

October 2026 1990'S

Memory Care

Blue- Travel Thru Time with Atlas
Green- Outdoor Activities/Outing
Red-Movie Highlight
Purple-Religious/Spiritual Activity
Orange-Exercise and Fitness Activity

An Atlas Senior Living Community



Sunday



Monday



Tuesday



Wednesday



thursday



Friday



Saturday

4 9:15 Sunday Stretch
10:00 Gospel Memories
12:30 Spotlight Today
1:00 Sunday Social
2:00 Word Game
3:00 Gospel Sing Along
5:30 Forrest Gump Movie

5 9:15 Morning Meditation
10:00 90's TV Trivia
12:30 Courtyard Talk
1:00 Craft Corner /CY
2:00 1990s Snack
3:00 90's Music & Craft
5:30 Home Alone Movie

6 9:15 Moves & Groves
10:00 90's Fashion Talk
11:00 Snack and Chat with Jessica ED
12:30 Spotlight Day
1-2:00 Design 90s T shirt
3:00 Sip & Paint
5:30 Movie & PJs

7 9:15 Chair Yoga
10:00 Coffee Bar
12:30 90s YouTube Trivia
1:00 Lisa Frank-Art
2:00 Snack Bingo
3:00 Happy Hour Social
5:30 Matilda Movie

8 9:15 Morning Meditation
10:00 90s Commercials
12:30 Spotlight Day
1-2:45 Clip, Polish & Primp
3:00 Music Memories & Snack
5:30 Toy Story Movies

9 9:15 Dance & Move
10:00 Hot Cocoa Bar
12:00 Fall Picnic in the Park!
1:30 Karaoke & Mocktail
2:00 Balloon Volleyball
3:00 Soul Train Line
5:30 A League of Their

10 9:15 Morning Stretch
10:00 Name that Tune
12:30 Movie Trivia
1:00 Coloring Café
2:00 Bingo
3:00 Music & Memories
5:30 The Sandlot Movie

11 9:15 Sunday Stretch
10:00 Gospel Memories
12:30 Spotlight Today
1:00 Sunday Social
2:00 Word Game
3:00 Gospel Sing Along
5:30 The Bodyguard Movie

12 9:15 Morning Meditation
10:00 90's TV Trivia
12:30 Courtyard Talk
1:00 Craft Corner /CY
2:00 Spooky Snacks
3:00 90's Music & Craft
5:30 Clueless Movie

13 9:15 Moves & Groves
10:00 90s Trivia
12:30 Spotlight Day
1:00 Game Day
2:00 Snack & Popcorn
3:00 Classic TV Talk
5:30 Movie & PJs

14 9:15 Chair Yoga
10:00 Coffee Bar
12:30 90s Sitcom
1:00 1990s Craft
2:00 Candy Bingo
3:00 Happy Hour Social
5:30 Mrs. Doubtfire Movie

15 9:15 Morning Meditation
10:00 90s Movie Trivia
12:30 Snack Corner
1-2:45 Clip, Polish & Primp
3:00 Popcorn Social
5:30 The Truman Show

16 9:15 Dance & Move
10:00 Hot Cocoa Bar
12:00 I Spy! Around Town
1:30 90s Karaoke
2:00 Snack & Craft
3:00 90s Dance Party
5:30 Sister Act 2 Movie

17 9:15 Morning Stretch
10:00 Name that Tune
12:30 Movie Trivia
1:00 Coloring Café
2:00 Bingo
3:00 Music & Memories
5:30 The Sandlot Movie

18 9:15 Sunday Stretch
10:00 Gospel Memories
12:30 Spotlight Today
1:00 Sunday Social
2:00 Word Game
3:00 Gospel Sing Along
5:30 The Preacher's Wife

19 9:15 Morning Meditation
10:00 90's TV Trivia
12:30 Courtyard Talk
1:00 Craft Corner / CY
2:00 Snack Corner
3:00 Ring Toss
5:30 My Girl Movie

20 9:15 Moves & Groves
10:00 90s Music
12:30 Spotlight Day
1:00 Mini Gold
2:00 Ring Toss
3:00 Classic TV Talk
5:30 Movie & PJs

21 9:15 Chair Yoga
10:00 Coffee Bar
11:00 Snack and Chat with Jessica ED
12:30 90's YouTube Trivia
1-3 Movie Theater Day
4-6 Family Friends 90s Theme

22 9:15 Morning Meditation
10:00 90s TV Trivia
12:30 Snack Corner
1-2:45 Clip, Polish & Primp
3:00 Prize Bingo
5:30 The Fresh Prince Episodes

23 9:15 Dance & Move
10:00 Hot Cocoa Bar
12:30 Goodwill Haul
1:30 90's YouTube Trivia
2:00 Snack Corner
3:00 Spooky Bingo
5:30 Mask Movies

24 9:15 Morning Stretch
10:00 Name that Tune
12:30 Movie Trivia
1:00 Coloring Café
2:00 Bingo
3:00 Music & Memories
5:30 The Sandlot Movie

25 9:15 Sunday Stretch
10:00 Gospel Memories
12:30 Spotlight Today
1:00 Sunday Social
2:00 Word Game
3:00 Gospel Sing Along
5:30 Home Alone 2 Movie

26 9:15 Morning Meditation
10:00 90's TV Trivia
12:30 Courtyard Talk
1:00 Craft Corner /CY
2-3:30 Pumkin Carving
5:30 Grease Movie

27 9:15 Moves & Groves
10:00 90s Trivia
12:30 Spotlight Day
1:00 Game Day
2:00 Soul Train Line 2
3:00 Classic TV Talk
5:30 Movie & PJs

28 9:15 Chair Yoga
10:00 Coffee Bar
12:30 90s Sitcom
1:00 Spooky Candy Bar
2:00 Snack Bingo
3:00 Lets Make S'mores!
5:30 The Nutty Professor Movie

29 9:15 Morning Medication
10:00 Spooky Hot Cocoa Bar
Today is Mystery Thursday!
Pull an activity from the jar to start the day!
10:30-5:30

30 9:15 Dance & Move
10:00 Spooky Hot Cocoa Bar
12:30 Spooky Photoshoot with Jessica ED
1-4 Halloween Party & Truck A Treat!!
5:30 Hocus Pocus Movie

31 9:15 Morning Stretch
10:00 Name that Tune
12:30 Halloween Trivia
1:00 Coloring Café
2:00 Halloween Bingo
3:00 Halloween Music
5:30 Hocus Pocus Movie