	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	rview Senior Living nab and Skilled Nursing	tober 2024	9:00am 1:1 Řoom Visits 10:00am Morning Meditation & Gratitude E&W 10:30am Autumn Leaf Painting E&W 11:00am New Hampshire Leaf Tour- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass	9:00am 1:1 Room Visits 10:00am Fall Fun Facts Trivia- E&W 10:30am Autumn Scenery Coloring- E&W 11:00am Sing Along- W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm Music and Drinks- DR 3:15pm Sensory Group-E	9:00am 1:1 Room Visits 10:00am Chair Yoga E&W 10:30am Fall Time Reminiscing- E&W 11:00am Guided Relaxation- E 11:00am Name 5- W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Arm Chair Exercises- E&W 10:30am Sing Along- W 10:30am Autum Scenery Coloring- E 11:00am Brain Games- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm East VS West Jeopardy-W 6:30pm Games with Pat-W 6:30pm Men's Club- E	 9:00am Daily Activities-RR 5 10:00am Flower Arrangements-W 11:30am Lunch 2:00pm BINGO-W 6:30am Pretty Nails-RR
10:0 10:3 11:0 11:3 1:30	00am Catholic Mass-E 00am Catholic Rosary-E 00am Table Topics-E 00am Lunch 0pm Afternoon Stretch-E	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Chair Zumba- E&W 10:30am Tin Can Shoot Up-W 10:30am Balloon Noodle Ball-E 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm Bowling League-W 3:15pm Sensory Group-E	9:00am 1:1 Room Visits 10:00am Group Reminiscence: Harvest Celebrations- W&E 10:30am Leaf Pressing Art- W&E 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm Music with Tommy- DR	Rosh Hashanah Begins8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Chair Tai Chi- E&W 10:30am Reminiscing- Favorite Fall Traditions- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm BINGO-DR 3:15pm Sensory Group-E9	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Picture BINGO- E 10:00am Words In Words-W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00am Stamp Art- W 3:15pm Sensory Group-E 6:30pm Concentration-W	10:00am Nature Documentary- Fall Foliage- E&W 10:30am Coffee and Conversations- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm Words In Words- W 6:30pm Games with Pat-W 6:30pm Men's Club- E	9:00am Daily Activities-RR 12 10:00am Flower Arrangements-W 11:30am Lunch 2:00pm BINGO-W 6:30am Pretty Nails-RR
10:0 10:3 11:0 11:3 1:30	Dam Catholic Mass-E Dam Catholic Rosary-E Dam Table Topics-E Dam Lunch	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Columbus Day Trivia and Coffee - E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm Bowling League-W 3:15pm Sensory Group-E Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)	9:00am 1:1 Room Visits 9:00am Hairdresser- E 9:30am Menu Selection- RR 10:00am Chair Yoga- W 10:30am Word Association Game-W 10:30am Fall Sensory Group-E 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 1:00pm Hairdresser- W 2:00pm Music with Andy- DR 3:15pm Sensory Group-E	10:00am Morning Stretch-E&W 10:30am Finish the phrase Fall Edition- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm BINGO-DR 3:15pm Sensory Group-E	9:00am 1:1 Room Visits 10:00am Pumpkin Bread Baking- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 2:00pm Resident Council Meeting- W 3:15pm Sensory Group-E 6:30pm Concentration- W	Yom Kippur Begins 13 Nights Till Halloween 18 8:30am Daily Activities-RR 10:00am Spooky Stretch- E&W 10:30am Fangs for the Memories- E&W 11:00am Halloween Trivia- E&W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/Mail Pass 2:00pm Halloween BINGO- DR 6:30pm Games with Pat-W 6:30pm Men's Club- E	 9:00am Daily Activities-RR 19 10:00am Flower Arrangements-W 11:30am Lunch 2:00pm BINGO-W 6:30am Pretty Nails-RR
10:0 10:3 11:0 11:3 1:30	Dam Catholic Mass-E Dam Catholic Rosary-E Dam Table Topics-E Dam Lunch Dom Afternoon Stretch-E Dom Pretty Nails-RR	8:30am Daily Activities-RR 21 9:00am 1:1 Room Visits 21 10:00am Pumpkin Pass- E&W 10:30am Ghoulishly Good Jokes- E&W 11:00am Give Me 5- Halloween Edition- E&W 11:30am Lunch-DR 1:00pm 1:1 Room Visits/Mail Pass 2:00pm If the Broom Fits- Arts and Crafts- E&W 3:15pm Sensory Group-E	9:00am Hairdresser-E 9:30am Menu Selection- RR 10:00am Witch Hats- W 11:30am Lunch- DR 1:00pm 1:1 Room Visits/ Mail Pass 1:00pm Hairdresser- W 2:00pm Music with Chris- DR 3:15pm Sensory Group-E	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Drink up Witches- Hot Cocoa Social- E&W 10:30am Facts and Fortunes- E&W 11:30am Lunch-DR 1:00pm 1:1 Room Visits/Mail Pass 2:00pm BINGO-DR 3:15pm Sensory Group-E	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 24 10:00am Stretch those Bones- E&W 10:30am Give em'pumpkin to talk about- Halloween Table Topics- E&W 11:30am Lunch-DR 1:00pm 1:1 Room Visits/Mail Pass 2:00pm Minuet to win it-W 3:15pm Sensory Group-E 6:30pm Concentration-W Simchat Torah Begins	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Halloween Jeopardy East Vs. West- W 11:30am Lunch-DR 1:00pm 1:1 Room Visits/Mail Pass 2:00pm Halloween Movie and Popcorn- W 6:30pm Games with Pat-W 6:30pm Men's Club- E	9:00am Daily Activities-RR 26 10:00am Flower Arrangements-W 11:30am Lunch 2:00pm BINGO-W 6:30am Pretty Nails-RR
10:0 10:3 11:0 11:3 1:30	0am Catholic Mass-E 0am Catholic Rosary-E 0am Table Topics-E 0am Lunch 0pm Afternoon Stretch-E	8:30am Daily Activities-RR 9:00am 1:1 Room Visits 10:00am Halloween Craft- E&W 11:30am Lunch-DR 1:00pm 1:1 Room Visits/Mail Pass 2:00pm Pumpkin Decoration- V 3:15pm Sensory Group-E	9:00am Hairdresser-E 9:30am Menus- RR 10:00am Stretch those Bones- W 10:30am Give em'pumpkin to talk about- Halloween Table Topics- W 11:30am Lunch-DR 1:00pm 1:1 Room Visits/Mail Pass 1:00pm Hairdresser- W	10.00am Broomstick Balloon Game	Happy Halloween! 31 8:30am Daily Activities-RR	Key: E- East Unit Day Room W- West Unit Library RR- Room to Room DR- Dining Room Please note Activities are sub 19 infection control guidance.	ject to change based on Covid-

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