


ST. ANNES MEAD MEMORY CARE HOME OCTOBER LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 COOKING DEMONSTRATION (HHR) 4:00 SPORTS GAMES 5:00 TRIVIA 6:00 DINNER 7:00 WIND DOWN HOUR	2 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 SING ALONG W/ MICHELLE 3:00 SNACK TIME 3:30 SING ALONG W/ CHUCK (MDR) 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	3 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 STRENGTH TRAINING W/ CARRIE 11:00 CHUG & CHAT 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART (CAS) 5:00 GROCERY GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	4 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 BASKETBALL 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	5 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 EVENING MEDITATION	6 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION
7 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	8 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 PUMPKIN DESSERT BAKE-OFF 4:00 SPORTS GAMES 5:00 TRIVIA 6:00 DINNER 7:00 EVENING MEDITATION	9 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 SING ALONG W/ MICHELLE 3:00 SNACK TIME 3:30 SING ALONG W/ CHUCK 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	10 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 STRENGTH TRAINING W/ CARRIE 11:00 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 GROCERY GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	11 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 BASKETBALL 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	12 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 SPORTS GAMES & SNACKS 3:30 ENTERTAINMENT W/ JAN THOMPSON (MDR) 5:00 RHYMING RIDDLES 6:00 DINNER 7:00 MUSIC APPRECIATION	13 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 WIND DOWN HOUR
14 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & GRANDPARENTS DAY CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 EVENING MEDITATION	15 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 3:30 MUSICAL ENTERTAINMENT W/ JOEL PALMER 5:00 BRAINSTORMING 6:00 DINNER 7:00 MUSIC APPRECIATION	16 8:30 DAILY REFLECTIONS W/ FR JOHN 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	17 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 STRENGTH TRAINING W/ CARRIE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART (CAS) 5:00 SILLY SENTENCES 6:00 DINNER 7:00 EVENING MEDITATION	18 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 2:00 ENTERTAINMENT W/ PETE FETTERS (MDR) 3:00 SNACK TIME 4:00 PARACHUTE PLAY 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	19 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORD LADDER 6:00 DINNER 7:00 WIND DOWN HOUR	20 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING MEDITATION
21 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	22 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 WORDS THAT START W/ D 6:00 DINNER 7:00 WIND DOWN HOUR	23 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 KICK BALL 3:30 BIRTHDAY PARTY & ENTERTAINMENT (MDR) 5:00 BRAIN GAMES 7:00 EVENING MEDITATION	24 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 STRENGTH TRAINING W/ CARRIE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TENDERHEART (CAS) 5:00 RANDOM LETTERS 6:00 DINNER 7:00 MUSIC APPRECIATION	25 8:30 SPIRITUAL SING ALONG W/ MICHELLE 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 1:30 ART THERAPY W/ MARGARET 3:00 SNACK TIME 4:00 CLOSEST TO THE PIN 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	26 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 TENDERHEART (CAS) 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BEAT THE CLOCK 6:00 DINNER 7:00 EVENING MEDITATION	27 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 MUSIC APPRECIATION
28 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 BRAIN GAMES 6:00 DINNER 7:00 WIND DOWN HOUR	29 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 HALLOWEEN COSTUME PARTY (HHR) 3:30 CREATIVE EXPRESSIONS 4:15 SPORTS GAMES 5:00 FACT OR FICTION 6:00 DINNER 7:00 EVENING MEDITATION	30 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 SING ALONG W/ MICHELLE 3:00 SNACK TIME 4:00 BOWLING 5:00 BRAIN GAMES 6:00 DINNER 7:00 MUSIC APPRECIATION	31 8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 COFFEE & NEWS 10:30 STRENGTH TRAINING W/ CARRIE 11:30 CHUG & CHAT 12:30 LUNCH 2:30 NEW RESIDENT WELCOME PARTY (MDR) 4:00 TENDERHEART (CAS) 5:00 CATEGORY CRUNCH 6:00 DINNER 7:00 WIND DOWN HOUR	LOCATION CODES ECU Extended Care Unit HHR Hollingshead Room CAS Creative Art Studio SL South Lounge NL North Lounge MDR Main Dining Room		ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE.