

Memory Care				Activities may vary		<u>World Smile</u> 1		<u>The Twilight Zone Anniversary</u> 2		3			
October 2026 "Making memories, sharing smiles, and enjoying the magic of fall."						9:15 Walk & Chat 9:30 Sunshine Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Name That Tune! 2:15 Ageless Strength 3:00 Bowling! Pins & Grins		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Bingo 2:30 Music & Memories 3:30 Yoga w/Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music & Smiles 1:30 Creative Time 2:30 Ping Pong Pathways 3:30 Reading 101			
						Simchat Torah Begins							
<u>National Body Language</u> 4		<u>World Teacher's Day</u> 5		<u>National German-American Day</u> 6		<u>I Love Yarn</u> 7		8		<u>National Curious Events Day</u> 9		10	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Pictionary 2:30 Art & Sensory Activity 3:30 Trivia Fun		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Card match 1:30 History Lesson 2:30 Bingo! 3:30 Folding Fun		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:45 Skill Builders 2:30 Memory Lane Scents 3:30 Bounce Into Fun		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:30 Arts & Crafts 2:30 Bingo 3:30 Happy Hour!		9:15 Walk & Chat 9:30 Road Trip Thursday 9:45 Sit & Fit 10:30 Memory Lane Scents 1:00 Lemonade & Sunshine! 1:45 Balloon Volleyball 2:15 Ageless Strength		9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Bingo 2:30 Disco Fever 3:30 Yoga w/ Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:45 Bullseye 2:30 Sing-along 3:45 Classical Melodies		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Draw & Fun! 1:30 Math 101 2:30 Memory Lane Scents 3:30 Puzzle Pieces		9:15 Stretch & Flex 9:45 Folding Fun 10:30 Sing-along 1:00 Trivia Tuesday 1:30 Reminiscing 2:30 Fun with Letters 3:30 Helping Hands		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles 1:30 Ice Cream Social 2:30 Bingo 3:30 Word Search		9:15 Walk & Chat 9:30 Thursday Stroll Outing 9:45 Sit & Fit 10:30 Read Aloud 1:15 Sing-along 2:15 Hangman Challenge 3:30 Memory In Rhyme		9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 Dance w/ Emma 1:30 Bingo 2:30 Sensory trivia 3:30 Yoga w/ Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Outdoor Social 2:30 Mind & Senses 3:30 Reminiscing	
<u>Sweetest Day</u> 18		19		20		<u>The Garden's Golden Travelers Day</u> <u>International Pumkin Day</u> 21		<u>Nat'l Make A Dog's Day</u> 22		<u>Chef's Day</u> <u>World Series Begins</u> 23		24	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Yom Kippur Observance 3:30 Outside Social		9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Folding Fun 3:30 Reminiscing Comfort		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory Lane Scents 2:30 Art Sensory Activity 3:30 Unity In Motion		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Arts & Crafts 2:30 Golden Travelers 3:30 Sing-along		9:15 Walk & Chat 9:30 Fun Time Outing 9:45 Sit & Fit 10:30 Puzzle Building 1:00 Sing-along 1:30 Lots of Dots Art 2:15 Ageless Strength 3:00 Helping Hands		9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Outdoor Sensory Activity 1:30 Comfort Spa! 2:30 Outdoor Social! 3:30 Yoga w/Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 1:00 History Lesson 1:30 Garden Smiles 2:30 Social Hour 3:00 Show & Tell	
<u>Wicked Week of Wonder</u> 25		<u>Spooky Monday</u> 26		<u>Hocus Pocus Day</u> 27		<u>A Boo-tiful Day!</u> 28		<u>A Spooktacular Sketch Day</u> 29		<u>Halloween Celebration</u> 30		<u>Halloween</u> 31	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Puzzle Pieces		9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Hocus Pocus Bingo! 2:30 UNO! 3:30 Comfort & Conversation 6:00 The Gardens After Dark: Hocus Pocus!- AL/ CG		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Green Thumb Time 1:00 Resident Council- AL/ LR 1:00 Music & Smiles 1:30 Volleyball 1:30 Town Hall Meeting- AL/LR 2:00 Word Search 3:30 Dear Diary Hour		9:15 Walk & Chat 9:30 Thursday Stroll Outing 9:45 Sit & Fit 10:30 Tricks, Treats & Caricatures 1:15 Read Aloud 2:15 Sing-along 2:45 Hangman Challenge 3:30 Memory In Rhyme		9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 Dance w/ Emma 1:30 Bingo 2:30 Halloween Celebration- AL/DR		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Outdoor Social 2:30 Mind & Senses 3:30 Reminiscing	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities may vary  Assisted Living				World Smile Day. 1 9:15 Activity Rm. Decorating- AR 10:15 Trader Joe's 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 Target 1:30 Bingo!- AR 2:45 Ageless Strength- AR 4:00 Pictionary- LR	The Twilight Zone Anniversary. 2 9:15 Tea &Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Pictionary- LR	National Boyfriend Day. 3 9:15 Tea and Talk-AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR Simchat Torah Begins
National Body Language 4 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	World Teacher's Day. 5 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Dollart Tree 11:15 Stretch & Flex- LR 1:30 Bingo- AR 1:30 CVS 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- LR	National German-American Day. 6 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Pictionary! - LR 3:30 Poker Club- LR	I Love Yarn Day. 7 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:00 California Pizza 11:15 Stretch & Flex- LR 1:15 Spanish 101- AR 1:15 Ulta Beauty 2:30 Arts & Crafts- AR 3:30 Happy Hour- LR	International Day of Older Persons Day. 8 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Chase Bank 1:30 Bingo- AR 2:45 Ageless Strength- LR 4:00 Around The World with Gary- AR	National Curious Events Day. 9 9:15 Bullseye!- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Ross & DD'S 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 UNO! For Beginners- AR	Tea & Talk- AR 10 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
General Pulaski Memorial Day. 11 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	Indigenous People's Day. 12 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Thrift Shop 11:15 Stretch & Flex- LR 1:15 Walgreen's 1:30 Bingo-AR 2:45 Limericks w/ Lou- AR 4:00 Pictionary- LR	Navy Birthday. 13 9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 Mid-Valley Library 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Memories & Moments- LR 3:45 UNO!- AR	National Hero's Day. 14 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:00 Lulu's Restaurant 11:15 Stretch & Flex- LR 1:30 Spa Hour- AR 2:30 Arts & Crafts- AR 3:30 Documentary-LR (See Posting)	Shades of Orange Day. I Love Lucy Day. 15 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:45 Pictionary!- AR 4:00 Rummikub- AR	National Boss's Day. 16 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:15 Walmart 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Line Dancing- LR	Spirit Day. 17 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
Sweetest Day. 18 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:30 Movie Night- AR (See Posting)	National LGBT Center Awareness Day. 19 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- LR	National Pharmacy Technician Day. 20 9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 Movie Theatre 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker Club- AR	The Garden's Golden Travelers Day. International Pumpkin Day. 21 9:15 Tea & Talk- AR 10:00 Volleyball- LR 11:15 Stretch & Flex - LR 1:30 Arts & Crafts w/ Scan- AR 2:30 Golden Travelers Happy Hour- AR	Nat'l Make A Dog's Day. 22 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 12:30 Rabbi Jim- Celebration of Life- AR Pumpkin Patch Outing 1:00 Bingo- AR 2:45 Ageless Strength- LR 3:45 Jewelry Making- AR	Chef's Day. World Series Begins 23 9:15 Bullseye!- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:30 Exploring History- AR 2:30 Yoga w/Jenny- LR 3:45 UNO!- AR	Nat'l Make A Difference Day. 24 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
Wicked Week of Wonder 25 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	Spooky Monday. 26 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:45 Spooky Limericks w/ Lou- AR 4:00 Spooky Pictionary- LR	Hocus Pocus Day. 27 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:00 Brent's Deli 11:15 Sit & Fit- LR 1:30 Hocus Pocus Bingo 3:15 Rummikub- AR 6:00 The Gardens After Dark: Hocus Pocus!- CG	A Boo-tiful Day! 28 9:00 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:00 Resident Council Meeting- LR 1:15 Ho Happy Nails 1:30 Town Hall- LR 2:30 Ice Cream Treats w/ Scan- DR 3:30 Rummikub - AR	A Spooktacular Sketch Day. 29 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Marshall's 1:30 Halloween Bingo- AR 2:45 Tricks, Treats & Caricatures 4:00 Rummikub- AR	Halloween Celebration 30 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:15 Exploring History- AR 2:30 Halloween Celebration- AR	Halloween 31 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR