

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2022

							<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Afternoon Walk 2:30p Snacks &amp; Drinks 3:00p Bingo 4:30p Dinner</p> <p><b>1</b></p>
<p>8:00a Breakfast 10:00a Sunday Service (HR) 10:30a Chair Exercise 12:00p Lunch 1:00p Afternoon Walk 2:30p Snacks &amp; Drinks 3:00p Table Soccer 4:30p Dinner</p> <p><b>2</b></p>	<p>8:00a Breakfast 10:00a Bible Study w/Bill 10:30a Chair Exercise 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Painting Craft 4:30p Dinner</p> <p><b>3</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 2:30p Snacks &amp; Drinks 3:00p Table Soccer 4:30p Dinner</p> <p>Yom Kippur Begins</p> <p><b>4</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Bingo 4:30p Dinner</p> <p><b>5</b></p>	<p>8:00a Breakfast 9:00 Catholic Communion(TH) 10:30a Chair Exercise 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Domino Stacking 4:30p Dinner</p> <p><b>6</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p><b>7</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Corn Hole 2:30p Snacks &amp; Drinks 3:00p Card Matching 4:30p Dinner</p> <p><b>8</b></p>	
<p>8:00a Breakfast 10:00a Sunday Service (HR) 10:30a Chair Exercise 12:00p Lunch 2:30p Snacks &amp; Drinks 3:00p Table Soccer 4:30p Dinner</p> <p>Sukkot Begins</p> <p><b>9</b></p>	<p>8:00a Breakfast 10:00a Bible Study w/ Bill (HR) 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p>Columbus Day (US) Indigenous Peoples' Day</p> <p><b>10</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Corn Hole 2:30p Snacks &amp; Drinks 3:00p Card Matching 4:30p Dinner</p> <p><b>11</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Balloon Tennis 2:30p Snacks &amp; Drinks 3:00p Manicure/Hand Massage 4:30p Dinner</p> <p><b>12</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Adult Coloring/Painting 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p><b>13</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p><b>14</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Domino Stacking 4:30p Dinner</p> <p><b>15</b></p>	
<p>8:00a Breakfast 10:00a Sunday Service (HR) 10:30a Chair Exercise 12:00p Lunch 1:00p Balloon Tennis 2:30p Snacks &amp; Drinks 3:00p Manicure/Hand Massage 4:30p Dinner</p> <p><b>16</b></p>	<p>8:00a Breakfast 10:00a Bible Study w/ Bill(HR) 10:30a Chair Exercise 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Domino Stacking 4:30p Dinner</p> <p><b>17</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Afternoon Movie 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p><b>18</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Name that Tune 2:30p Snacks &amp; Drinks 3:00p Guess The Price 4:30p Dinner</p> <p><b>19</b></p>	<p>8:00a Breakfast 9:00a Catholic Communion (TH) 10:30a Chair Exercise 12:00p Lunch 1:00p Balloon Tennis 2:30p Snacks &amp; Drinks 3:00p Manicure/Hand Massage 4:30p Dinner</p> <p><b>20</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Hymn Songs w/ Gordon 12:00p Lunch 1:00p Indoor/Outdoor Walking 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p><b>21</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Corn Hole 2:30p Snacks &amp; Drinks 3:00p Card Matching 4:30p Dinner</p> <p><b>22</b></p>	
<p>8:00a Breakfast 10:00a Sunday Service (HR) 10:30a Chair Exercise 12:00p Lunch 1:00p Corn Hole 2:30p Snacks &amp; Drinks 3:00p Card Matching 4:30p Dinner</p> <p><b>23</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p October Birthday Party 2:30p Snacks &amp; Drinks 3:00p Horseshoe 4:30p Dinner</p> <p><b>24</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Corn Hole 2:30p Snacks &amp; Drinks 3:00p Card Matching 4:30p Dinner</p> <p><b>25</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Balloon Tennis 2:30p Snacks &amp; Drinks 3:00p Manicure/Hand Massage 4:30p Dinner</p> <p><b>26</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:00p Afternoon Movie 2:30p Snacks &amp; Drinks 3:00p Therapy Boxes 4:30p Dinner</p> <p><b>27</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Name that Tune 2:30p Snacks &amp; Drinks 3:00p Music w/Sandy 4:30p Dinner</p> <p><b>28</b></p>	<p>8:00a Breakfast 10:30a Chair Exercise 12:00p Lunch 1:00p Halloween Decorating 2:30p Snacks &amp; Drinks 3:00p Bingo 4:30p Dinner</p> <p><b>29</b></p>	
<p>8:00a Breakfast 10:00a Sunday Service(HR) 10:30a Chair Exercise 12:00p Lunch 1:00p Name that Tune 2:30p Snacks &amp; Drinks 3:00p Guess The Price 4:30p Dinner</p> <p><b>30</b></p>	<p>8:00a Breakfast 10:00a Chair Exercise 11:00a Dancing to Oldies 12:00p Lunch 1:30p Halloween Party 3:00p Therapy Boxes 4:30p Dinner</p> <p>Halloween</p> <p><b>31</b></p>	<p>TH- Theater HR- Harmony Room</p> <p>Activities are subject to change due to weather or Covid Regulations If you have any questions or suggestions contact Melody Living 719-960-4005</p>					