

Exercise Social Events Crafting/Cooking Table Game Movies/Shows		Self CareReMusicBuEntertainmentRe	nysical Game eligious Services is Trips est & Restorative Ac ving Room	Services Services Activities		
ursday		Friday	Satu	urday		
3 se: Seated Chair Corner: Candy Corn page nd Relax: Quiet □ Programming: Building pooking Project and Popcorn: Heidi te Day 10 e: Seated Chair Games corner: felt pumpkin lantern nd Relax: Quiet Music □ the Therapy Dog, Visits Programming: Building pooking Project and Angel Food Cake: It	10:00 10:30 10:30 12:00 1:30 3:30 10:00 10:30 10:30 12:00 1:30	Cinnamon Bun Day       4         Exercise: Seated Chair Stretching         Balloon Games         Lemonade and Good News Patio         Social         Rest and Relax: Quiet Music and         Tea         Puzzles and Cinnamon Buns         with Care Staff         Matching Games         11         Exercise: Seated Chair Stretching         Balloon Games         Lemonade and Good News Patio         Social         Rest and Relax: Quiet Music and         Tea         Puzzles and Pretzels with	10:30 Velcro 12:00 Rest ar Tape 1:30 Tableto Checko Games 3:00 Catholi 10:00 Exercis 10:30 Bean B 12:00 Rest ar Tape 1:30 Tableto Checko	op Games: ers and Memory s with Care Staff c Communion 12 se: Chair Dancing Bag Toss nd Relax: book on		
s every Thursday	3:30	Matching Games		c Communion		
17 e: Seated Chair Games forner: Painted off nd Relax: Quiet Music Programming: Building ooking Project and Popcorn: The Little s	10:00 10:30 10:30	te Cupcake Day 18 Exercise: Seated Chair Stretching Balloon Games Lemonade and Good News Patio Social Rest and Relax: Quiet Music and Tea Puzzles and Chocolate Cupcakes with Care Staff Matching Games	10:30 Velcro 12:00 Rest ar Tape 1:30 Tableto Checko Games	19 Se: Chair Dancing Dart Board nd Relax: book on op Games: ers and Memory s with Care Staff c Communion		
24 e: Seated Chair Games forner: Pumpkin g and Decorating nd Relax: Quiet Music the Therapy Dog, Visits Programming: Building ooking Project and Popcorn: Coco	10:00 10:30 10:30 12:00 <b>1:30</b> 3:30	25 Exercise: Seated Chair Stretching Balloon Games Lemonade and Good News Patio Social Rest and Relax: Quiet Music and Tea <b>Puzzles and Pretzels with</b> Care Staff Matching Games	10:30 Bean B 12:00 Rest ar Tape 1:30 Tableto Checko Games	26 Bag Toss and Relax: book on op Games: ers and Memory s with Care Staff c Communion		
31				The second second		

THE LODG AT PINER ROA BY BLUE MOUNTAIN SENIOR LIVING	D Octobe	Exercise Sensory Stimulation Physical Game Social Events Crafting/Cooking Music Bus Trips Table Game Novies/Shows Animal Therapy Living Room				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	okidoogissi	National Homemade Cookie Day       1         9:45       Seated Chair Exercises         10:30       Building Games         12:00       Rest and Relax: Relaxing videos         1:30       Lila, The Therapy Dog, Visits         1:30       Outing: Scenic Drive         2:30       Manicures & Hand Massages         3:00       Eat Homemade Cookies!	2 10:00 Exercise: Seated Chair Dancing 10:30 Make Homemade Cookies and Cards 12:00 Rest and Relax: poetry and stories ₪ 1:30 Bingo 1:30 Mira the Therapy Dog Visits 2:30 Free Painting 3:00 HAPPY HOUR	3 10:00 Exercise: Seated Chair Games <b>10:30 Craft Corner: Candy Corn</b> <b>Decoupage</b> 12:00 Rest and Relax: Quiet Music 1:30 Mens Programming: Building 1:30 Scrapbooking Project 2:30 Movie and Popcorn: Heidi	National Cinnamon Bun Day410:00Exercise: Seated Chair Stretching10:30Balloon Games10:30Lemonade and Good News Patio Social12:00Rest and Relax: Quiet Music and Teate1:30Puzzles and Cinnamon Buns with Care Staff3:30Matching Games	5 10:00 Exercise: Chair Dancing 10:30 Velcro Dart Board 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion
9:30 Pool Noodle Table 10:00 Hockey 10:30	<ul> <li>Sorting and Beading Activities</li> <li>Rest and Relax: Newspaper and Tea</li> <li>Caregiver led- coffee, coloring, and conversation with Chocolate Covered Pretzels</li> </ul>	8 9:45 Seated Chair Exercises 10:30 Board Games: 10:30 Outing: Petaluma Pumpkin Patch 12:00 Rest and Relax: Relaxing videos 1:30 Lila, The Therapy Dog, Visits 2:30 Manicures & Hand Massages	10:00 Exercise: Seated Chair Dancing	Angel Food Cake Day1010:00Exercise: Seated Chair Games10:30Craft Corner: felt pumpkin jack o lantern12:00Rest and Relax: Quiet Music□1:30Luma, the Therapy Dog, Visits1:30Mens Programming: Building1:30Scrapbooking Project2:30Movie and Angel Food Cake: It happens every Thursday	<ul> <li>11</li> <li>10:00 Exercise: Seated Chair Stretching</li> <li>10:30 Balloon Games</li> <li>10:30 Lemonade and Good News Patio Social</li> <li>12:00 Rest and Relax: Quiet Music and Teat</li> <li>1:30 Puzzles and Pretzels with Care Staff</li> <li>3:30 Matching Games</li> </ul>	12 10:00 Exercise: Chair Dancing 10:30 Bean Bag Toss 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion
9:30 Seated Chair Stretches 10:30 Religious Services 12:00 Rest and Relax: Quiet Music 1:30 Seated Chair Stretches 10:00 10:30 12:00 1:30 1:30 1:30	<ul> <li>Exercise: Monday Movement</li> <li>Sorting and Beading Activities</li> <li>Rest and Relax: Newspaper and Tea</li> <li>Belly Dancer Performance</li> <li>Caregiver led- coffee, coloring, and conversation</li> <li>Eat an Extra Dessert</li> </ul>	I Love Lucy Day       15         8:30       I Love Lucy and Hot Chocolate         9:45       Seated Chair Exercises         10:30       Oktoberfest Craft         12:00       Rest and Relax: Relaxing videos         1:30       Lila, The Therapy Dog, Visits         1:30       Outing: Scenic Drive         2:30       Manicures & Hand Massages	<ul> <li>16</li> <li>10:00 Exercise: Seated Chair Dancing</li> <li>10:30 Lemonade and Good News Patio Social</li> <li>11:00 Passport to Germany: Oktoberfest</li> <li>1:30 Mira the Therapy Dog Visits</li> <li>1:30 Passport to Oktoberfest Entertainment</li> <li>2:30 Free Painting</li> </ul>	10:00 Exercise: Seated Chair Games	<ul> <li>Chocolate Cupcake Day 18</li> <li>10:00 Exercise: Seated Chair Stretching</li> <li>10:30 Balloon Games</li> <li>10:30 Lemonade and Good News Patio Social</li> <li>12:00 Rest and Relax: Quiet Music and Tea™</li> <li>1:30 Puzzles and Chocolate Cupcakes with Care Staff</li> <li>3:30 Matching Games</li> </ul>	19 10:00 Exercise: Chair Dancing 10:30 Velcro Dart Board 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion
9:30 Pool Noodle Table Hockey 10:00 10:30 Religious Services 10:00	<ul> <li>Make Apple Dumplings</li> <li>Rest and Relax: Newspaper and Tea</li> <li>Caregiver led- coffee, coloring, and conversation</li> </ul>	22 9:45 Seated Chair Exercises 10:30 Board Games: 12:00 Rest and Relax: Relaxing videos IM 1:30 Lila, The Therapy Dog, Visits 1:30 Outing: Frozen Yogurt 2:30 Manicures & Hand Massages	Boston Creme Pie Day       23         10:00       Exercise: Seated Chair Dancing         10:30       Lemonade and Good News Patio         Social       Social         12:00       Rest and Relax: poetry and stories         1:30       Bingo         1:30       Mira the Therapy Dog Visits         2:30       Free Painting         3:00       HAPPY HOUR with Boston Creme Pie	24 10:00 Exercise: Seated Chair Games 10:30 Craft Corner: Pumpkin Painting and Decorating 12:00 Rest and Relax: Quiet Music□ 1:30 Luma, the Therapy Dog, Visits 1:30 Mens Programming: Building 1:30 Scrapbooking Project 2:30 Movie and Popcorn: Coco	<ul> <li>25</li> <li>10:00 Exercise: Seated Chair Stretching</li> <li>10:30 Balloon Games</li> <li>10:30 Lemonade and Good News Patio Social</li> <li>12:00 Rest and Relax: Quiet Music and Teate</li> <li>1:30 Puzzles and Pretzels with Care Staff</li> <li>3:30 Matching Games</li> </ul>	26 10:00 Exercise: Chair Dancing 10:30 Bean Bag Toss 12:00 Rest and Relax: book on Tape <b>1:30 Tabletop Games:</b> Checkers and Memory Games with Care Staff 3:00 Catholic Communion
9:30 Seated Chair Stretches 10:00 10:30 Religious Services 10:30	<ul> <li>Making Chocolate Muffins</li> <li>Rest and Relax: Newspaper and Tea</li> <li>Caregiver led- chocolate, coloring, and conversation</li> </ul>	<ul> <li>9:45 Seated Chair Exercises</li> <li>10:30 Board Games:</li> <li>12:00 Rest and Relax: Relaxing videos<sup>1</sup></li> <li>1:30 Lila, The Therapy Dog, Visits</li> <li>1:30 Outing: Scenic Drive</li> <li>2:30 Manicures &amp; Hand Massages</li> </ul>	Wicked Day308:00Watch Wicked the Musical10:00Exercise: Seated Chair Dancing10:30Lemonade and Good News Patio Social12:00Rest and Relax: poetry and stories1:30Bingo1:30Mira the Therapy Dog Visits2:30Free Painting3:00BIRTHDAY HAPPY HOUR	Halloween!3110:00Exercise: pumpkin bean bag toss10:30Halloween Crafts11:30Spooky Halloween lunch!12:00Rest and Relax: Quiet Music I12:00Staff Halloween costume parade1:30Halloween Entertainment2:30Halloween Movie and Popcorn Balls: The Nightmare Before Christmas2:30Pass out candy to trick or treaters	All Events Are Subject to Change	

Memory Care Activities Calendar

