

October 2026



Decade: 90's

Spirit MC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10 AM Daily Chronicles 11 AM Zumba 2 PM Afternoon Fitness 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Musical Sing Along 6 PM Movie	2 10 AM Core Stability / Hydration 11 AM Word Mining 11:30 AM Leaf Tail Squirrel 2 PM Volleyball 2:30 PM Afternoon Outing 3:30 PM Afternoon Refreshments 4 PM Bingo 6 PM Movie	3 10 AM Postural Training/Hydration 11 AM Book Club Read Aloud 11:30 AM Morning Sing Along 2 PM Arts & Crafts 3 PM Helpful Hands 3:30 PM Afternoon Refreshments 4:30 PM Garden Club 6 PM Movie
4 10 AM Exercise/Hydration 11 AM Virtual Sunday Service 11:30 AM Sunday Sing Along 1 PM Football Sunday 2 PM Afternoon Exercise/ Hydration 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshment 4:30 PM Fall Crosswords 6 PM Movie	5 10 AM Lower Body Exercise 11 AM Monday Matinee 11 AM Morning Outing 2 PM Ring Toss 2:30 PM 90's Bingo 3:30 PM Afternoon Refreshments 4:30 PM Brain Games 6 PM Movie	6 10 AM Balance Exercise 11 AM Brain Games 11:30 AM Musical Instruments 2 PM Gameshow Fun! 2:30 PM Drum Circle with Eric 3 PM Hand Massages 3:30 PM Afternoon Refreshments 4:30 PM Virtual Travel 6 PM Movie	7 10 AM Weightlifting 11 AM Baking Club 11:30 AM Helpful Hands 2 PM Afternoon Exercise/Hydration 2:30 PM Scenic Drive 3:30 PM Afternoon Refreshments 4:30 PM 1990's Name that Tune 6 PM Movie	8 10 AM Daily Chronicles 11 AM Exercise / Hydration 2 PM Afternoon Fitness 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Musical Sing Along 6 PM Movie	9 10 AM Core Stability / Hydration 11 AM Word Mining 11:30 AM Short Story 2 PM Volleyball 2:30 PM Afternoon Outing 3:30 PM Afternoon Refreshments 4 PM Bingo 6 PM Movie	10 10 AM Postural Training/Hydration 11 AM Book Club Read Aloud 11:30 AM Morning Sing Along 2 PM Arts & Crafts 3 PM Helpful Hands 3:30 PM Afternoon Refreshments 4:30 PM Garden Club 6 PM Movie
11 10 AM Exercise/Hydration 11 AM Virtual Sunday Service 11:30 AM Sunday Sing Along 1 PM Football Sunday 2 PM Afternoon Exercise/ Hydration 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Fall Memories 6 PM Movie	12 10 AM Lower Body Exercise 11 AM Morning Outing 11 AM Monday Matinee 2 PM Balloon Ball 2:30 PM Fall Bingo 3:30 PM Afternoon Refreshments 4:30 PM Brain Games 6 PM Movie	13 10 AM Balance Exercise 11 AM Brain Games 11:30 AM Musical Instruments 2 PM Gameshow Fun! 2:30 PM Drum Circle with Eric 3 PM Hand Massages 3:30 PM Afternoon Refreshments 4:30 PM Virtual Travel 6 PM Movie	14 10 AM Weightlifting 11 AM Baking Club 11:30 AM Helpful Hands 2 PM Afternoon Exercise/Hydration 2:30 PM Scenic Drive 3:30 PM Afternoon Refreshments 4:30 PM 1990's Name that Tune 6 PM Movie	15 10 AM Daily Chronicles 11 AM Zumba 2 PM Afternoon Fitness 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Musical Sing Along 6 PM Movie	16 10 AM Core Stability / Hydration 11 AM Word Mining 11:30 AM Can You Picture This? 2 PM Volleyball 2:30 PM Afternoon Outing 3:30 PM Afternoon Refreshments 4 PM Bingo 6 PM Movie	17 10 AM Postural Training/Hydration 11 AM Book Club Read Aloud 11:30 AM Morning Sing Along 2 PM Arts & Crafts 3 PM Helpful Hands 3:30 PM Oktober Fest 4:30 PM Musical Sing Along 6 PM Movie
18 10 AM Exercise/Hydration 11 AM Music with Bob 1 PM Football Sunday 2 PM Afternoon Exercise/ Hydration 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Halloween Crosswords 6 PM Movie	19 10 AM Lower Body Exercise 11 AM Morning Outing 11 AM Monday Matinee 2 PM Afternoon Fitness / Hydration 2:30 PM Music with Laura 3:30 PM Afternoon Refreshments 4:30 PM Brain Games 6 PM Movie	20 10 AM Balance Exercise 11 AM Brain Games 11:30 AM Musical Instruments 2 PM Gameshow Fun! 2:30 PM Drum Circle with Eric 3 PM Hand Massages 3:30 PM Afternoon Refreshments 4:30 PM 1990's Tv Memories 6 PM Movie	21 10 AM Weightlifting 11 AM Baking Club 11:30 AM Helpful Hands 2 PM Afternoon Exercise/Hydration 2:30 PM Scenic Drive 3:30 PM Afternoon Refreshments 4:30 PM 1990's Name that Movie 6 PM Movie	22 10 AM Daily Chronicles 11 AM Fall Brain Buzzers 2 PM Afternoon Fitness 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Musical Sing Along 6 PM Movie	23 10 AM Core Stability / Hydration 11 AM Word Mining 11:30 AM October Trivia 2 PM Volleyball 2:30 PM Afternoon Outing 3:30 PM Afternoon Refreshments 4 PM Bingo 6 PM Movie 6 PM Trunk or Treat	24 10 AM Postural Training/Hydration 11 AM Book Club Read Aloud 11:30 AM Morning Sing Along 2 PM Arts & Crafts 3 PM Helpful Hands 3:30 PM Afternoon Refreshments 4:30 PM Garden Club 6 PM Movie
25 10 AM Exercise/Hydration 11 AM Virtual Sunday Service 11:30 AM Readers Theatre 1 PM Football Sunday 2 PM Afternoon Exercise/ Hydration 2:30 PM Music with Vince 3:30 PM Afternoon Refreshments 4:30 PM 90's Crossword Corner 6 PM Movie	26 10 AM Lower Body Exercise 11 AM Morning Outing 11 AM Monday Matinee 2 PM Afternoon Fitness / Hydration 2:30 PM Halloween Bingo 3:30 PM Afternoon Refreshments 4:30 PM Brain Games 6 PM Movie	27 10 AM Balance Exercise 11 AM Brain Games 11:30 AM Musical Instruments 2 PM Gameshow Fun! 2:30 PM Drum Circle with Eric 3 PM Hand Massages 3:30 PM Afternoon Refreshments 4:30 PM 1990's Virtual Travel 6 PM Movie	28 10 AM Weightlifting 11 AM Baking Club 11:30 AM Helpful Hands 2 PM Afternoon Exercise/Hydration 2:30 PM Scenic Drive 3:30 PM Afternoon Refreshments 4:30 PM Life in the 90's 6 PM Movie	29 10 AM Daily Chronicles 11 AM Hydration Station 2 PM Afternoon Fitness 2:30 PM Arts & Crafts 3:30 PM Afternoon Refreshments 4:30 PM Musical Sing Along 6 PM Movie	30 10 AM Music with Meghan 11 AM Word Mining 11:30 AM Boo Riddles 2 PM Volleyball 2:30 PM Afternoon Outing 3:30 PM Afternoon Refreshments 4 PM Bingo 6 PM Movie	31 10 AM Postural Training/Hydration 11 AM Book Club Read Aloud 11:30 AM Morning Sing Along 1:30 PM Music with Empty Ecstasy 2:30 PM Brain Buzzers 3:30 PM Halloween Social 4:30 PM Garden Club 6 PM Movie