

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022

Memory Care

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|---|---|---|--|--|--|
| <p>1 Exercise Time Small Groups 1:1 Visits Evening Activities</p> | | | | | |
| <p>2 9:30 Mass Sunday Stretch Pamper Stops Evening Activities</p> | <p>3 9:30 Mass Time to Exercise Beauty Shop Evening Activities</p> | <p>4 9:30 Mass Stretch and Bend BINGO Social Visits Evening Activities</p> <p><small>Yom Kippur Begins</small></p> | <p>5 9:30 Mass Bend and Stretch Tabletop Games Evening Activities</p> | <p>6 9:30 Mass Tunes and Exercise BINGO Evening Activities</p> | <p>7 9:30 Mass Move it to the Beat LRC Evening Activities</p> |
| <p>9 9:30 Mass Balloon Ball Social Visits Evening Activities</p> <p><small>Sukkot Begins</small></p> | <p>10 9:30 Mass Let's Stretch Beauty Shop Evening Activities</p> <p><small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small></p> | <p>11 9:30 Mass Kickball BINGO Spooky Stories Evening Activities</p> | <p>12 9:30 Mass Balloon Volley Spelling Bee Evening Activities</p> | <p>13 9:30 Mass Arm Circles BINGO Evening Activities</p> | <p>14 9:30 Mass Stretch & Sing Card Sharks Evening Activities</p> |
| <p>16 9:30 Mass Hymn Sing Reminsce Chat Evening Activities</p> | <p>17 9:30 Mass Exercise Fun Beauty Shop Manicures Evening Activities</p> <p><small>Simchat Torah Begins</small></p> | <p>18 9:30 Mass Scarf Dancing BINGO Hand Massages Evening Activities</p> | <p>19 9:30 Mass Fitness Quest Manicures 3:00 Birthday Party and Music with Mike Davis</p> | <p>20 9:30 Mass Leg Day BINGO Evening Activities</p> | <p>21 9:30 Mass Exercise Fun Junk Drawer Detective Evening Activities</p> |
| <p>23 9:30 Mass Gaither Hour Exercise with Me Evening Activities</p> | <p>24 9:30 Mass FlyBall Beauty Shop Afternoon Music Evening Activities</p> <p><small>Diwali (Hindi)</small></p> | <p>25 9:30 Mass Chair Exercise BINGO Evening Activities</p> | <p>26 9:30 Mass Noodle Ball Arm Chair Travels Evening Activities</p> | <p>27 9:30 Mass Toss Across BINGO Oktoberfest Snack Attack Evening Activities</p> | <p>28 9:30 Mass Time for Exercise Manicures Evening Activities</p> |
| <p>30 9:30 Mass Sensory Visits Afternoon Movie Evening Activities</p> | <p>31 9:30 Mass Chair Dancing Halloween Sensory Evening Activities</p> <p><small>Halloween</small></p> |  | | | |