



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u> SOCIAL (S) SPIRITUAL (S) PHYSICAL (P) SENSORY/CREATIVE (S) COGNITIVE (C) SELF-CARE (S)	<u>Dimensions</u>			9:30 AM - Morning Roundup (S) 01 10:00 AM - Spiritual Wellness (W) (S) 10:45 AM - Wise & Well (W) (P) 1:00 PM - Relaxation (Country Music) 2:00 PM - Spin the Bottle 3:00 PM - Classic Tv	9:30 AM - Morning Roundup (S) 02 10:00 AM - Noodle Exercise (P) 10:30 AM - Bingo! 1:00 PM - Relaxation (Jazz Music) (S) 2:45 PM - Hokie Joe 3:00 PM - Classic Tv	10:30 AM - Board Games (C) 03 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic TV (S)
10:30 AM - Catholic Mass TV Broadcast (S) 04 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Puzzles (P) 3:00 PM - Classic Tv (C)	9:30 AM - Morning Roundup (S) 05 10:00 AM - Chair Exercise (P) 10:30 AM - Bible Study with Chaplain Dave (S) 11:00 AM - Balloon Volleyball 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 06 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (Classical Music) (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (C) (P)	9:30 AM - Morning Roundup (S) 07 10:00 AM - Kitchen Creations (S) 10:45 AM - Movement & Music (C) (P) 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Virtual Vacation 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 08 10:00 AM - Spiritual Wellness (W) (S) 10:45 AM - Wise & Well (W) (P) 1:00 PM - Relaxation (Country Music) 2:00 PM - Hot Chocolate Social 3:00 PM - Neighborhood Walks	9:30 AM - Morning Roundup (S) 09 10:00 AM - Chair Zumba (P) 10:30 AM - Bingo! 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Ms. Page's 101st Birthday Celebration with Michael 3:00 PM - Gentle Art & Puzzle (P)	10:30 AM - Board Games (C) 10 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic TV (S)
10:30 AM - Catholic Mass TV Broadcast (S) 11 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Puzzles (P) 3:00 PM - Classic Tv (C)	9:30 AM - Morning Roundup (S) 12 10:00 AM - Chair Exercise (P) 10:30 AM - Bible Study with Chaplain Dave (S) 11:00 AM - Legos 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 13 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (Classical Music) (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (C) (P)	9:30 AM - Morning Roundup (S) 14 10:00 AM - Kitchen Creations (S) 10:45 AM - Movement & Music (W) (P) 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Virtual Vacation 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 15 10:00 AM - Spiritual Wellness (W) (S) 10:45 AM - Wise & Well (W) (P) 1:00 PM - Relaxation (Country Music) 2:00 PM - Card Shark 3:00 PM - Classic Tv	9:30 AM - Morning Roundup (S) 16 10:00 AM - Chair Exercise (P) 10:30 AM - Duck Toss 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Bingo! 3:00 PM - Gentle Art & Puzzle (P)	10:30 AM - Board Games (C) 17 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Adult Coloring (C) 3:00 PM - Classic TV (S)
10:30 AM - Catholic Mass TV Broadcast (S) 18 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Puzzles (P) 3:00 PM - Classic Tv (C)	9:30 AM - Morning Roundup (S) 19 10:00 AM - Noodle Exercise (P) 10:30 AM - Bible Study with Chaplain Dave (S) 11:00 AM - Sing Along 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 20 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (Classical Music) (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (C) (P)	9:30 AM - Morning Roundup (S) 21 10:00 AM - Kitchen Creations with Alex (S) 10:45 AM - Movement & Music (C) (P) 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Virtual Vacation 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 22 10:00 AM - Spiritual Wellness (W) (S) 10:45 AM - Wise & Well (W) (P) 1:00 PM - Relaxation (Country Music) 2:30 PM - Barbershop Quartet 4:00 PM - Classic Tv	9:30 AM - Morning Roundup (S) 23 10:00 AM - Chair Exercise (P) 10:30 AM - Bingo! 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Movie & Popcorn (The Happiest Millionaire) 3:00 PM - Gentle Art & Puzzle (P)	10:30 AM - Board Games (C) 24 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Trunk or Treat (C) 3:00 PM - Classic TV (S)
10:30 AM - Catholic Mass TV Broadcast (S) 25 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Puzzles (P) 3:00 PM - Classic Tv (C)	9:30 AM - Morning Roundup (S) 26 10:00 AM - Chair Exercise (P) 10:30 AM - Bible Study with Chaplain Dave (S) 11:00 AM - Resident Council 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Nail Care (S) 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 27 10:00 AM - Art from the Heart (C) 11:00 AM - Tover Time (S) 1:00 PM - Relaxation (Classical Music) (S) 2:00 PM - Hearts in Harmony 3:00 PM - Wise & Well (C) (P)	9:30 AM - Morning Roundup (S) 28 10:00 AM - Kitchen Creations (W) (P) 10:45 AM - Movement & Music (W) (P) 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Virtual Vacation 3:00 PM - Classic Tv (S)	9:30 AM - Morning Roundup (S) 29 10:00 AM - Spiritual Wellness (W) (S) 10:45 AM - Wise & Well (W) (P) 1:00 PM - Relaxation (Country Music) 2:00 PM - Wheel of Fortune 3:00 PM - Classic Tv	9:30 AM - Morning Roundup (S) 30 10:00 AM - Drumming Exercise (P) 10:30 AM - Bingo! 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Halloween Birthday Party! 3:00 PM - Neighborhood Walks (P)	10:30 AM - Board Games (C) 31 1:00 PM - Relaxation (Jazz Music) (S) 2:00 PM - Adult Coloring 3:00 PM - Classic TV (S)