

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Activities may vary

Safe Haven

October 2022

9:15 Happy Feet Walk
 9:45 Stretch & Flex
 10:30 Music Videos
 12:45 Family Tree
 2:00 Math w/ Emma
 3:00 Painting Class

2	3	4	5	6	7	8
9:15 Sit & Fit 10:30 Garden Chat 12:45 Sing-A-Long 1:30 Bullseye 2:30 Raquetball 3:00 Pairing Socks	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 Charades 2:30 Bingo 3:30 Folding Towels	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Card Match 12:45 Sing-A-Longs 1:45 Racquetball 2:30 Dot Painting w/ Lina 3:30 Math 101 Yom Kippur Begins	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Read! 12:45 Sing-A-Longs 1:45 How to Bake Cookies 2:30 Bowling 3:30 Happy Hour	9:15 Sit & Fit 9:30 Walk In The Park 12:45 Puzzles w/ Oscar 1:30 Balloon Volleyball 2:30 Card Match 3:00 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Let's Dance!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Gardening 12:45 Puzzle Time 2:00 Math w/ Rodrigo 3:00 Painting 101
9	10	11	12	13	14	15
9:15 Sit & Fit 10:30 Garden Chat 12:45 Book Club- Reading 1:30 Grace Community Church Services 2:30 Ice Cream Social 3:00 Bullseye Sukkot Begins	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Volleyball 1:45 Reading w/ Emma 12:45 Art w/ Emma 2:30 Bingo 3:30 Folding Towels	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Card Match 12:45 Reading 101 1:45 Racquetball 2:30 Art w/ Lina 3:30 Math 101	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Draw! 12:45 Pairing Socks 1:00 Math w/ Rodrigo 2:00 Bowling 3:00 Happy Hour	9:15 Sit & Fit 9:30 Walk In The Park 12:45 Music Therapy w/ Oscar 1:30 Balloon Volleyball 2:30 Card Match 3:00 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Let's Sing & Dance!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Gardening 12:45 Let's Bake Cookies 2:00 Math w/ Emma 3:00 Painting 101
16	17	18	19	20	21	22
9:15 Sit & Fit 10:30 Garden Chat 11:00 Sing-A-Long 1:00 Book Club- Reading 2:30 Racquetball 3:00 Bullseye	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Art w/ Emma 1:45 Charades w/ Emma 2:30 Bingo 3:30 Folding Towels Simchat Torah Begins	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke 12:45 Writing - Letters 1:45 Dot Painting w/ Lina 2:30 Pretty Nails with Lina 3:30 Math 101	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 How to Bake Cookies 2:00 Bowling 3:00 Happy Hour	9:15 Sit & Fit 9:30 Walk In The Park 10:30 Match Socks 12:45 Towel Folding 1:45 Spa Day! 2:30 Bingo	9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Let's Dance!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Gardening 12:45 Instrumental Therapy 2:00 Math w/ Rodrigo 3:00 Outdoors Karaoke
23	24	25	26	27	28	29
9:15 Sit & Fit 10:30 Garden Chat 11:00 Sing-A-Long 1:00 Book Club 1:30 Grace Community Church Services 2:30 Racquetball 3:00 Bullseye	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Art w/ Emma 1:45 Reading w/ Emma 2:30 Bingo 3:00 Folding Towels Diwali (Hindi)	9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke w/ Lina 12:45 Poetry Writing 1:45 Racquetball 2:30 Art w/ Lina 3:30 Math 101	9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Gardening 12:45 Math w/ Rodrigo 2:00 Bowling 3:00 Happy Hour	9:15 Sit & Fit 9:00 Walk In The Park 10:30 Balloon Toss/Kick 12:45 Puzzles w/ Oscar 1:30 Arts & Crafts 2:30 Bingo	9:15 Happy Feet 9:45 Sit & Fit 10:30 Creating Cards 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Let's Sing & Dance!	9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Gardening 12:45 My Collage 2:00 Math w/ Emma 3:00 Painting 101
30	31	"There are no days so delightful as those of a fine October."				
9:15 Sit & Fit 10:30 Garden Chat 11:00 Sing-A-Long 1:00 Book Club- Reading 2:30 Racquetball 3:00 Bullseye	9:15 Morning Walk 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Art w/ Emma 1:45 Charades w/ Emma 2:30 Bingo 3:30 Folding Towels Halloween					

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Activities may vary

Assisted Living

October 2022

Int'l Coffee Day 1

9:15 Morning Walk
10:30 Volleyball- LR
11:00 Yoseph in Concert-AR
11:15 Stretch & Flex-LR
1:30 Bingo- AR
3:00 Painting Class - AR

2

9:15 Putting Golf- RG
10:30 Volleyball - LR
11:15 Sit & Fit - LR
1:30 Bingo- AR
3:15 Magnetic Dart Board- AR

3

9:15 Morning Walk
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:30 Bingo- AR
3:30 Bowling- LR

4

9:15 Walk & Chat
10:30 Volleyball- LR
11:15 Sit & Fit- LR
1:15 Spanish- AR
2:30 Poker/ Rommikub- AR
4:00 Show & Tell - LR

Yom Kippur Begins

Yom Kippur Teacher's Day 5
Int'l Cartoonist Day

9:15 Walk for Wellness
10:30 Volleyball- LR
11:15 Stretch & Flex - LR
1:00 Cartoon Portraits- LR
1:30 Bingo w/ Celso- AR
3:15 Happy Hour- LR

Wear Green for World Cerebral Palsy Day 6

9:15 Walk & Rock
10:30 Volleyball- LR
11:15 Sit & Fit- LR
1:30 Bingo- AR
3:00 Arts & Crafts- AR
4:00 Jewelry Making- AR

YMTMD Nat'l Chess Day 7

9:15 Walk this way
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:15 Yoga w/ Jenny- LR
2:30 Poker/Rommikub-AR
3:45 Card Making- AR

8

9:15 Morning Walk
10:30 Volleyball- LR
11:00 Yoseph in Concert-AR
11:15 Stretch & Flex- LR
1:30 Bingo- AR
3:00 Spanish- AR

9

9:15 Putting Golf- RG
10:30 Volleyball - LR
11:15 Sit & Fit - LR
1:30 **Grace Community Church Services- LR**
3:15 Bullseye- AR
Sukkot Begins

10

9:15 Morning Walk
10:30 Volleyball- LR
11:15 Stretch & Flex- LR
2:00 **Men's Club Outing to Pool Hall**
1:30 Bingo- AR
3:30 Bowling- LR

11

9:15 Walk & Chat
10:30 Volleyball- LR
11:15 Sit & Fit- LR
1:15 Spanish 101- AR
2:30 Poker/ Rommikub- AR
4:00 Show & Tell- LR

12

9:15 Walk for Wellness
10:30 Volleyball- LR
11:15 Stretch & Flex - LR
1:30 Bingo- AR
3:15 Happy Hour- LR

World Thrombosis Day 13

9:15 Walk & Rock
10:30 Volleyball- LR
11:15 **Celebration of Jewish Life w/Rabbi Jim- AR**
1:00 Dot Painting- AR

14

9:15 Walk this way
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:15 Yoga w/ Jenny- LR
2:30 Poker/Rommikub-AR
3:45 Bullseye- AR

Global Handwashing Day 15

9:15 Morning Walk
10:30 Volleyball- LR
11:00 Yoseph in Concert-AR
11:15 Stretch & Flex - LR
1:30 Bingo- AR
3:00 Painting Class- AR

16

9:15 Putting Golf- RG
10:30 Volleyball - LR
11:15 Sit & Fit- LR
1:30 Bingo- AR
3:15 Magnetic Dart Board- AR

17

9:15 Morning Walk
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:30 Bingo- AR
3:30 Bowling- LR
Simchat Torah Begins

Black Poetry Day 18

9:15 Walk & Chat
10:30 Volleyball- LR
11:15 Sit & Fit- LR
1:15 Spanish 101- AR
2:30 Poker/Rommikub- AR
4:00 Black Poetry- AR

Nat'l New Friends Day 19

9:15 Walk for Wellness
10:30 Volleyball- LR
11:15 Stretch & Flex - LR
1:30 Bingo- AR
3:15 Happy Hour- LR

World Osteoporosis Day 20

8:30 **Morongo Casino**
10:30 Volleyball- LR
11:15 Sit & Fit- LR
1:30 Bingo- AR
3:00 Arts & Crafts- AR
4:00 Jewelry Making-AR

Magic Day 21

9:15 Walk this way
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:15 Yoga w/ Jenny- LR
2:30 Poker/Rommikub-AR
3:00 Magic Day
Magician- LR

22

9:15 Morning Walk
10:30 Volleyball- LR
11:00 Yoseph in Concert-AR
11:15 Stretch & Flex - LR
1:30 Bingo- AR
3:00 Spanish- AR

23

9:15 Putting Golf- RG
10:30 Volleyball - LR
11:15 Sit & Fit- LR
1:30 **Grace Community Church Services-LR**
1:30 Bingo- AR
3:15 Bullseye- AR

24

9:15 Morning Walk
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:30 Bingo- AR
3:30 Bowling- LR
Diwali (Hindi)

25

9:15 Walk & Chat
10:30 Volleyball- LR
11:15 Sit & Fit- LR
1:15 Spanish 101- AR
2:30 Poker/Rommikub- AR
4:00 Show & Tell- LR

National Pumpkin Day 26

9:15 Walk for Wellness
10:30 Volleyball- LR
11:15 Stretch & Flex - LR
1:00 **Resident Council-LR Towner Hall- LR**
3:15 Happy Hour- LR

27

9:15 Walk & Rock
10:30 Volleyball - LR
11:15 Sit & Fit- LR
1:30 Bingo- AR
3:00 Arts & Crafts- AR
4:00 Jewelry Making- AR

28

9:15 Walk this way
10:30 Volleyball - LR
11:00 Trip to the Library
11:15 Stretch & Flex- LR
12:30 **Halloween Party!**
2:15 **The Plant -Shopping**
2:30 Poker/Rommikub-AR
3:45 Bullseye- AR

29

9:15 Morning Walk
10:30 Volleyball- LR
11:00 Yoseph in Concert-AR
11:15 Stretch & Flex - LR
1:30 Bingo- AR
3:15 Painting Class- AR

30

9:15 Putting Golf- RG
10:30 Volleyball - LR
11:15 Sit & Fit- LR
1:30 Bingo- AR
3:15 Magnetic Dart Board- AR

31

Halloween
9:15 Morning Walk
10:30 Volleyball - LR
11:15 Stretch & Flex- LR
1:30 Trick or Treat
Bingo- AR
3:30 Bowling- LR

"Hello October! Let The Fall Colors Begin."

Room Key:

DR- Dining Room FL- Front Lobby RG- Rear Garden
CQ- Center Quad LV- Living Room OT- Outing Trip