


ST. ANNES MEAD MEMORY CARE HOME OCTOBER LIFE ENRICHMENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 TARGET TOSS 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 2:00 SPORTS GAMES 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 SERVICE PROJECT 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 RHYTHM TIME (NL) 11:00 EXERCISE W/ SHARON 11:30 TENDERHEART 12:30 LUNCH 2:00 SERVICE PROJECT 3:30 LET'S TACO BOUT IT SOCIAL (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
6	7	8	9	10	11	12
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORDS BEGINNING W/ OC 10:30 CHUG & CHAT 11:45 EXERCISE W/ SHARON 12:30 LUNCH 2:00 SERVICE PROJECT 3:30 CULINARY & COOKING DEMO (HHR) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 SING ALONG W/ CHUCK 4:00 BOWLING 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 SPOOKY WORD GAME 10:30 THIS WEEK IN HISTORY 11:30 EXERCISE 12:30 LUNCH 2:00 PINK DAY BAKE SALE (MDR) 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 GLORIES OF FALL 12:30 LUNCH 2:00 ENTERTAINMENT W/ JAN THOMPSON (MDR) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 RHYMING RIDDLES 11:00 EXERCISE W/ SHARON 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 BRAIN GAMES 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 WIND DOWN
13	14	15	16	17	18	19
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ DARRYL ROENIKE (ECU) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 OCTOBER TRIVIA 10:30 CHUG & CHAT 11:30 EXERCISE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 HEART OF THE HILLS PLAYERS (HHR) 3:30 SNACK TIME 4:00 BADMITTON 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORD IN WORDS 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 12:00 MEN'S LUNCH 12:30 LADY'S LUNCH 2:00 GHOST BUSTERS TARGET SHOOTING 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 PICTURE THIS 12:30 LUNCH 2:00 ROSARY 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 RHYTHM TIME (NL) 11:00 EXERCISE W/ SHARON 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 4:00 SPORTS GAMES 5:00 CATHOLIC MASS (HHR) 6:00 DINNER 7:00 EVENING WIND DOWN
20	21	22	23	24	25	26
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHILDREN'S TRICK OR TREAT PARADE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORDS STARTING W/ XYZ 10:30 CHIT CHAT 11:30 EXERCISE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 ENTERTAINMENT W/ CHRISTINE SCHINKER (MDR) 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 BIRTHDAY PARTY & ENTERTAINMENT (MCH) 5:00 REST & RELAXATION 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 GROCERY GAME 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 2:00 RESIDENT & STAFF CHALLENGE (MDR) 3:00 SNACK TIME 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 REMEMBERING HALLOWEEN SONGS 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BEAT THE CLOCK 11:00 EXERCISE W/ SHARON 11:30 TENDERHEART 12:30 LUNCH 2:00 HAND MASSAGE 3:30 BOSTON CREAM PIE SOCIAL (MDR) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30 BRAIN GAMES 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 WIND DOWN
27	28	29	30	31	ACTIVITIES AND SPECIAL EVENTS ARE SUBJECT TO CHANGE.	
8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 4:00 SPORTS GAMES 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 WORDS STARTING W/ CON 10:30 HALLOWEEN HILARITY 11:30 EXERCISE 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:30 NEW RESIDENT WELCOME HAPPY HOUR (MDR) 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 BRAIN GAMES 10:30 EXERCISE 11:00 LUTHERAN SERVICE (CH) 11:30 CHUG & CHAT 12:30 LUNCH 2:00 CREATIVE EXPRESSIONS 3:00 SNACK TIME 5:00 REST & RELAXATION 6:00 DINNER MUSIC W/ HENRIK 7:00 EVENING WIND DOWN	8:30 DAILY REFLECTIONS W/ FR JOHN 8:30 BREAKFAST 9:30 THINGS ASSOCIATED W/ HALLOWEEN BRAIN STORM 10:30 THIS WEEK IN HISTORY 11:45 EXERCISE W/ SHARON 2:00 HALLOWEEN COSTUME PARTY (HHR) 3:00 GHOST BUSTERS TARGET SHOOTING 4:00 TENDERHEART 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	8:30 BREAKFAST 9:30-2:30 ART W/ MARGARET 10:30 EXERCISE 11:30 PUMPKIN BOCCE 12:30 LUNCH 2:00 ROSARY (CH) 3:00 SNACK TIME 4:00 WALKING CLUB 5:00 REST & RELAXATION 6:00 DINNER 7:00 EVENING WIND DOWN	LOCATION CODES ECU Extended Care Unit HHR Hollingshead Room CAS Creative Art Studio SL South Lounge NL North Lounge MDR Main Dining Room FC Fountain Courtyard KC Kass Courtyard	