

# October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Subject to Change</b>		1 10 Hand Strength with Flexibility 11 Uptown Errands 1 Trip to the Library  3:45 Tele Rehab Check In	2 <b>Happy Birthday Jim R!</b> 10 Senior Strength (Bands) 11:30 Lunch out @ Subway 2 Silver Sneakers 2:30 Billiards  3:45 Tele Rehab Check In	3 10 Hand Strength with Flexibility 11 Nail Care 1 Movie Matinee  3:45 Tele Rehab Check In	4 10 Standing Balance 11 Silver Sneakers <b>1 Golden Rewards Pop-Up Shop</b> 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services	5 1:30 Ladder Ball 2:30 Words That Start With O	
	6 <b>Happy Birthday Robert!</b> 1:30 Silver Sneakers 2 Pet Visit with Blue	7 10 Standing Balance 11 Decorate for Fall Festival 1 Bingo with 50/50 3 Hand Massage  3:45 Tele Rehab Check In	8 10 Hand Strength with Flexibility <b>11 Resident Meeting</b> 1 Library Club  3:45 Tele Rehab Check In	9 10 Senior Strength (Joint Rotation) 11 Silver Sneakers 1 Fall Flower Pumpkins with Karen 6-8 Letter Writing Club with Cassie 3:45 Tele Rehab Check In	10 10 Hand Strength with Flexibility 11 Nail Care 1 Uptown Errands 2:30 Happy Hour with Whist  3:45 Tele Rehab Check In	11 10 Standing Balance 11 Silver Sneakers 1 Crochet Club 2:30 Tele Rehab 3:45 Tele Rehab Check 4 Catholic Services	12 1:30 Chair Yoga 2:30 Words in a Word
	13 1:30 Silver Sneakers 2:30 Connect 4	14 No Admin Staff on Site  <b>THANKSGIVING</b>	15 10 Hand Strength with Flexibility 11 Uptown Errands 1 Library Club  3:45 Tele Rehab Check In	16 <b>FALL FESTIVAL</b> 11:30 Residents Come to the Dining Room 12 Lunch with Chef Anthony 1:30 Music by Dehlia Wakefeild  3:45 Tele Rehab Check In	17 10 Hand Strength with Flexibility 11 Drumming with Susan 1 Shuffleboard 2:30 Happy Hour with Yahtzee  3:45 Tele Rehab Check In	18 10 Standing Balance 11 Silver Sneakers 1:15 Mindful Movement with Kelly 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services	19 <b>Happy Birthday John!</b> 1:30 Axe Throwing 2:30 Name 10
	20 1:30 Silver Sneakers 2:30 Giant Jenga	21 10 Standing Balance 11 Name that Tune/Sing Along 1 Bingo with 50/50 3 Hand Massage  3:45 Tele Rehab Check In	22 10 Hand Strength with Flexibility 11 Uptown Errands 1 Library Club  3:45 Tele Rehab Check In	23 10 Senior Strength (Weights) 11 Silver Sneakers 1 Tenant and Personal Liability Protection and Personal Cyber Threat Insurance 2:30 Candy Bags 6-8 Letter Writing Club with Cassie	24 10 Hand Strength with Flexibility 11 Nail Care 1 Pet visit with Coco 2:30 Happy Hour with Board Games  3:45 Tele Rehab Check In	25 10 Standing Balance 11 Silver Sneakers 1 Acrylic Painting with Beth 2:30 Tele Rehab 3:45 Tele Rehab Check 4 Catholic Services	26 1:30 Corn Hole 2:30 Word Association Game
	27 <b>Happy Birthday Ray!</b> 1:30 Silver Sneakers 2:30 Darts	28 10 Standing Balance 11 Let's Go For a Drive 1 Bingo with 50/50 3 Hand Massage  3:45 Tele Rehab Check In	29 10:00 Hand Strength with Flexibility 11 Uptown Errands 1 Library Club  3:45 Tele Rehab Check In	30 10 Senior Strength (Bands) 11:30 Lunch Out @ Grande Cache Hotel 2 Silver Sneakers 2:30 Pumpkin Painting with Lynn  3:45 Tele Rehab Check In	31 10 Hand Strength with Flexibility 11 Nail Care 1:30 Scary Movie! Hand out Candy  3:45 Tele Rehab Check In	<p>There is an appointment sheet for nail care on the ACTIVITY OFFICE window. Each spot is 15 minutes. If you require both fingers and toes this will be 30 minutes and please mark off 2 time slots.</p>	