

October 1990's



Sunday



Monday



Tuesday



Wednesday



thursday



Friday



Saturday

Keysa Bell,
Memory Care Lifestyle Director

&

Lourdes Speight, MCLA



October Birthdays

Larry T. 7th
Louise R. 12th
Royanne M. 15th
Nadia B. 17th
Glenn Z. 23rd
Barbara G. 27th

4 10:00a Morning stretches
10:30a Spiritual Hour
1:00p Classic Television
3:00p Balloon Volleyball
3:30p Snack/Hydration

5 10:00a Daily Chronicles
11:00a Strength Training w/Cecilia
1:30p Guitarist LALO
2:30p Let's Talk Decades
3:00p Bird Bath
6:00p Adult Painting

6 10:00a Daily Chronicles
10:30a Chair Aerobics
11:00a Morning BINGO
2:30p Laundry Day
3:00p Through the Decades
6:00p Adult Painting

7 10:00a Daily Chronicles
11:00a Tai Chi w/LEDA
1:30p Floral Arranging
2:00p Name that Animal
2:30p Singer Cathy Davis
6:00p Adult Painting

8 10:00a Daily Chronicles
10:30a Stretching/Walking Club
11:00a Leisure Bus Ride
1:00p Craft Class w/Lourdes
2:30p Afternoon BINGO
6:00p Adult Puzzles

9 10:00a Daily Chronicles
11:00a Balloon Toss
2:00p Movie & Popcorn
3:00p Hydration & BINGO
6:00p Adult Coloring

10 10:00a Daily Chronicles
10:30a Chair Aerobics
1:00p Afternoon BINGO
3:00p Classic Television

11 10:00a Morning stretches
10:30a Spiritual Hour
1:00p Classic Television
3:00p Balloon Volleyball
3:30p Snack/Hydration

12 10:00a Daily Chronicles
11:00a Strength Training w/Cecilia
1:30p Guitarist LALO
2:30p Let's Talk Decades
2:30p Happy Hour w/ Bob
6:00p Adult Painting

13 10:00a Daily Chronicles
10:30a Chair Aerobics
11:00a Morning BINGO
2:30p Country Singer Danny
3:30p Through the Decades
6:00p Adult Painting

14 10:00a Daily Chronicles
11:00a Tai Chi w/LEDA
1:30p Floral Arranging
2:00p Trivia Blitz
2:30p Tea/Coffee Social
6:00p Adult Painting

15 10:00a Daily Chronicles
10:30a Stretching/Walking Club
11:00a Leisure Bus Ride
1:00p Craft Class w/Lourdes
2:30p Afternoon BINGO
6:00p Adult Puzzles

16 10:00a Daily Chronicles
11:00a Balloon Toss
2:00p Movie & Popcorn
3:00p Hydration & BINGO
6:00p Adult Coloring

17 10:00a Daily Chronicles
10:30a Chair Aerobics
1:00p Afternoon BINGO
3:00p Classic Television

18 10:00a Morning stretches
10:30a Spiritual Hour
1:00p Classic Television
3:00p Balloon Volleyball
3:30p Snack/Hydration

19 10:00a Daily Chronicles
11:00a Strength Training w/Cecilia
1:30p Guitarist LALO
2:30p Let's Talk Decades
2:30p Happy Hour w/ Bob
6:00p Adult Painting

20 10:00a Daily Chronicles
10:30a Chair Aerobics
11:00a Morning BINGO
2:30p R & B Singer Ron Howard
3:30p Through the Decades
6:00p Adult Painting

21 10:00a Daily Chronicles
11:00a Tai Chi w/LEDA
1:30p Floral Arranging
2:00p Trivia Blitz
2:30p Tea/Coffee Social
6:00p Adult Painting

22 10:00a Daily Chronicles
10:30a Stretching/Walking Club
11:00a Leisure Bus Ride
1:00p Craft Class w/Lourdes
2:30p Afternoon BINGO
6:00p Adult Puzzles

23 10:00a Daily Chronicles
11:00a Balloon Toss
2:00p Movie & Popcorn
3:00p Hydration & BINGO
6:00p Adult Coloring

24 10:00a Daily Chronicles
10:30a Chair Aerobics
1:00p Afternoon BINGO
3:00p Classic Television

25 10:00a Morning stretches
10:30a Spiritual Hour
1:00p Classic Television
3:00p Balloon Volleyball
3:30p Snack/Hydration

26 10:00a Daily Chronicles
11:00a Strength Training w/Cecilia
1:30p Guitarist LALO
2:30p Let's Talk Decades
3:00p Bird Bath
6:00p Adult Painting

27 10:00a Daily Chronicles
10:30a Chair Aerobics
11:00a Morning BINGO
2:30p Laundry Day
3:00p Through the Decades
6:00p Adult Painting

28 10:00a Daily Chronicles
11:00a Tai Chi w/LEDA
1:30p Floral Arranging
2:00p Common Phrases
2:30p Tea/Coffee Social
6:00p Adult Painting

29 10:00a Daily Chronicles
10:30a Stretching/Walking Club
11:00a Leisure Bus Ride
1:00p Craft Class w/Lourdes
2:30p Afternoon BINGO
6:00p Adult Puzzles

30 10:00a Daily Chronicles
11:00a Balloon Toss
2:00p Movie & Popcorn
3:00p Hydration & BINGO
6:00p Adult Coloring

31 10:00a Daily Chronicles
10:30a Chair Aerobics
1:00p Afternoon BINGO
3:00p Classic Television