

| Sunday                                                                                                                             | Monday                                                                                                                                                               | Tuesday                                                                                                                                                                                             | Wednesday                                                                                                                                                                                        | Thursday                                                                                                                                                                                                             | Friday                                                                                                                                                                                      | Saturday                                                                                                                                                                                                              |
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|                                                                                                                                    |                                                                                                                                                                      |                                                                                                                                                                                                     |                                                                                                                                                                                                  | 1                                                                                                                                                                                                                    | 2                                                                                                                                                                                           | 3                                                                                                                                                                                                                     |
|                                                                                                                                    |                                                                                                                                                                      |                                                                                                                                                                                                     |                                                                                                                                                                                                  | 10:00 Live Music with Kiemel<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Walk and Stretch<br>1:30 H2O time!<br>2:00 Craft: Pink Sponge art<br>3:30 Documentary and IN2L Games<br>6:00 Movie Night            | 10:00 Chair Dance w Abi<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Name that Tune<br>2:00 Walk and Stretch w Abi<br>2:30 Balloon Volleyball and Upbeat Music<br>3:30 Happy Hour !! | 10:00 Cardio Crew<br>10:30 Morning Social<br>11:00 Peaceful Moment Meditation<br>1:30 H2O time!<br>3:30 B-I-N-G-O<br>4:00 Sing a long                                                                                 |
| 4                                                                                                                                  | 5                                                                                                                                                                    | 6                                                                                                                                                                                                   | 7                                                                                                                                                                                                | 8                                                                                                                                                                                                                    | 9                                                                                                                                                                                           | 10                                                                                                                                                                                                                    |
| 10:00 Morning Fitness<br>10:30 Happy News and Conversation<br>1:00 Outside Games<br>1:30 H2O and Upper Body Stretch<br>2:30 Movie: | 10:00 Boxing and Music w Bret<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 H2O and sunshine<br>1:30 Gratitude Hour<br>2:00 Movie Matinee:<br>4:00 Sing a long | 10:00 Stretch & Shine<br>10:30 Morning Social<br>10:45 Coffee and Juice in Courtyard<br>11:00 Word Games<br>1:00 Purple Art<br>2:00 Ice Cream and Sunshine<br>3:00 Name that Tune and Chair Dancing | 10:00 Cardio Crew<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Music w Kiemel-Homecoming Dance (Join us!)<br>2:00 Picture Hour<br>3:00 H2O and Snack<br>3:30 B-I-N-G-O                    | 10:00 Live Music with Kiemel<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Walk and Stretch<br>1:30 H2O time!<br>2:30 Craft: Football Sign Concert (ML)<br>3:30 Documentary and IN2L Games<br>6:00 Movie Night | 10:00 Chair Dance w Abi<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Name that Tune<br>2:30 Balloon Volleyball and Upbeat Music<br>3:30 Happy Hour !!                                | 10:00 Cardio Crew<br>10:00 Art Show in Lobby (between 10am-1pm) (ML)<br>10:30 Morning Social<br>11:00 Peaceful Moment Meditation<br>1:30 Tailgate- cornhole and snacks outside!<br>3:30 B-I-N-G-O<br>4:00 Sing a long |
| 11                                                                                                                                 | 12                                                                                                                                                                   | 13                                                                                                                                                                                                  | 14                                                                                                                                                                                               | 15                                                                                                                                                                                                                   | 16                                                                                                                                                                                          | 17                                                                                                                                                                                                                    |
| 10:00 Morning Fitness<br>10:30 Happy News and Conversation<br>1:00 Outside Games<br>1:30 H2O and Upper Body Stretch<br>2:30 Movie: | 10:00 Boxing and Music w Bret<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 H2O and sunshine<br>1:30 Pretzel Decorating<br>3:00 Sing a long                    | 10:00 Seated Polka Dance<br>10:30 Morning Social<br>10:45 Coffee and Juice in Courtyard<br>11:00 Word Games<br>1:00 Walking Club<br>2:00 Name that Tune and Chair Dancing<br>3:30 RootBEER floats   | 10:00 Seated Polka Dance<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Music w Kiemel<br>2:00 H2O and Snack<br>2:00 Craft: Decorate Steins<br>3:00 Concert in Lobby (ML)<br>3:30 B-I-N-G-O | 10:00 Live Music with Kiemel<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Walk and Stretch<br>1:30 H2O time!<br>2:30 Craft: German Flower Garden<br>3:30 Documentary and Pretzel Bites<br>6:00 Movie Night    | 10:00 Chair Dance w Abi<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Name that Tune<br>2:30 Balloon Volleyball and Upbeat Music<br>3:00 Granny Pant Toss<br>3:30 Happy Hour !!       | 10:00 Cardio Crew<br>10:30 Morning Social<br>11:00 Peaceful Moment Meditation<br>1:30 H2O time!<br>3:00 Concert in Lobby (ML)<br>3:30 B-I-N-G-O<br>4:00 Sing a long                                                   |

ML = Main Lobby

| Sunday                                                                                                                             | Monday                                                                                                                                                               | Tuesday                                                                                                                                                                                               | Wednesday                                                                                                                                                                                      | Thursday                                                                                                                                                                                                  | Friday                                                                                                                                                                                   | Saturday                                                                                                                                     |
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| 18                                                                                                                                 | 19                                                                                                                                                                   | 20                                                                                                                                                                                                    | 21                                                                                                                                                                                             | 22                                                                                                                                                                                                        | 23                                                                                                                                                                                       | 24                                                                                                                                           |
| 10:00 Morning Fitness<br>10:30 Happy News and Conversation<br>1:00 Outside Games<br>1:30 H2O and Upper Body Stretch<br>2:30 Movie: | 10:00 Boxing and Music w Bret<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 H2O and sunshine<br>1:30 Gratitude Hour<br>2:00 Movie Matinee:<br>4:00 Sing a long | 10:00 Stretch & Shine<br>10:30 Craft: Candy Corn Art<br>11:00 Coffee and Juice in Courtyard<br>1:00 Purple Art<br>2:00 Ice Cream and Sunshine<br>3:00 Name that Tune and Chair Dancing                | 10:00 Cardio Crew<br>10:30 Morning Social<br>10:45 Craft: Fall Leaves<br>1:00 Music w Kiemel<br>2:00 Granny Pant Toss (Outdoor)<br>2:00 H2O and Snack<br>3:00 Family Council<br>3:30 B-I-N-G-O | 10:00 Live Music with Kiemel<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Walk and Stretch<br>1:30 H2O time!<br>2:30 Craft:<br>3:30 Documentary and IN2L Games<br>6:00 Movie Night                 | 10:00 Chair Dance w Abi<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Name that Tune<br>2:30 Balloon Volleyball and Upbeat Music<br>3:00 Granny Pant Toss<br>3:30 Happy Hour !!    | 10:00 Cardio Crew<br>10:30 Morning Social<br>11:00 Peaceful Moment Meditation<br>1:30 H2O time!<br>3:30 B-I-N-G-O<br>4:00 Sing a long        |
| 25                                                                                                                                 | 26                                                                                                                                                                   | 27                                                                                                                                                                                                    | 28                                                                                                                                                                                             | 29                                                                                                                                                                                                        | 30                                                                                                                                                                                       | 31                                                                                                                                           |
| 10:00 Morning Fitness<br>10:30 Happy News and Conversation<br>1:00 Outside Games<br>1:30 H2O and Upper Body Stretch<br>2:30 Movie: | 10:00 Boxing and Music w Bret<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 H2O and sunshine<br>1:30 Paper Ghost Craft<br>3:00 Sing a long                     | 10:00 Stretch & Shine<br>10:30 Morning Social<br>10:45 Coffee and Juice in Courtyard<br>11:00 Word Games<br>1:00 Walking Club<br>2:00 Ice Cream and Sunshine<br>3:00 Name that Tune and Chair Dancing | 10:00 Cardio Crew<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Music w Kiemel<br>2:00 H2O and Pumpkin Snacks<br>2:30 Craft: Pumpkin Painting<br>3:30 B-I-N-G-O                          | 10:00 Live Music with Kiemel<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Walk and Stretch<br>1:30 H2O time!<br>2:30 Craft: Halloween Craft<br>3:30 Documentary and IN2L Games<br>6:00 Movie Night | 10:00 Chair Dance w Abi<br>10:30 Morning Social<br>11:00 Word Games<br>1:00 Name that Tune<br>2:30 Balloon Volleyball and Upbeat Music<br>3:00 Face Painting w Abi<br>3:30 Happy Hour !! | 10:00 Cardio Crew<br>10:30 Morning Social<br>11:00 Peaceful Moment Meditation<br>1:30 H2O time!<br>2:00 Halloween Movie!<br>4:00 Sing a long |

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| Happy Birthday 🎂 |  |  |  |  |  |  |
| No birthdays     |  |  |  |  |  |  |

ML = Main Lobby