



October 2026

Assisted Living Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities subject to change KEY 2nd FL= 2nd Floor Rec Room 3rd FL= 3rd Floor Rec Room CH=Community Hall Ch 95= Channel 95 on TV MDR= Dining Room MP= Marketplace Oak= Oak Room P= Parlor TMR= Thomas Miller Room	Happy Birthday 10/18 Denise Quinn 10/28 Therese Cairns	1 9:30 Rosary 10:00 Brain Fitness 10:00 Manicures 1:30 1:1 Visits 1:30 Fitness Fun 2:15 Table Games 3:00 Trivia	2 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 1:45 Chair Volleyball (CH) 3:00 Music and Relaxation	1 9:30 Good Morning 9:45 Daily Chronicles 11:00 Rosary 1:30 Journey to Fitness 2:15 Celebrity Bio 3:30 Jeopardy	2 9:00 Music With Melissa 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Chair Yoga 10:30 Bingo w/ St Barnabas (MDR) 11:00 Music & Relaxation 1:30 Sing Along 2:00 Sweet Treats on Friday	3 9:30 Rosary 10:00 Coffee & Convo w/ Annabelle (MP) 2:00 Card Game 3:00 Movie Matinee
4 10:00 Catholic Mass (CH) 10:30 Coffee & Convo w/ BAPA Teens (MP) 11:00 Word Games 2:00 Movie Matinee w/Healthy Snacks 4:00 Rest & Relaxation	5 9:15 Good Morning 10:00 Catholic Mass (CH) 10:45 Brain Fitness 1:00 Music w/ Melissa 2:00 Movin' & Groovin' w/ Laura 3:00 Rest & Rehydrate 3:30 Massage Therapy w/ Pam	6 9:30 Rosary 10:00 Brain Fitness 10:00 Manicures 1:30 1:1 Visits 1:30 Fitness Fun 2:15 Trivia 3:00 Table Game	7 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 3:00 Music and Relaxation	8 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:15 Celebrity Bio 3:30 Jeopardy	9 9:00 Music With Melissa 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 1:30 Sing Along 2:00 Sweet Treats on Friday	10 9:30 Rosary 10:00 Exercise 10:30 Trivia 1:30 1:1 Visits 2:00 Card Game 3:00 Movie Matinee
11 10:00 Catholic Mass (CH) 2:00 Movie Matinee & Snack 4:00 Rest & Relaxation	12 Columbus Day 9:15 Good Morning Program 10:00 Catholic Mass (CH) 10:45 Brain Fitness 1:00 Music w/ Melissa 2:00 Movin' & Groovin' w/ Laura 3:00 Rest & Rehydrate	13 9:30 Rosary 10:00 Brain Fitness 10:00 Manicures 1:30 1:1 Visits 2:00 Agatha Christie: A Body of Evidence w/ Debra Miller (CH)	14 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 1:45 Chair Volleyball (CH) 3:00 Music and Relaxation	15 9:30 Good Morning Program 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:15 Celebrity Bio 3:30 Jeopardy	16 9:00 Music With Melissa 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 1:30 Sing Along 2:00 Sweet Treats on Friday	17 9:30 Rosary 10:00 Coffee & Convo (MP) 1:30 1:1 Visits 2:00 Table Games 3:00 Movie Matinee



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18 10:00 Catholic Mass (CH) 11:00 Word Games 2:00 Movie Matinee & Snack 4:00 Rest & Relaxation	19 9:15 Good Morning Program 10:00 Catholic Mass (CH) 10:45 Trivia 1:00 Music w/ Melissa 2:00 Movin' & Groovin' 3:00 Rest & Rehydrate	20 9:30 Rosary 10:00 Manicures 10:00 Brain Fitness 1:30 Fitness Fun 2:15 Trivia 3:00 Dice Game	21 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 2:00 Active Game	22 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:00 Piano Performance by Conrad Black (CH)	23 9:00 Music With Melissa 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 1:30 Sing Along 2:00 Sweet Treats on Friday	24 9:30 Rosary 10:00 Exercise 10:30 Trivia 11:00 Music & Relaxation 1:30 1:1 Visits 2:00 Table Games 3:00 Movie Matinee
25 10:00 Catholic Mass (CH) 10:30 Coffee/Convo and Games with SJF Students (MP) 2:00 Community Bingo (CH) 4:00 Rest & Relaxation	26 9:15 Good Morning Program 10:00 Catholic Mass (CH) 11:00 Movin' & Groovin' 1:00 Music w/ Melissa 2:00 Bingo 3:00 Rest & Rehydrate	27 9:30 Rosary 10:00 Manicures 10:00 Brain Fitness 1:30 Fitness Fun 2:00 Tipsy Tuesday	28 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 2:30 Birthday Party w/ Luke Lucky (ALMDR)	29 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:15 Celebrity Bio 3:30 Jeopardy	30 9:00 Music With Melissa 9:30 Rosary 10:00 Catholic Mass (CH) 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 2:00 Costume Contest & Pumpkin Contest Reveal (CH)	31 Halloween 9:30 Rosary 10:00 Coffee & Convo (MP) 2:00 Halloween Entertainment w/ Tim Wilsey (CH) 3:30 Rest and Relaxation