


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change without notice.</p>		<p>1</p> <p>7:00 Walk Before Breakfast 9:30 Exercise 10:30 Game Time 10:30 Hydration 11:00 Yoga 12:30 to 1 One-on-One Time with Residents 2:00 Bingo</p>	<p>2</p> <p>8:00 One on One Time w/Residents all day! 8:30 Nancy's Hair Heaven 9:30 Exercise 9:30 Nails as needed 10:45 Hydration 1:00 Social Hour in the Activity Room</p>	<p>3</p> <p>Bobbie Kelley Birthday 7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:30 Hydration 11:00 Spanish Class with Adelina 2:00 Bingo</p>	<p>4</p> <p>9:30 Exercise 10:30 Hydration 11:00 Bible Study 1:00 Virtual Trip With Adelina</p>	<p>5</p> <p>Margarete Keltner & Janet Lamar Birthday 11:00 Color Therapy 2:00 Bingo</p>
<p>6</p> <p>12:00 Emotional Support One-on-One Time 12:45 Hydration 1:30 Gospel Music 2:00 Church Service in Activity Room</p>	<p>7</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:00 Walk Inside or Outside 10:15 Hydration 10:30 Bible Study 2:00 Ice Cream Floats</p>	<p>8</p> <p>9:30 Exercise 10:30 Hydration 10:30 Volleyball 11:00 Yoga 12:30 to 1 One-on-One Time with Residents 2:00 Bingo</p>	<p>9</p> <p>8:00 One on One Time w/Residents all day! 8:30 Nancy's Hair Heaven 9:30 Exercise 9:30 Nails as needed 10:45 Hydration 1:00 Social Hour in the Activity Room</p>	<p>10</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:30 Hydration 11:00 Spanish Class with Adelina 2:00 Bingo</p>	<p>11</p> <p>9:30 Empower Me Exercise & Walking 10:30 Hydration</p>	<p>12</p> <p>11:00 Color Therapy 2:00 Bingo</p>
<p>13</p> <p>12:00 Emotional Support One-on-One Time 12:45 Hydration 1:30 Gospel Music 2:00 Church Service in Activity Room</p>	<p>Columbus Day 14</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:00 Walk Inside or Outside 10:15 Hydration 10:30 Bible Study 1:30 Movie & Popcorn</p>	<p>15</p> <p>9:30 Exercise 10:30 Hydration 11:00 Yoga 12:30 to 1 One-on-One Time with Residents 2:00 Bingo</p>	<p>16</p> <p>8:00 One on One Time w/Residents all day! 8:30 Nancy's Hair Heaven 9:30 Exercise 9:30 Nails as needed 10:45 Hydration 1:00 Social Hour in the Activity Room</p>	<p>17</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:30 Hydration 11:00 Spanish Class with Adelina 2:00 Bingo</p>	<p>18</p> <p>9:30 Exercise 10:30 Hydration 11:00 Bible Study 1:00 Virtual Trip With Adelina</p>	<p>19</p> <p>11:00 Color Therapy 2:00 Bingo</p>
<p>20</p> <p>12:00 Emotional Support One-on-One Time 12:45 Hydration 1:30 Gospel Music 2:00 Church Service in Activity Room</p>	<p>21</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:00 Walk Inside or Outside 10:15 Hydration 10:30 Bible Study 2:00 October Residents' Birthday Party</p>	<p>22</p> <p>9:30 Exercise 10:30 Hydration 11:00 Yoga 12:30 to 1 One-on-One Time with Residents 2:00 Bingo</p>	<p>23</p> <p>8:00 One on One Time w/Residents all day! 8:30 Nancy's Hair Heaven 9:30 Exercise 9:30 Nails as needed 10:45 Hydration 1:00 Social Hour in the Activity Room</p>	<p>24</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:30 Hydration 11:00 Spanish Class with Adelina 2:00 Bingo</p>	<p>25</p> <p>9:30 Empower Me Exercise & Walking 10:30 Hydration</p>	<p>26</p> <p>11:00 Color Therapy 2:00 Bingo</p>
<p>27</p> <p>12:00 Emotional Support One-on-One Time 12:45 Hydration 1:30 Gospel Music 2:00 Church Service in Activity Room</p>	<p>28</p> <p>7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:00 Walk Inside or Outside 10:15 Hydration 10:30 Bible Study 2:00 Halloween Party</p>	<p>29</p> <p>9:30 Exercise 10:30 Hydration 11:00 Yoga 12:30 to 1 One-on-One Time with Residents 2:00 Bingo</p>	<p>30</p> <p>8:00 One on One Time w/Residents all day! 8:30 Nancy's Hair Heaven 9:30 Exercise 9:30 Nails as needed 10:45 Hydration 1:00 Social Hour in the Activity Room</p>	<p>31</p> <p>Rex Thomas Birthday 7:00 Early Morning Walk 9:00 Yoga 9:30 Exercise 10:30 Hydration 11:00 Spanish Class with Adelina 2:00 Bingo</p>	<p>Our August Birthday Residents</p> 