

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

Whitnall Park

<p>9:30 Moring News 9:45 Exercise 10:30 Brain Teasers 11:00 Mass Ch. 3 1:00 Walking Club/ Ambulation 2:30 Bingo MP 3:25 Packers vs Steelers 6:00 On The Town</p>	<p>9:30 News and Exercise 10:15 Fire side Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:00 Relax Let’s talk about it 3:30 1:1 Social Visits 4:00 TV Classics 6:00 IN2L “What’s the Cost?” 7:00 Hallmark Monday Night Movie</p>	<p>9:30 Current Events 10:00 Morning Stretch 10:30 Social/ Jeopardy with J 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:00 Manicures/ Balloon Toss 3:30 1:1 Social Visits 4:00 Golf TV 6:00 Cornhole</p>	<p>9:30 News and Exercise / Mindful Music 10:15 Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Music Appreciation – Dean Martin 2:30 Mindfulness and Relaxation 3:30 Biography 4:00 TV Classics 6:00 Snack and Trivia</p>	<p>9:30 Musical Exercise 10:15 Let’s Make Music 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:15 Flower Arrangements/Johnny Applesseed 3:30 Resident Meet & Greet 4:00 Classic TV 6:00 October Trivia</p>	<p>9:45 Friday Morning Exercise 10:15 Hydration Social Discussion 10:40 Morning News Update 11:00 Mass – Ch. 3 1:30 Strength and Balance(L) 2:15 Happy Hour 3:00 Rosary 4:00 Hallmark Channel 6:00 Manicures & Life Ventures</p>	<p>9:30 Moring News 9:45 Exercise 10:00 Warm Apple Cider 1:30 Strength and balance / Cooking Channel 2:30 1:1 Social Visits 3:30 Question of the Day 4:00 History Detectives PBS 6:00 Concussion</p>
<p>9:30 Good News 9:45 Morning Exercise 10:00 Cranberry Juice Social 10:30 Who Am I? 11:00 Mass Ch. 3 12:00 Packers vs Bengals 1:00 Walking Club/ Ambulation 2:30 Bingo MP 3:30 Social and Discussion 6:00 Heidi</p>	<p>9:30 News and Exercise 10:15 Moving in your seat with Joan 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:00 Relax Let’s talk about it 3:30 1:1 Social Visits 4:00 TV Classics 6:00 IN2L Hangman Columbus Day (US) Indigenous Peoples’ Day Thanksgiving (Canada)</p>	<p>9:30 Current Events 10:00 Morning Stretch 10:30 Social/ Jeopardy with J 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:00 Manicures/ Ring Toss 3:30 1:1 Social Visits 4:00 Golf TV 6:00 Wine and Conversations</p>	<p>9:30 News and Exercise / Mindful Music 10:15 Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:30 Mindfulness and Relaxation 3:30 Lawrence Welk 4:00 TV Classics 6:00 Tour or Hawaii</p>	<p>9:30 Musical Exercise 10:15 Let’s Make Music 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:15 Flower Arrangements/Travel to Europe 3:30 Resident Meet & Greet 4:00 Classic TV 6:00 July Trivia</p>	<p>9:45 Friday Morning Exercise 10:15 Hydration Social Discussion 10:40 Morning News Update 11:00 Mass – Ch. 3 1:30 Strength and Balance(L) 2:15 Happy Hour 3:00 Rosary 4:00 Hallmark Channel 6:00 Bowling</p>	<p>9:30 Moring News 9:45 Exercise 10:00 Sunshine Muffins 1:30 Strength and balance / Cooking Channel 2:30 1:1 Social Visits 3:30 Question of the Day 4:00 History Detectives PBS 6:00 Rudy</p>
<p>9:30 Moring News 9:45 Exercise 10:30 Brain Teasers 11:00 Mass Ch. 3 12:00 Packers VS Bears 1:00 Walking Club/ Ambulation 2:30 Bingo MP 3:30 1:1 Socials 6:00 Mame</p>	<p>9:30 News and Exercise 10:15 Fire side Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:00 Relax Let’s talk about it 3:30 1:1 Social Visits 4:00 TV Classics 6:00 IN2L “What’s the Cost?” 7:00 Hallmark Monday Night Movie Happy Birthday BEV</p>	<p>9:30 Current Events 10:00 Morning Stretch 10:30 Social/ Jeopardy with J 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:00 Manicures/ Noodle ball 3:30 1:1 Social Visits 4:00 Golf TV 6:00 Noodle Ball</p>	<p>9:30 Jesuit sing a long/ Mindful Music 10:15 Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:30 Mindfulness and Relaxation 3:30 Biography 4:00 TV Classics 6:00 Snack and Trivia</p>	<p>9:30Musical Exercise 10:15 Let’s Make Music 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:15 Flower Arrangements/Travel to Door County 3:30 Resident Meet & Greet 4:00 Classic TV 6:00 July Trivia</p>	<p>9:45 Friday Morning Exercise 10:15 Hydration Social Discussion 10:40 Morning News Update 11:00 Mass – Ch. 3 1:30 Strength and Balance(L) 2:15 Happy Hour 3:00 Rosary 4:00 Hallmark Channel 6:00 Manicures & Life Ventures</p>	<p>9:30 Moring News 9:45 Exercise 10:00 Orange Juice Social 10:30 Baking Muffins 1:30 Strength and balance / Cooking Channel 2:30 1950’s Trivia 3:30 Question of the Day 4:00 History Detectives PBS 6:00 Undeafated</p>
<p>9:30 Moring News 9:45 Exercise to Music 10:00 Hydration Social 10:30 Brain Teasers 11:00 Mass Ch. 3 12:00 Packers vs Washington 1:00 Walking Club/ Ambulation 2:30 Bingo MP 3:30 Social and Discussion 6:00 Beethoven</p>	<p>9:30 News and Exercise 10:15 Fire side Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:00 Relax Let’s talk about it 3:30 1:1 Social Visits 4:00 TV Classics 6:00 IN2L “What’s the Cost?” 7:00 Hallmark Monday Night Movie</p>	<p>9:30 Current Events 10:00 Morning Stretch 10:30 Social/ Jeopardy with J 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:00 Manicures/ Balloon Toss 3:30 1:1 Social Visits 4:00 Golf TV 6:00 National Pumpkin Day Trivia</p>	<p>9:30 News and Exercise / Mindful Music 10:15 Social 11:00 Mass – Ch. 3 1:30 Strength and Balance/Tunes for Thoughts 2:30 Mindfulness and Relaxation 3:30 Biography 4:00 TV Classics 6:00 General Knowledge Quizzes</p>	<p>9:30 Musical Exercise 10:15 Let’s Make Music 11:00 Mass – Ch. 3 1:30 Ambulation & Plant Care 2:15 Flower Arrangements/Travel to Transylvania 3:30 Resident Meet & Greet 4:00 Classic TV 6:00 Trick or Treat Trivia</p>	<p>9:45 Friday Morning Exercise 10:15 Hydration Social Discussion 10:40 Morning News Update 11:00 Mass – Ch. 3 1:30 Strength and Balance(L) 2:15 Halloween & Costume Party W/ Rocking Randy 3:00 Rosary 4:00 Hallmark Channel 6:00 Noodle Ball</p>	<p>9:30 Moring News 9:45 Exercise 10:00 Spooky Cookies 1:30 Strength and balance / Cooking Channel 2:30 1:1 Social Visits 3:30 Question of the Day 4:00 History Detectives PBS 6:00 Charlie & The Chocolate Factory</p>
<p>9:45 Exercise 10:00 Fireside Chat Socials 10:30 Brain Teasers 11:00 Mass Ch. 3 1:00 Walking Club/ Ambulation 2:30 Bingo MP 3:30 1:1 Socials 6:00 Matilda</p>	<p>RED- Off Campus Outing BLUE-Special Events PURPLE-Residential Aide Programs ORANGE- Physical Mobility Programs MP –Multipurpose Room CH- Chapel YELLOW- Birthdays</p>					



Halloween