music, educational and movie opportunities, and more!

