

October 2026

Alto Duval Station
ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u>	<u>Dimensions</u>			Happy Birthday Gerald Newton B. 10:00 AM - Morning Movement 1:00 PM - Publix Shuttle 2:00 PM - October Trivia! 3:00 PM - Autum Cider & Donut Social 5:00 PM - Independent Activity - CARDS	9:00 AM - Chronicles & Chat 10:30 AM - Select Group Therapy 1:00 PM - Water Pong! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Independ Activity - Card Games	9:30 AM - Morning Coffee & Pastry Social! 10:30 AM - Pool Noodle Exercise! 1:00 PM - Bowling W/ April! 3:00 PM - Cornhole! 5:00 PM - Resident Lead Bingo
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 1:00 PM - UNO W/ Brittany! 3:00 PM - Resident Lead Bingo 5:00 PM - Independ Activity - Residents Choice In Activity Room	9:00 AM - Chronicles In The Courtyard 10:30 AM - Select Group Therapy 1:00 PM - Autum Floral Arranging 3:00 PM - Bingo W/ Judy 5:00 PM - Independent Calm Coloring	9:00 AM - Good morning Tunes at the Bistro 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - National Mad Hatter Day - Create Your Own Crazy hat! 5:00 PM - Movie & Popcorn	9:00 AM - Good Morning Greetings! 10:30 AM - Select Group Therapy 1:00 PM - National Poem Day - Poem Social 3:00 PM - Chocolate Covered Pretzel Station 5:00 PM - Classical Music Cinema	10:00 AM - St. Augustine Trolley Tour & Lunch at St. Augustine Fish Camp! 10:30 AM - Song Of Praise W/ Mr. William 2:00 PM - UNO Competition! 3:00 PM - Bowling Tournament! 5:00 PM - Movie & Popcorn	9:00 AM - Chronicles & Coffee 10:30 AM - Select Group Therapy 1:00 PM - Guess The Staff Member! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Independent Calm Coloring	Happy Birthday Jeff O. 9:00 AM - Chair Exercises 10:30 AM - PLANTASTIC! 1:00 PM - Bowling W/ April! 3:00 PM - Guess The Tune Trivia! 5:00 PM - Independent Activity - UNO!
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 3:00 PM - Resident Lead Bingo 5:00 PM - Independ Activity - Residents Choice In Activity Room	9:00 AM - Chronicles & Chat 10:30 AM - Select Group Therapy 1:00 PM - Manicure Mondays in Activity Room! 3:00 PM - Bingo W/ Judy 5:00 PM - Evening Documentary - Columbus Day	9:00 AM - Morning Strolls in the Courtyard 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - Crafty Tuesdays - Residents Decorate Own Name Badge 5:00 PM - Resident Lead Bingo	9:00 AM - Chronicles & Coffee 10:30 AM - Select Group Therapy 1:00 PM - Word Search Contest! 3:00 PM - Bingo W/ Lucie! 5:00 PM - Cinema & Popcorn - Willy Wonka & The Chocolate Factory	9:30 AM - Walmart Shuttle 10:00 AM - Chair Exercises 1:30 PM - Black Jack W/ Noah 3:00 PM - Guess The Resident! 4:00 PM - Allegro At Sea: African Safari Family Night! 6:00 PM - Word Searches in Activity Room	9:30 AM - Mornings 50 & 60's Sing-Alongs! 10:30 AM - Select Group Therapy 1:00 PM - Alto Family Feud - Resident VS Staff 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Alto Cinemas	9:00 AM - Chronicles In The Courtyard 10:30 AM - Good Morning Workouts 1:00 PM - Bowling W/ April! 3:00 PM - Bakers Batch - Mini Cupcakes 5:00 PM - Evening Wind Down Stroll
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 3:00 PM - Resident Lead Bingo 5:00 PM - Independ Activity - Residents Choice In Activity Room	9:00 AM - Chronicles & Coffee 10:30 AM - Select Group Therapy 1:00 PM - Tech 101 Support W/ Brittany in Activity Room 3:00 PM - Bingo W/ Judy 5:00 PM - Independent Activities: Games in Activity Room	9:30 AM - Early Morning Oldies Sing A Longs 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - National Chicken & Waffle's Day - Chicken & Waffle Social 5:00 PM - Independent Activity - UNO!	9:00 AM - Morning Garden Strolls 10:30 AM - Select Group Therapy 1:00 PM - Birthday Social W/ Darryl 3:00 PM - Bingo W/ Judy 5:00 PM - Resident Lead Bingo	Happy Birthday Venia G. 10:00 AM - Crisp Autum Air Seated Yoga 11:30 AM - Sweet Pete's Chocolate Tour & Lunch! 1:30 PM - Black Jack W/ Noah 3:00 PM - New Ambassador Meeting & Pinning 5:00 PM - Evening Documentary	9:00 AM - Chronicles & Chat 10:30 AM - Select Group Therapy 1:00 PM - Alto Casino Day - Human Slot Machine! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Independent Activities: Games in Activity Room	9:00 AM - Chronicles & Coffee 10:30 AM - YouTube lead Painting session 1:00 PM - Bowling W/ April! 3:00 PM - Cornhole! 5:00 PM - Popcorn & Movie - Grease!
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 3:00 PM - Resident Lead Bingo 5:00 PM - Independ Activity - Residents Choice In Activity Room	9:30 AM - WAKE UP WAKE UP Chronicles 10:30 AM - Select Group Therapy 1:00 PM - National Pumpkin Day - Decorate REAL Pumpkins! 3:00 PM - Bingo W/ Judy 5:00 PM - Virtual Harvest Bluegrass Concert	9:00 AM - Morning Chronicles! 10:30 AM - Pilates W/ Michelle! 1:15 PM - Eleven 22 Church 3:00 PM - New Resident Social 5:00 PM - Independent Activity - Yahtzee	9:00 AM - Morning Get to Know your Neighbor Greeting! 10:30 AM - Select Group Therapy 1:00 PM - Halloween Door Decoration Competition! 2:00 PM - Food Committee Meeting 3:00 PM - Bingo W/ Judy	9:00 AM - Walk Roll & Stroll 10:00 AM - Resident Council Meeting 1:30 PM - Black Jack W/ Noah 3:00 PM - October Auction! 5:00 PM - Resident Lead Bingo	9:00 AM - Wake Up Musicals! 10:30 AM - Select Group Therapy 1:00 PM - Candy Bag Prep For Halloween! 3:00 PM - Pen Pals - Be a Pen Pal for Memory Care Resident! 5:00 PM - Popcorn & Movie - Residents Choice	10:00 AM - Pass Out Candy- TRICK OR TREAT! 1:00 PM - Bowling W/ April! 1:00 PM - Costume Contest! 2:00 PM - Halloween Happy Hour! 3:00 PM - Halloween Karaoke w/ Sandra! 6:00 PM - Spooktacular Movie & Popcorn!

* Activities are subject to change

October 2026

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MEMORY CARE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u>	<u>Dimensions</u>			9:30 AM - Chronicles In The Courtyard 10:00 AM - Monique & Friends! 10:30 AM - Select Group Therapy 2:00 PM - Halloween Picture Bingo! 4:00 PM - Circle Of Kindness 5:00 PM - Evening Virtual Frank Sinatra Concert	9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Beach Ball Toss! 2:00 PM - Water Painting! 4:00 PM - Decorate Dollywood Tree W/ Autum Leafs! 5:00 PM - Garden Winddown	9:30 AM - Pool Noodle Exercises W/ April 10:00 AM - Weekend Walking Warriors! 2:00 PM - Coffee & Chat 4:00 PM - Calm Coloring 5:00 PM - Meditation Sounds & Relaxation
9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 2:00 PM - Water Painting 3:00 PM - Friendly Visits from Crystal & Alex! 5:00 PM - POPCORN PARTY!	9:30 AM - Gentle Morning Stretch & Autum Rhythm 10:30 AM - Hydration & Morning News 1:00 PM - Mini Pumpkin Decorating 3:00 PM - Harvest Sing Along & Reminiscence Circle 5:00 PM - Calm Coloring	9:30 AM - Chronicles & Coffee 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - National Mad Hatter Day - Create Your Own Crazy Hat! 4:00 PM - Autum Patio Winddown 5:30 PM - Relaxation & Mediation Sounds	9:30 AM - Autum Breeze Seated Exercises 10:30 AM - Dollywood Outings - Picnic at the Jacksonville Botanical Gardens! 2:00 PM - Water Pong! 4:00 PM - World Travel Finds - Virtual Trip to France 5:00 PM - Aromatherapy & Nature Sounds	9:00 AM - Coffee Talks 10:00 AM - Monique & Friends! 10:30 AM - Song Of Praise W/ Mr. William 2:00 PM - Hershey Match! 4:00 PM - Dollywood Scavenger Hunt! 5:00 PM - Aromatherapy & Soothing Hand Care	9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Parachute Fitness! 2:00 PM - Dollywood Tea Party! 4:00 PM - Dollywood Gardening Club: Planting Harvest Flowers 5:00 PM - Evening Arm Chair Travel - Hawaii	9:30 AM - Pool Noodle Exercises W/ April 10:00 AM - Weekend Walking Warriors! 2:00 PM - Coffee & Chat 4:00 PM - Calm Coloring 5:00 PM - Meditation Sounds & Relaxation
9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 2:00 PM - Noodle Ball! 3:00 PM - Friendly Visits from Crystal & Alex! 5:00 PM - Dollywood Cinemas - Grease	9:30 AM - Seated Rhythm Exercise 10:30 AM - Hydration & Cider Social 1:30 PM - Victory Celebration Church 3:00 PM - Manicure Monday! 5:00 PM - Old Time Radio & Famous Voices Reminisce	9:30 AM - Chronicles In The Garden 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - Interactive "Harvest Ring Toss" & Bowling Rally 3:30 PM - Dollywood Gardening Club! 5:00 PM - Virtual Dolly Parton Concert!	9:30 AM - "Hundred Acre Wood" Morning Stretch 10:30 AM - Dollywood Outings - Scenic Bus Ride 2:00 PM - Make Your Own Honey Pot For National Winnie The Pooh Day! 4:00 PM - "Storybook Memories" & Classic Sing-Along 5:00 PM - Dollywood Cinemas - The Secret Garden	9:30 AM - Good Morning Greetings & News 10:00 AM - Monique & Friends! 10:30 AM - Select Group Therapy 2:00 PM - Pinecone Sensory Bins Craft 4:00 PM - Allegro At Sea: African Safari Family Night 6:00 PM - Elvis Tunes Winddown	7:00 AM - Evening Movie & Popcorn - Residents Choice 9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Indoor Volleyball! 2:00 PM - Dollywood Picture Day! 4:00 PM - Walks in the Garden	9:30 AM - Pool Noodle Exercises W/ April 10:00 AM - Weekend Walking Warriors! 2:00 PM - Coffee & Chat 4:00 PM - Calm Coloring 5:00 PM - Meditation Sounds & Relaxation
9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 2:00 PM - Chronicles & Discussions 3:00 PM - Friendly Visits from Crystal & Alex! 5:00 PM - Autum Crisp Strolls in the Garden	9:30 AM - "Surrender & Freedom" Morning Movement (Yorktown History) 10:30 AM - Hydration & "New Friends" Social 1:00 PM - Decorate Your Own Witch Hat! 3:00 PM - Popcorn & Music! 5:00 PM - Classic Movie Reminiscence- Wizard Of OZ	9:30 AM - Chronicles & Discussions 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - Dollywood Halloween Door Contest! 4:30 PM - Dollywood Family Night - A Night in Paris 6:00 PM - Winddown Calming Tunes	9:30 AM - "Apple Pickers" Seated Fitness 10:30 AM - Dollywood Outings - Ashes Boutique & Tea Room 2:00 PM - Tactile Craft: "Bright Idea" Stained-Lightbulbs 4:00 PM - Virtual Story Telling! 5:00 PM - Garden Winddown	9:30 AM - Good Morning Tunes In The Garden 10:00 AM - Monique & Friends! 10:30 AM - Select Group Therapy 2:00 PM - Tactile Craft: Leaf & Acron Painting Art! 4:00 PM - Dollywood Gardening Club: Planting Harvest Veggies! 5:00 PM - Movie & Popcorn - Residents Choice	9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Pool Noodle Exercise! 2:00 PM - Dollywood Crafts: Decorating Picture Frames 4:00 PM - Ring Toss! 5:00 PM - Aromatherapy & Nature Sounds	9:30 AM - Pool Noodle Exercises W/ April 10:00 AM - Weekend Walking Warriors! 2:00 PM - Coffee & Chat 4:00 PM - Calm Coloring 5:00 PM - Meditation Sounds & Relaxation
9:00 AM - Singing Hymns in DOLLYWOOD! 10:30 AM - North Jax Baptist Church Service 2:00 PM - Bakers Batch - Homemade Rice Crispy Treats 3:00 PM - Friendly Visits from Crystal & Alex! 5:00 PM - Dollywood Cinemas - Willy Wonka & The Chocolate Factory	9:30 AM - Coffee & Chat 10:30 AM - Golden Age Of Radio & TV Reminiscence 1:30 PM - Victory Celebration Church 3:00 PM - Dollywood Cornhole Tournament! 5:00 PM - "Fireside" Twilight Winddown	9:30 AM - Chronicles & Coffee 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 2:00 PM - Tactile Craft: "Black Cat & Autum Leaf" Collages 4:00 PM - Old Time Cinema & Classic TV Cinema 5:00 PM - Relaxation In the Garden	9:30 AM - "Lady Liberty" Torch Stretch & Patriotic Movement 10:30 AM - Dollywood Outings - Scenic Bus Ride 2:00 PM - Hydration & Chocolate Tasting 4:00 PM - Golden Age Of Television & Jack Benny Sing Along 5:00 PM - Aromatherapy & Nature Sounds	9:30 AM - Chronicles & Coffee 10:00 AM - Monique & Friends! 10:30 AM - Select Group Therapy 2:00 PM - Dollywood Halloween Candy Prep! 4:00 PM - Monster Mash Dance Party! 5:00 PM - Aromatherapy & Nature Sounds	9:30 AM - Good Morning Chronicles W/ April 10:30 AM - Dollywood Bowling Champs! 2:00 PM - Candy corn Social! 4:00 PM - Spooktacular Sing Along Tunes! 5:00 PM - Family Friendly Classic Halloween Movie!	9:30 AM - Pool Noodle Exercises W/ April 10:00 AM - Weekend Walking Warriors! 10:00 AM - Pass Out Candy- TRICK OR TREAT! 1:00 PM - Costume Contest! 2:00 PM - Halloween Happy Hour! 3:00 PM - Halloween Karaoke W/ Sandra! 5:00 PM - Spooktacular Movie & Popcorn!

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