






Club Room Life Enrichment Calendar

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30- Out Trip: Autumn Foliage Drive 3:00-Refreshments 3:00-Pet Therapy 3:15-Music Therapy with Tara 5:00-Dinner 6:00-Leisure Time	2 10:00-Greetings & Chronicle 11:00-Worship with Dave 11:30-Rest & Refresh 12:00-Lunch 2:00-Music Therapy with Tara 3:00-Refreshments 3:15-October IQ 4:00-Soundscapes 5:00-Dinner 6:00-All About Squirrels Word Game	3 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Refreshments 3:15-What Am I ? 4:30-Leisure Time 5:00-Dinner 6:30-Sing Along	4 10:00-Greetings & Chronicle 11:00-Church Services in LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Leisure Time 3:15-Refreshments 3:30-Active Game 5:00-Dinner 6:00-Music Therapy with Tara	5 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Manicure 3:00-Refreshments 3:15-Music Therapy with Tara 4:30-Leisure Time 5:00-Dinner 6:00-Movie	6 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Brush to Canvas 3:30-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Cranium Crunch
7 10:15-Communion 11:00-Sunday Services in LH 12:00-Lunch 1:30-Relaxation 2:30- Entertainment :AYLUS Classical Music Ensemble-LH 3:30-Refreshments 4:00-Leisure Time 5:00-Dinner 6:00-Movie	8 Columbus Day 10:00-Greetings & Chronicle 10:30-Columbus Day Discussion and Trivia 11:00-Stretch and Be Fit 12:00-Lunch 1:30- Out Trip: Autumn Foliage Drive 3:00-Refreshments 3:15-Music Therapy with Tara 4:15-Leisure Time 5:00-Dinner 6:00- Leisure Time 	9 10:00-Greetings & Chronicle 11:00-Worship with Dave 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Refreshments & Time for Laughter 4:00-Soundscapes 5:00-Dinner 6:00-Categories Word Game	10 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Refreshments 3:30-Trivia 4:30-Leisure Time 5:00-Dinner 6:30-Sing Along	11 10:00-Greetings & Chronicle 11:00-Church Services in LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30- Hope's Promise Miniature Horse Visit 3:15-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Music Therapy with Tara 	12 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Pizza Party Lunch 1:30-Relaxation 2:30-Manicure 3:00-Refreshments 3:15-Music Therapy with Tara 4:30-Leisure Time 5:00-Dinner 6:00-Movie	13 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Brush to Canvas 3:30-Refreshments 4:00-Soundscapes 5:00-Dinner 6:00-Cranium Crunch
14 10:00-Communion 11:00-Sunday Services in LH 12:00-Lunch 1:30-Relaxation 2:30- Entertainment: Mark Mikols Singer & Guitar-LH 3:30-Refreshments 4:00-Leisure Time 5:00-Dinner 6:00-Movie	15 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 11:30- Out Trip: Lunch 3:00-Refreshments 3:15-Music Therapy with Tara 5:00-Dinner 6:00- Art Therapy with Trish	16 10:00-Greetings & Chronicle 11:00-Worship with Dave 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Catholic Mass LH 2:00-Music Therapy with Tara 3:15-Refreshments & Time for Laughter 5:00-Dinner 6:00-Searching for October Word Search	17 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy 3:15-Refreshments 3:30-Who Am I ? 5:00-Dinner 6:30-Sing Along	18 10:00-Greetings & Chronicle 11:00-Church Services in LH 12:00-Lunch 1:30-Relaxation 2:00-Leisure Time 3:15-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Music Therapy with Tara	19 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Manicure 3:15-Refreshments 3:15-Music Therapy with Tara 5:00-Dinner 6:00-Movie	20 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Brush to Canvas 3:30-Refreshments 4:00-Soundscapes 5:00-Dinner 6:00-Cranium Crunch
21 10:15-Communion 11:00-Sunday Services in LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30- Entertainment:Tom Aalfs Violinist-LH 3:30-Refreshments 4:00-Leisure Time 5:00-Dinner 6:00-Movie	22 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30- Out Trip: Autumn Foliage Drive 3:00-Refreshments 3:15-Music Therapy with Tara 4:15-Leisure Time 5:00-Dinner 6:00-Leisure Time	23 10:00-Greetings & Chronicle 10:30-Worship with Dave 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 2:00-Music Therapy with Tara 3:00-Pumpkin Carving 4:00-Soundscapes 5:00-Dinner 6:00-Fames October Birthdays Word Search	24 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:00-Music Therapy with Tara 3:15-Refreshments 3:30-Trivia 4:30-Leisure Time 5:00-Dinner 6:30-Sing Along	25 10:00-Greetings & Chronicle 11:00-Church Services in LH 12:00-Lunch 1:30-Relaxation 2:00-Leisure Time 3:15-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Music Therapy with Tara	26 10:00-Greetings & Chronicle 10:30-Mindercise 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Pizza Party Lunch 1:30-Relaxation 2:30-Manicure 3:15-Refreshments 3:15-Music Therapy with Tara 5:00-Dinner 6:00-Movie	27 10:00-Greetings & Chronicle 10:30-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30-Brush to Canvas 3:15-Refreshments 3:30-Active Game 4:00-Soundscapes 5:00-Dinner 6:00-Cranium Crunch
28 10:15-Communion 11:00-Sunday Services in LH 11:30-Rest & Refresh 12:00-Lunch 1:30-Relaxation 2:30- Entertainment: Somers & Steel Singing Duo and Guitar-LH 3:30-Refreshments 4:00-Leisure Time 5:00-Dinner 6:00-Movie	29 10:00-Greetings & Chronicle 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 1:30- Out Trip: Autumn Foliage Drive 3:00-Refreshments 3:15-Sing Along 5:00-Dinner 6:00- Art Therapy with Trish	30 10:00-Greetings & Chronicle 10:30-Worship with Dave 11:00-Stretch and Be Fit 11:30-Rest & Refresh 12:00-Lunch 2:00-Music Therapy with Tara 3:00-Refreshments & Time for Laughter 5:00-Dinner 6:00-Scary Categories Word Game	31 Halloween 10:15-Little Footprints Preschool Visit Parading in Costume 11:00-Exercise 11:30-Rest & Refresh 12:00-Lunch 2:00-Music Therapy with Tara 3:00-Halloween Party 5:00-Dinner 6:00-Sing Along 		<p align="center">Communion-Every Sunday in Liberty Hall at 10:00am</p> <p align="center">Sunday Service-Every Sunday in Liberty Hall at 11:00am</p> <p align="center">Catholic Mass-Tuesday October 16th in Liberty Hall at 2:00pm</p>	<p align="center"><u>ALL PROGRAMS ARE SUGGESTIONS AND SUBJECT TO CHANGE</u></p> <p align="center"><u>All Memory Care Activities Take Place in the 3rd Floor Memory Care Neighborhood</u></p>