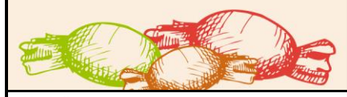
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	**1** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**2** 7:00 **Breakfast Club** 9:00 Guided Meditation 9:30 Sitter-cise Karate w/music 10:00 Our Daily Bread 10:30 Clinic Visit 11:00 Food & Friends 11:30 Set the Table 1-1:45 Quiet Moments 2:00 Snacks & Puzzles 2:30 Garden Club 3:30 Crossword 4:00 Smell/taste challenge 4:30 Helping Hands 6:00 shoulder massage/ROM C&D 6:30 Board games 7:00 Food & Friends 7:30 Spiritual Songs Simchat Torah	**3** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Chair Yoga **10:00 BIBLE STUDY** 11:00 Food & Friends 11:30 Ready the Room **1-1:45 Quiet Moments** 2:00 Snacks & Social 2:30 Cheerio Bingo 3:00 Tug – o- war 3:30 Reading Round Table 4:00 Sensory Mat 4:30 Cruising Around 6:00 Manicures 6:30 Board Games 7:00 Treats & Topics 7:30 Music Circle	**4** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**5** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D **2:30 MUSIC THERAPY** 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs	**6** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs
7 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Stretch it out 10:00 Our Daily Bread 10:30 Food & Friends Tug-O-war 11:00 With all my Art 11:30 Towel therapy /set up 1-1:45 Quiet Moments 2:00 Snacks & Reading Round Table 2:30 Board Games 3:00 Parachute! 3:30 **Starz Music** 4:00 Parade Stroll 4:30 Helping Hands 6:00 Manicures 6:30 Board games 7:00 Food & Friends Yarn Roll	**8** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga **10:00 Guitar with Tharell** 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics Columbus Day (US) Thanksgiving Day (Canada)	**9** 7:00 **Breakfast Club** 9:00 Guided Meditation 9:30 Sitter-cise Karate w/music 10:00 Our Daily Bread 10:30 Clinic Visit 11:00 Food & Friends 11:30 Set the Table 1-1:45 Quiet Moments 2:00 Snacks & Puzzles 2:30 Garden Club 3:30 Crossword 4:00 Smell/taste challenge 4:30 Helping Hands 6:00 shoulder massage/ROM C&D 6:30 Board games 7:00 Food & Friends 7:30 Spiritual Songs	**10** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Chair Yoga **10:00 BIBLE STUDY** 11:00 Food & Friends 11:30 Ready the Room **1-1:45 Quiet Moments** 2:00 Snacks & Social 2:30 Cheerio Bingo 3:00 Tug – o- war 3:30 Reading Round Table 4:00 Sensory Mat 4:30 Cruising Around 6:00 Manicures 6:30 Board Games 7:00 Treats & Topics 7:30 Music Circle	**11** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D **2:30 Don & Sharon** 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**12** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D **2:30 MUSIC THERAPY** 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs	**13** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs
14 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Stretch it out 10:00 Our Daily Bread 10:30 Food & Friends Tug-O-war 11:00 With all my Art 11:30 Towel therapy /set up 1-1:45 Quiet Moments 2:00 Snacks & Reading Round Table 2:30 Board Games 3:00 Parachute! 3:30 **Starz Music** 4:00 Parade Stroll 4:30 Helping Hands 6:00 Manicures 6:30 Board games 7:00 Food & Friends Yarn Roll	**15** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**16** 7:00 **Breakfast Club** 9:00 Guided Meditation 9:30 Sitter-cise Karate w/music 10:00 Our Daily Bread 10:30 Clinic Visit 11:00 Food & Friends 11:30 Set the Table 1-1:45 Quiet Moments 2:00 Snacks & Puzzles 2:30 Garden Club 3:30 Crossword 4:00 Smell/taste challenge 4:30 Helping Hands 6:00 shoulder massage/ROM C&D 6:30 Board games 7:00 Food & Friends 7:30 Spiritual Songs	**17** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Chair Yoga **10:00 BIBLE STUDY** 11:00 Food & Friends 11:30 Ready the Room **1-1:45 Quiet Moments** 2:00 Snacks & Social 2:30 Cheerio Bingo 3:00 Tug – o- war 3:30 Reading Round Table 4:00 Sensory Mat 4:30 Cruising Around 6:00 Manicures 6:30 Board Games 7:00 Treats & Topics 7:30 Music Circle	**18** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**19** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D **2:30 MUSIC THERAPY** 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs	**20** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs
21 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Stretch it out 10:00 Our Daily Bread 10:30 Food & Friends Tug-O-war 11:00 With all my Art 11:30 Towel therapy /set up 1-1:45 Quiet Moments 2:00 Snacks & Reading Round Table 2:30 Board Games 3:00 Parachute! 3:30 **Starz Music** 4:00 Parade Stroll 4:30 Helping Hands 6:00 Manicures 6:30 Board games 7:00 Food & Friends Yarn Roll	**22** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**23** 7:00 **Breakfast Club** 9:00 Guided Meditation 9:30 Sitter-cise Karate w/music **10:00 Tunes By Tara** 10:30 Clinic Visit 11:00 Food & Friends 11:30 Set the Table 1-1:45 Quiet Moments 2:00 Snacks & Puzzles 2:30 Garden Club 3:30 Crossword 4:00 Smell/taste challenge 4:30 Helping Hands 6:00 shoulder massage/ROM C&D 6:30 Board games 7:00 Food & Friends 7:30 Spiritual Songs	**24** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Chair Yoga **10:00 BIBLE STUDY** 11:00 Food & Friends 11:30 Ready the Room **1-1:45 Quiet Moments** 2:00 Snacks & Social 2:30 Cheerio Bingo 3:00 Tug – o- war 3:30 Reading Round Table 4:00 Sensory Mat 4:30 Cruising Around 6:00 Manicures 6:30 Board Games 7:00 Treats & Topics 7:30 Music Circle	**25** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**26** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D **2:30 MUSIC THERAPY** 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs	**27** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics 7:30 Spiritual Songs
28 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Stretch it out 10:00 Our Daily Bread 10:30 Food & Friends Tug-O-war 11:00 With all my Art 11:30 Towel therapy /set up 1-1:45 Quiet Moments 2:00 Snacks & Reading Round Table 2:30 Board Games 3:00 Parachute! 3:30 **Starz Music** 4:00 Parade Stroll 4:30 Helping Hands 6:00 Manicures 6:30 Board games 7:00 Food & Friends Yarn Roll	**29** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 LAUGH out loud Comedy Yoga 10:00 Our Daily Bread 10:30 Food & Friends 11:00 Tool Time 11:30 Towel Therapy/ set up 1-1:45 Quiet Moments/ Boring stories 2:00 ROM exercise C&D 2:30 Pictionary 3:00 Parachute 3:30 Afternoon walk 4:00 Karaoke 4:30 Stretch UP 6:00 Massage 6:30 Board games 7:00 Treats & Topics	**30** 7:00 **Breakfast Club** 9:00 Guided Meditation 9:30 Sitter-cise Karate w/music 10:00 Our Daily Bread 10:30 Clinic Visit 11:00 Food & Friends 11:30 Set the Table 1-1:45 Quiet Moments 2:00 Snacks & Puzzles 2:30 Garden Club 3:30 Crossword 4:00 Smell/taste challenge 4:30 Helping Hands 6:00 shoulder massage/ROM C&D 6:30 Board games 7:00 Food & Friends 7:30 Spiritual Songs	**31** 7:00 Coffee Hour 9:00 Guided Meditation 9:30 Chair Yoga **10:00 BIBLE STUDY** 11:00 Food & Friends 11:30 Ready the Room **1-1:45 Quiet Moments** 2:00 Snacks & Social 2:30 Cheerio Bingo 3:00 Tug – o- war 3:30 Reading Round Table 4:00 Sensory Mat 4:30 Cruising Around 6:00 Manicures 6:30 Board Games 7:00 Treats & Topics 7:30 Music Circle Halloween	EVERGREEN		