

Memory Care October 2026

SUNDAYMONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAY



ACTIVITIES ARE SUBJECT TO CHANGE



9:30am MORNING YOGA 1
10:15am BINGO
11am READING W/RAYEL
1:30pm ARTS & CRAFTS
4pm SET UP FOR DINNER
International Coffee Day

9:30am MOTOWN EXERCISE 2
10:15am SING ALONG W/ STAFF
2pm NAIL CARE
4pm SET UP FOR DINNER

9:30am STAYING ACTIVE 3
10am COFFEE & CHAT
11am REFLECTION CIRCLE
2pm BINGO
4pm SET UP FOR DINNER

9:30am CHAIR YOGA 4
10:15am SNACK AND CHAT
2pm STRETCH AND STROLL
4pm SET UP FOR DINNER

9:30am LET'S GET FIT 5
10:15am WALKING GROUP
2pm TV SHOW: RESIDENTS' CHOICE
4pm SET UP FOR DINNER

9:30am MORNING STRETCH 6
10:30am MUSIC W/ RICK
2pm BALLOON VOLLEYBALL
4pm SET UP FOR DINNER

9:30am LET'S GET MOVING 7
12pm HISPANIC HERITAGE MONTH MEAL AND CELEBRATION
1:30pm JAMMIN JIM MUSIC
3pm SILLY GAMES W/BRETT
4pm SET UP FOR DINNER

9:30am MORNING YOGA 8
10am WALKING GROUP
2pm DIANA HOFFMAN SINGING
4pm SET UP FOR DINNER

9:30am MOTOWN EXERCISE 9
10am COFFEE & CHAT
2pm HAPPY HOUR
4pm SET UP FOR DINNER

9:30am STAYING ACTIVE 10
10am COFFEE & CHAT
11am REFLECTION CIRCLE
2pm BINGO
4pm SET UP FOR DINNER

9:30am CHAIR YOGA 11
10:15am SNACK AND CHAT
2pm STRETCH AND STROLL
4pm SET UP FOR DINNER

9:30am LET'S GET FIT 12
10:15am WALKING GROUP
2pm TV SHOW: RESIDENTS' CHOICE
4pm SET UP FOR DINNER
Columbus Day

9:30am MORNING STRETCH 13
10:30am MUSIC W/ RICK
2pm BALLOON VOLLEYBALL
4pm SET UP FOR DINNER

9:30am LET'S GET MOVING 14
1:30pm JAMMIN JIM MUSIC
3pm SILLY GAMES W/BRETT
4pm SET UP FOR DINNER

9:30am MORNING YOGA 15
10am PRICE IS RIGHT
11am READING W/RAYELL
2pm NAIL CARE
4pm SET UP FOR DINNER
I Love Lucy Day

9:30am MOTOWN EXERCISE 16
10:15am CORN HOLE
2pm BAKING
4pm SET UP FOR DINNER

9:30am STAYING ACTIVE 17
10am COFFEE & CHAT
11am REFLECTION CIRCLE
2pm BINGO
4pm SET UP FOR DINNER

9:30am CHAIR YOGA 18
10:15am SNACK AND CHAT
2pm STRETCH AND STROLL
4pm SET UP FOR DINNER
Chocolate Cupcake Day

9:30am LET'S GET FIT 19
10:15am WALKING GROUP
2pm TV SHOW: RESIDENTS' CHOICE
4pm SET UP FOR DINNER

9:30am MORNING STRETCH 20
10:30am MUSIC W/ RICK
2pm BALLOON VOLLEYBALL
4pm SET UP FOR DINNER

9:30am LET'S GET MOVING 21
12pm OCTOBERFEST MEAL AND CELEBRATION
1:30pm JAMMIN JIM MUSIC
3pm SILLY GAMES W/BRETT
4pm SET UP FOR DINNER

9:30am MORNING YOGA 22
10:15am TABLETOP GAMES
2pm CORN HOLE
4pm SET UP FOR DINNER

9:30am MOTOWN EXERCISE 23
10:15am BOWLING
2pm HAPPY HOUR
4pm SET UP FOR DINNER

9:30am STAYING ACTIVE 24
10am COFFEE & CHAT
11am REFLECTION CIRCLE
2pm BINGO
4pm SET UP FOR DINNER

9:30am CHAIR YOGA 25
10:15am SNACK AND CHAT
2pm STRETCH AND STROLL
4pm SET UP FOR DINNER

9:30am LET'S GET FIT 26
10:15am WALKING GROUP
2pm TV SHOW: RESIDENTS' CHOICE
4pm SET UP FOR DINNER

9:30am MORNING STRETCH 27
10:30am MUSIC W/ RICK
2pm BALLOON VOLLEYBALL
4pm SET UP FOR DINNER

9:30am LET'S GET MOVING 28
1:30pm JAMMIN JIM MUSIC
3pm SILLY GAMES W/BRETT
4pm SET UP FOR DINNER

9:30am MORNING YOGA 29
10:15am WALKING GROUP
2pm DIANA HOFFMAN
4pm SET UP FOR DINNER

9:30am MOTOWN EXERCISE 30
10:15am ARTS & CRAFTS
2pm HALLOWEEN PARTY
4pm SET UP FOR DINNER

9:30am STAYING ACTIVE 31
10am COFFEE & CHAT
11am REFLECTION CIRCLE
2pm BINGO
4pm SET UP FOR DINNER
Halloween