

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>OCTOBER 2024</p>		9:30 Activities planning committee 10:30 Res. Life Meeting 1:45 Beaded Indian corn 3:30 Boo to you Parade <i>Magic Kingdom day</i>	9:30 Reminiscing 10:00 Music w/Duke 1:45 Bingo 3:30 Learn about Rosh Hashanah <small>Rosh Hashanah Begins</small>	9:30 Activity stations 10:45 Walking group 1:45 Virtual outing: leaf peeping new England 3:30 Leaf art	9:30 Morning Art: coffee filter leaves 10:45 Chair chi 1:45 Witches brew social 3:30 Jokes to make you smile! <i>World smile day</i>	10:45 Seated soccer 11:00 Current event 1:45 Bingo 3:30 Frankenstein audiobook <i>World storytelling weekend</i>	
	10:15 Sunday service 10:45 Chair stretches 11:00 Current event 1:45 Watch an episode: Midsomer Murders 3:30 Mystery coloring pages <i>Mystery series day</i>	9:30 Morning sip & chat 10:30 Music w/ Danielle 1:45 Cooking club 3:30 Categories <i>Boost your Brain Day</i>	9:30 Relaxation station 10:30 Murder mystery Skit 1:45 Patchwork Pumpkins 3:30 Learn about octopi <i>Octopus day</i>	9:30 Atlas obscura 10:45 Chair Yoga 1:45 Bingo 3:30 Learn about the 7 greatest unsolved mysteries of the world <i>Curious Events Day</i>	9:30 Rate things (1-10) 10:45 Walking group 1:45 Outing: Greenhouse/ Virtual tour Winchester Mystery House 3:00 Tattoos <i>Double 10th Day</i>	9:30 Morning Art 10:45 Chair chi 1:45 Monster races 3:30 Learn about Mythical legends around the world <i>Myths & Legends Day</i> <small>Yom Kippur Begins</small>	10:45 Pool noodle exercise 11:00 Current events 1:45 Bingo 3:30 Mini scarecrow craft <i>Scarecrow Saturday</i>
	10:15 Sunday service 10:45 Chair stretches 11:00 Current events 1:45 Watch: American Bandstand 3:30 Puzzles <i>American Bandstand Day</i>	9:30 Morning sip & chat 10:45 Balance class 1:45 Cooking club 3:00 Matinee: Addams Family <i>Movie Monster Day</i> <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	9:30 Talk about things that make us Grouchy 10:45 Chair disco 1:45 Paint Pumpkins 3:30 Best lines from Oscar the grouch <i>Grouch Day</i>	9:30 Reminiscing 10:45 Chair Yoga 1:45 Bingo 3:00 Fall Happy hour <i>Fall Harvest Day</i> <small>Sukkot Begins</small>	10:00 Voting 10:45 Walking group 1:45 Outing: Downtown Portsmouth drive/ Virtual tour Salem, MA 3:30 Affirmation wall decor <i>Think Positive Thursday</i>	9:30 Morning Art 10:45 Chair chi 1:45 Word mining 3:30 Bat suncatchers <i>A Batty Day</i>	10:45 Seated soccer 11:00 Current event 1:45 Bingo 3:30 Pen doodles/ Learn about inktober <i>Ink Drawing Day</i>
	10:15 Sunday service 10:45 Monster Mash exercise 1:45 Matinee: Nightmare before Christmas 3:30 Learn about Dracula <i>"Monster Mash"/ Dracula Day</i>	9:30 Morning sip & chat 10:30 Music w/ Danielle 1:45 Cooking club 3:30 Learn about Reptiles <i>Reptile Awareness Day</i>	9:30 Mystery touch & feel 10:45 Chair disco 1:45 "No Fall" Fest 3:30 Liszt in the World <i>Listen to Liszt Day</i>	9:30 Reminiscing 10:45 Chair Yoga 1:45 Bingo 3:30 Play BOO/ how many words have double "o"? <i>A Boo-tiful! Day</i>	9:30 Activity Stations 10:45 Walking group 1:45 Outing: Mountain Drive/ Virtual tour of Niagara Falls 3:00 Mini crafts <i>Going over Niagara Falls in a Barrel Day</i> <small>Simchat Torah Begins</small>	9:30 Morning Art 10:30 Music w/ Ramblin Richie 1:45 Memorial 3:30 watch illusionist Rob Lake <i>Frankenstein Friday/ International Magic week Begins</i>	10:45 Pool noodle exercise 11:00 Current event 1:45 Bingo 3:30 Moon folk songs <i>Howl at the Moon Night</i>
	10:15 Sunday service 10:45 Spooky stretch 11:00 Current events 1:45 Matinee: Muppets Haunted Mansion 3:30 spooky coloring <i>Spooky Sunday</i>	9:30 Morning sip & chat 10:45 Balance class 1:30 Pack crossroads lunches 3:00 Spa day <i>Make a Difference Day</i>	9:30 Relaxation station 10:30 Trick or treating w/ A Place 2 Grow 1:45 Paint class 3:30 History of Black Cats <i>National Cat Day</i>	9:30 Reminiscing 10:30 Karaoke w/Ash 1:45 Bingo 3:30 Wicked on Broadway <i>A Wicked Day</i> Takeout dinner: TBD	9:30 Samhain history 10:45 Chair yoga 1:30 Halloween party 3:00 Matinee: Hocus pocus <i>Samhain Halloween</i>	 <p>Birthdays</p> <p>Jeanette 12th Barb Q. 15th John 19th Don 29th</p>	