

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Morning Greetings 10:00 Live Music with Kit 11:00 Spirit Alive 1:00 Mass 1:30 Snack Social in the Activity Kitchen 3:00 Seated Exercise 4:00 Friendly Visits	2 9:30 Morning Greetings 10:00 Daily Chronicle and Seated Stretching 10:30 Balloon Volleyball 11:00 Community Walks 1:00 Hand Massages 2:30 Music with Woody 4:00 In Room Visits	3 11:00 Daily Chronicle & Seated Stretches with Andrea 2:00 Staff Led Movie Showing
4 11:00 Daily Chronicle & Seated Stretches with Andrea 1:00 Mass 1:30 Community Walks with Andrea	5 10:00 Daily Chronicle & Exercise 10:30 Ecumenical Service 11:00 Hand Massages 1:00 Mass 1:30 Ring Toss 2:30 Community Walks 3:00 Craft Time 3:30 Relaxation Time	6 9:30 Morning Greetings 11:00 Spirit Alive 10:00-2:00 Regina Boutique 1:00 Mass 3:00 Coloring Club 3:30 Friendly Visits	7 10:30 Daily Chronicle 11:00 Music Sing Along Time 1:00 Mass 1:30 Pamper & Polish Nails 2:30 Community Walks 3:00 Bell Collection 3:30 One on One Visits	8 9:00 Morning Greetings 10:30 Top Tier Toss 11:00 Spirit Alive 1:00 Mass 1:30 Snack Social in the Activity Kitchen 3:00 Pamper & Polish Nails 4:00 In Room Visits	9 9:30 Morning Greetings 10:00 Daily Chronicle and Seated Stretching 10:30 300 Bag Toss 11:00 In Room Visits 1:00 Hand Massages 2:30 Music with Ken & Darlene 4:00 In Room Visits	10 11:00 Daily Chronicle & Seated Stretches with Joan 2:00 Staff Led Movie Showing
11 11:00 Daily Chronicle & Seated Stretches with Joan 1:00 Mass 1:30 Community Walks with Joan	12 10:00 Daily Chronicle & Exercise 10:30 Ecumenical Service 11:00 Community Walks 1:00 Mass 1:30 Dart Toss 2:30 Community Walks 3:00 Snack Social 3:30 Mindful Meditation	13 9:30 Morning Greetings 10:00 Music & Coloring 11:00 Spirit Alive 1:00 Mass 1:30 Dirty Laundry 2:30 Hand Massages 3:00 Mind Fitness 3:30 In Room Visits	14 10:30 Daily Chronicle 11:00 Pauline Band Practice 1:00 Mass 2:30 Campus-Wide Fall Party with Mike Optiz! 3:30 One on One Visits	15 9:30 Morning Greetings 10:00 Live Music with Kit 11:00 Spirit Alive 1:00 Mass 1:30 Snack Social in the Activity Kitchen 3:00 Seated Exercise 4:00 Friendly Visits	16 9:30 Morning Greetings 10:00 Daily Chronicle and Seated Stretching 10:30 Axe Throwing 11:00 Community Walks 1:00 Hand Massages 2:30 Music with Tony Casey 4:00 In Room Visits	17 11:00 Daily Chronicle & Seated Stretches with Jessica 2:00 Staff Led Movie Showing
18 11:00 Daily Chronicle & Seated Stretches with Jessica 1:00 Mass 1:30 Hand Massages with Jessica	19 10:00 Daily Chronicle & Exercise 10:30 Ecumenical Service 11:00 Hand Massages 1:00 Mass 1:30 Balloon Volleyball 2:30 Community Walks 3:00 Craft Time 3:30 Relaxation Time	20 9:30 Morning Greetings 10:00 Music & Movement 11:00 Spirit Alive 1:00 Mass 1:30 Mini Golf 2:30 Hand Massages 3:00 Name That Face 3:30 Friendly Visits	21 10:30 Daily Chronicle 11:00 Music Sing Along Time 1:00 Mass 1:30 Pamper & Polish Nails 2:30 Community Walks 3:00 Dirty Laundry Game 3:30 One on One Visits	22 9:00 Morning Greetings 10:30 Balloon Volleyball 11:00 Spirit Alive 1:00 Mass 2:30 Campus-Wide Pet Blessing 4:00 In Room Visits	23 9:30 Morning Greetings 10:00 Skeeball 10:30 Daily Chronicle and Seated Stretching 11:00 In Room Visits 1:00 Hand Massages 2:30 Music with Gary LaRue 4:00 In Room Visits	24 11:00 Daily Chronicle & Seated Stretches with Cheryl 2:00 Staff Led Movie Showing
25 11:00 Daily Chronicle & Seated Stretches with Cheryl 1:00 Mass 1:30 Hand Massages with Cheryl	26 10:00 Daily Chronicle & Exercise 10:30 Ecumenical Service 11:00 Community Walks 1:00 Mass 1:30 Letter Ball 2:30 Community Walks 3:00 Snack Social 3:30 Mindful Meditation	27 9:30 Morning Greetings 10:00 Music & Coloring 11:00 Spirit Alive 1:00 Mass 1:30 Bowling 2:30 Hand Massages 3:00 Finish The Phrase 3:30 In Room Visits	28 10:30 Daily Chronicle 11:00 Pauline Band Practice 1:00 Mass 1:30 Pamper & Polish Nails 2:30 Community Walks 3:00 Music & Movement 3:30 One on One Visits	29 9:30 Morning Greetings 10:00 Live Music with Kit 11:00 Spirit Alive 1:00 Mass 1:30 Snack Social in the Activity Kitchen 3:00 Seated Exercise 4:00 Friendly Visits	30 9:30 Morning Greetings 10:30 Halloween Line Dancers 11:00 Community Walks 2:00 Monster Mash Fashion Bash 2:30 Halloween Party with Jameson Murphy! 4:00 In Room Visits	31 11:00 Daily Chronicle & Seated Stretches with Jessica 2:00 Staff Led Movie Showing

October is a gentle reminder to slow down, savor the season, and enjoy the little moments that make life beautiful.