# October 2025
## MC Monthly



created with Sagely

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Oakland Heights SENIOR LIVING | | | 1<br>10:00 Morning Stretch<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Puzzle Time with Snack<br>2:00 Afternoon Stretch<br>2:30 What Would You Do?<br>3:00 Today in History<br>3:30 Bean Bag Toss<br>5:30 Evening Movie | 2<br>10:00 Morning Movement<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Matching Game<br>2:00 Afternoon Stretch<br>3:00 Math Game<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 3<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Linda Lenke on Piano<br>2:00 Afternoon Stretch<br>2:30 A Look at the Past<br>2:30 Ball Game<br>3:30 Arm Chair Travel<br>5:30 Evening Movie | 4<br>9:30 Seated Yoga<br>10:00 What Would You Do?<br>10:30 Snack & Trivia<br>11:00 Food from Around the World<br>2:00 Afternoon Stretch<br>3:00 Adult Coloring<br>3:30 Outdoor Stroll<br>5:30 Evening Movie |
| 5<br>9:30 Morning Music<br>10:00 Church Service<br>10:00 Sit and Be Fit<br>11:00 Food from Around the World<br>1:30 Gentle Massage<br>2:00 Afternoon Stretch<br>3:00 Painting<br>5:30 Evening Movie | 6<br>10:00 Sit and Be Fit<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Sing-A-Long<br>2:00 Afternoon Stretch<br>2:30 Mind Joggers<br>3:00 Finish the Phrase<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 7<br>9:30 Resident Morning Meeting<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Name That Tune<br>2:00 Afternoon Stretch<br>2:30 Balloon Toss<br>3:00 Bingo!<br>5:30 Evening Movie | 8<br>10:00 Morning Stretch<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Puzzle Time with Snack<br>2:00 Afternoon Stretch<br>2:30 What Would You Do?<br>3:00 Today in History<br>3:30 Bean Bag Toss<br>5:30 Evening Movie | 9<br>10:00 Morning Movement<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Matching Game<br>2:00 Afternoon Stretch<br>3:00 Math Game<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 10<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Linda Lenke on Piano<br>2:00 Afternoon Stretch<br>2:30 Ball Game<br>3:30 Arm Chair Travel<br>5:30 Evening Movie | 11<br>9:30 Seated Yoga<br>10:00 What Would You Do?<br>10:30 Snack & Trivia<br>11:00 Food from Around the World<br>2:00 Afternoon Stretch<br>3:00 Adult Coloring<br>3:30 Outdoor Stroll<br>5:30 Evening Movie |
| 12<br>9:30 Morning Music<br>10:00 Church Service<br>10:00 Sit and Be Fit<br>11:00 Food from Around the World<br>1:30 Gentle Massage<br>2:00 Afternoon Stretch<br>3:00 Painting<br>5:30 Evening Movie | 13<br>**Columbus Day**<br>10:00 Sit and Be Fit<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Sing-A-Long<br>2:00 Afternoon Stretch<br>2:30 Mind Joggers<br>3:00 Finish the Phrase<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 14<br>9:30 Resident Morning Meeting<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Name That Tune<br>2:00 Afternoon Stretch<br>2:30 Balloon Toss<br>3:00 Bingo!<br>5:30 Evening Movie | 15<br>10:00 Morning Stretch<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Puzzle Time with Snack<br>2:00 Afternoon Stretch<br>2:30 What Would You Do?<br>3:00 Today in History<br>3:30 Bean Bag Toss<br>5:30 Evening Movie | 16<br>10:00 Morning Movement<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Matching Game<br>2:00 Afternoon Stretch<br>3:00 Math Game<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 17<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Linda Lenke on Piano<br>2:00 Afternoon Stretch<br>2:30 Ball Game<br>3:30 Arm Chair Travel<br>5:30 Evening Movie | 18<br>9:30 Seated Yoga<br>10:00 What Would You Do?<br>10:30 Snack & Trivia<br>11:00 Food from Around the World<br>2:00 Afternoon Stretch<br>3:00 Adult Coloring<br>3:30 Outdoor Stroll<br>5:30 Evening Movie |
| 19<br>9:30 Morning Music<br>10:00 Church Service<br>10:00 Sit and Be Fit<br>11:00 Food from Around the World<br>1:30 Gentle Massage<br>2:00 Afternoon Stretch<br>3:00 Painting<br>5:30 Evening Movie | 20<br>10:00 Sit and Be Fit<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Sing-A-Long<br>2:00 Afternoon Stretch<br>2:30 Mind Joggers<br>3:00 Finish the Phrase<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 21<br>9:30 Resident Morning Meeting<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Name That Tune<br>2:00 Afternoon Stretch<br>2:30 Balloon Toss<br>3:00 Bingo!<br>5:30 Evening Movie | 22<br>10:00 Morning Stretch<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Puzzle Time with Snack<br>2:00 Afternoon Stretch<br>2:30 What Would You Do?<br>3:00 Today in History<br>3:30 Bean Bag Toss<br>5:30 Evening Movie | 23<br>10:00 Morning Movement<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Matching Game<br>2:00 Afternoon Stretch<br>3:00 Math Game<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 24<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Linda Lenke on Piano<br>2:00 Afternoon Stretch<br>3:30 Arm Chair Travel<br>5:30 Evening Movie | 25<br>9:30 Seated Yoga<br>10:00 What Would You Do?<br>10:30 Snack & Trivia<br>11:00 Food from Around the World<br>2:00 Afternoon Stretch<br>3:00 Adult Coloring<br>3:30 Outdoor Stroll<br>5:30 Evening Movie |
| 26<br>9:30 Morning Music<br>10:00 Church Service<br>10:00 Sit and Be Fit<br>11:00 Food from Around the World<br>1:30 Gentle Massage<br>2:00 Afternoon Stretch<br>3:00 Painting<br>5:30 Evening Movie | 27<br>10:00 Sit and Be Fit<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Sing-A-Long<br>2:00 Afternoon Stretch<br>2:30 Mind Joggers<br>3:00 Finish the Phrase<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 28<br>9:30 Resident Morning Meeting<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Name That Tune<br>2:00 Afternoon Stretch<br>2:30 Balloon Toss<br>3:00 Bingo!<br>5:30 Evening Movie | 29<br>10:00 Morning Stretch<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Puzzle Time with Snack<br>2:00 Afternoon Stretch<br>2:30 What Would You Do?<br>3:00 Today in History<br>3:30 Bean Bag Toss<br>5:30 Evening Movie | 30<br>10:00 Morning Movement<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Matching Game<br>2:00 Afternoon Stretch<br>3:00 Math Game<br>3:30 Outdoor Stroll<br>5:30 Evening Movie | 31<br>**Halloween**<br>10:00 Morning Exercise<br>10:30 Snack Time and Trivia<br>11:00 Food from Around the World<br>1:30 Linda Lenke on Piano<br>2:00 Afternoon Stretch<br>2:30 A Look at the Past<br>2:30 Happy Hour!<br>3:30 Arm Chair Travel<br>5:30 Evening Movie | |