




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Melody Living 7600 Sandy Rock Pt C.Springs Colorado 80924 719-900-4005		Memory Support	October 2021		1 9:15a Exercise 12:00p Lunch 1:00 Happy Hour & Music 5:00p Dinner	2 9:15a Exercise 12:00p Lunch 1:30p Arts and Crafts 5:00 Dinner
3 9:15a Exercise 10:00a Stream Churches 12:00p Lunch 5:00p Dinner	4 9:00a Exercise 12:00p Lunch 1:30p Leisure Activity 5:00p Dinner	5 9:15a Exercise 12:00a Lunch 1:00p Movie Theater 5:00 Dinner	6 9:00a Exercise 11:00a Lunch 1:00p Fall Tea Time 5:00p Dinner	7 9:00a Exercise 12:00p Lunch 1:30p Shopping Trip 5:00p Dinner	8 9:00a Walking Club 12:00p Lunch 1:00 Happy Hour & Music 5:00p Dinner	9 9:00a Walking Club 12:00p Lunch 1:30p Arts and Crafts 5:00 Dinner
10 9:15a Exercise 10:00a Stream Churches 12:00p Lunch 5:00p Dinner	11 9:00a Exercise 12:00p Lunch 1:30p Leisure Activity 5:00p Dinner	12 9:00a Exercise 12:00a Lunch 1:00p Movie Theater 5:00 Dinner	13 9:00a Exercise 12:00a Lunch 1:00p Baking Cookies 5:00p Dinner	14 9:00a Walking Club 12:00p Lunch 1:30p Scenic Drive 5:00p Dinner	15 OKTOBERFEST 9:00a Walking Club 12:00p Lunch 1:00 Happy Hour & Music 5:00p Dinner	16 9:00a Walking Club 12:00p Lunch 1:30p Fall Arts and Crafts 5:00 Dinner
17 9:15a Exercise 10:00a Stream Churches 12:00p Lunch 5:00p Dinner	18 9:00a Exercise 12:00p Lunch 1:30p Leisure Activity 5:00p Dinner	19 9:00 Exercise 12:00a Lunch 1:00p Movie Theater 5:00 Dinner	20 9:00a Exercise 11:00a Lunch 1:00p Pumpkin Shakes 5:00p Dinner	21 9:00 Walking Club 12:00p Lunch 1:30p Dutch Bros Trip 5:00p Dinner	22 9:00a Walking Club 12:00p Lunch 1:00 Happy Hour & Music 5:00p Dinner	23 9:00a Walking Club 12:00p Lunch 1:30p Arts and Crafts 5:00 Dinner
24 9:15a Exercise 10:00a Stream Churches 12:00p Lunch 5:00p Dinner	25 9:00a Exercise 12:00p Lunch 1:30p Leisure Activity 5:00p Dinner	26 9:00 Exercise 12:00a Lunch 1:00p Movie Theater 5:00 Dinner	27 9:00a Walking Club 12:00a Lunch 1:00p Baking Fall Cookies 5:00p Dinner	28 9:00a Walking Club 12:00p Lunch 1:30p Shopping Trip 5:00p Dinner	29 9:00a Walking Club 12:00p Lunch 1:00 Happy Hour & Music 5:00p Dinner	30 9:00a Walking Club 12:00p Lunch 1:30p Halloween Crafts 5:00 Dinner
31 9:15a Exercise 10:00a Stream Churches 12:00p Lunch 5:00p Dinner					Activities are subject to change.	Please feel Free to join us For Activities at any Time!

January 2016