Walden Place -Flavors Of Fall calendar & activities

OCT 2019 SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY 6:00pm Hand massage 3:30 Table top games 3:15pm Tai Chi 9:15 Communion, I 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 8:45 Makeovers [MCL] 9:15 • Exercise [MCL] 8:45 Makeovers [MCL] CONNECT 8:45 • Makeovers [MCL] 9:30 • Chair Stretches [MCL] 9:15 • Exercise [MCL] 9:15 • Chair Zumba [MCL] 9:45 • Intro To Spark 9:15 • Communion, L [AL] 10:00 • Thymeless [CK] 10:00 • Thymeless [CK] 10:00 • Thymeless [CK] [MCL] 9:15 • Walking Group [MCL] CONTRIBUTE 10:30 • Prize Bingo [CK] 10:30 Reminisce Our Halloween 10:30 • Remember When On IN2L [CK] 10:00 • Thymeless [CK] 0:00 Brain Games [CK] 11:00 • Setting Up For Lunch [CK] 11:00 • Setting Up For Lunch [CK] 11:00 • Setting Up For Lunch [CK] 0:00 • Thymeless [CK] 10:30 • baking cookies [CK] 12:30 • Fall Crafts [CK] FEEL 12:30 • Figures Of Speech 12:30 • Individual Games [CK] 1:30 • Tongue Twisters 11:00 • Setting Up For Lunch [CK] 0:30 Mandala Art [CK] 1:00 • Neck Massages [MCL] 1:30 • Happy Hour [MCL] 2:30 • Fun With Grad Students [LR] 11:00 • Setting Up For Lunch [CK] 12:30 • Making Camel Apples [CK] GROW 2:30 • Music With Friends [CK] 3:15 • Tai-Chi [CK] 1:30 • The Meanings Of Old Sayings [LR] 1:30 • Smoothies [CK] 2:30 • Fun With Grad Students [LR] 3:30 • Good News Stories [MCL] 3:30 • Good News Stories [MCL] 2:15 • Country Ride with Sareta and Lisa 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] MOVE 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] 4:00 Setting For Dinner [CK] 5:30 • Sing Along On In2L [CK] 4:00 • Setting For Dinner [CK] 5:30 • Tea Time Happy Hour 4:00 • Setting For Dinner [CK] 6:00 • Word Search Game [CK] pm • Fill In The Blank [CK] 6:00 • Crossword Puzzles [CK] 6:00 • Fill In The Blank [MCL] 5:30 • Residents Choice Of Activity [CK] REFLECT 6:30 • Folding Laundry [LR] 6:30 • Reading Together 6:30 • Hand Massage [MCL] 6:30 • Volunteer Clean Up 6:30 Movie Night [LR] 8:45 • Makeovers [MCL] 8:45 Makeovers [MCL] 3:15pm Tai Chi 10:45 Bible Study 8:45 • Makeovers [MCL] 9:15 Communion, L 8:45 • Makeovers [MCL] 9:15 • Reach and Stretch [MCL] 9:15 • Move To Music [CK] 8:45 • Makeovers [MCL] 9:15 • Exercise [MCL] 10:45 Bible Study 9:15 • Exercise [MCL] Spark 0:00 • Thymeless [CK] 9:15 • Chair Stretches [LR] 10:00 • Thymeless [CK] 10:00 • Thymeless [CK] LOCATIONS 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 10:00 • Thymeless [CK] 10:00 • Thymeless [CK] 11:00 • Setting Up For Lunch 10:30 • Remember When On 9:15 • Chair Zumba [MCL] 9:15 • Communion, L [AL] 10:30 • Baking [CK] 1:00 • Setting Up For Lunch [CK] 10:30 • Spark (Words In A Word) [LR] IN2L [CK] 10:00 • Thymeless [CK] 9:15 • Walking Group [MCL] 12:30 Bookmarks 11:00 • Setting Up For Lunch [CK] 11:00 • Setting Up For Lunch [CK] 12:30 • Staff Choice Of Activity 11:00 • Setting Up For Lunch [CK] 10:00 • Thymeless [CK] 10:30 Painting Pumpkins [CK] 1:00 • Pumpkin Coffee Social [CK] 12:00 Hand Massages [IR] 12:30 • Coffee and Conversations 1:15 Men's Spa Day 12:30 Individual Games [CK] 10:45 • Bible Study [AL] 0:30 Brain Health Trivia [CK] Assisted Living - AL1:30 • Folding Laundry 1:00 • Pumpkin Patch 2:30 • Have A snack With Friend 1:00 Neck Massages [MCL] 2:30 • Have A snack With Friend 1:30 • Cognitive Games [CK]
2:30 • Fun With Grad Students [AL] 11:00 • Setting Up For Lunch [CK] 1:00 • Setting Up For Lunch [CK] 1:00 • Painting 3:30 • Good News Stories [MCL] Courtyard - CY 3:30 • Good News Stories [MCL] 1:30 • Indoor Soccer [MCL] 1:30 • Happy Hour [MCL] 1:15 • Pumpkin Painting Contest [CK] 2:30 • Fun With Grad Students 3:30 • News Around The World [LR] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 3:15 • Tai-Chi [CK] 3:30 • Good News Stories [MCL] 2:15 • Country Ride with Sareta and Lisa 4:00 • Setting For Dinner [CK] 5:30 • Roll Yarn Into Balls [MCL] 3:30 • News Around The World [MCL] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] Country Kitchen - CK 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] 6:00 • Evening At The Spa 5:30 • Walking Group [AL] 4:00 • Setting For Dinner [CK] 4:00 • Setting For Dinner [CK] 5:30 • Residents Choice Of Activity [CK] 5:30 • Tea Time Happy Hour 4:00 • Setting For Dinner [CK] 6:30 • Lawrence Welk [LR] 6:00 • Folding Laundry [MCL] 5:30 • Sing Along On In2L [CK] 6:00 • Organize Rooms With Residents Living Room - *LR* 6:00 • Crossword Puzzles [CK] 6:00 • Fill In The Blank [MCL] 5:30 • Sing Along Relaxation [CK] pm • Finish The Phrase 6:30 • Movie and Popcorn [LR] 6:30 • Hand Massage [MCL] 6:30 • Back Massages Movie With Friends [LR] 6:00 • Evening At the Spa 6:30 • Reading Together Memory Care Lounge - MCL 3:15pm Tai Chi 8:45 • Makeovers [MCL] **Columbus Day** 8:45 • Makeovers [MCL] 9:15 Communion, L 3:30 Table top games 6:00pm Hand massage 6 Shuttle Bus - SB 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 8:45 Makeovers [MCL] 9:15 • Move To Music 8:45 • Makeovers [MCL] 9:15 • Exercise [MCL] 9:30 • Chair Stretches [MCL] 9:15 • Reach and Stretch 9:15 • Chair Zumba [MCL] 8:45 • Makeovers [MCL] 9:15 • Exercise [MCL] 10:00 • Thymeless [CK] 9:15 • Communion, L [AL] 10:00 • Thymeless [CK] [MCL] 10:00 • Thymeless [CK] 10:00 • Thymeless [CK] 10:00 • Thymeless [CK] 10:30 • Baking [CK] 9:15 • Walking Group [MCL] 10:00 • Thymeless [CK] 10:30 • Prize Bingo [CK] 10:30 • Remember When On IN2L [CK] 10:30 • Making Halloween Treats [CK] 11:00 • Setting Up For Lunch [CK] 11:00 • Setting Up For Lunch [CK] 10:00 Brain Games [CK] 11:00 • Setting Up For Lunch [CK] 10:30 • Facials 11:00 • Setting Up For Lunch [CK] 11:00 • Setting Up For Lunch [CK] 12:30 Painting 12:30 • Making Apple Crisp [CK] 10:30 Brain Health Trivia [CK] 12:30 • Crafts [CK] 11:00 • Setting Up For Lunch [CK] 1:30 • Happy Hour [MCL] 12:30 Individual Games [CK] 1:00 • Setting Up For Lunch [CK] 1:15 • Men's Spa Day 2:30 • Fun With The Grad Students 1:15 • Cognitive Games [CK] 12:30 Bookmarks **BIRTHDAYS** 3:30 • Good News Stories [MCL] 1:15 • Neck Massages [MCL] 12:30 • Smoothies [CK] 3:30 • Good News Stories [MCL] 3:30 • Good News Stories [MCL] 2:30 • Fun With Grad Students [AL] 1:15 Afternoon At The Spa 3:30 • Good News Stories [MCL] 4:00 • John Storie Entertainment [CK] 1:00 Sing Along On In21 [CK] 4:00 • Setting For Dinner [CK] 3:15 • Tai-Chi [CK] 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Tea Time Happy Hour 2:15 • Country Ride with Sareta and Lisa THIS MONTH 3:30 • Good News Stories [MCL] 5:30 • Walking Group [AL] 4:00 • Setting For Dinner [CK] 6:00 • Crossword Puzzles [CK] 3:30 • Good News Stories [MCL] 5:30 • Residents Choice Of Activity [CK] 6:00 • Fill In The Blank [MCL] 6:00 • Folding Laundry [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Roll Yarn Into Balls [MCL] Movie With Friends [LR] 4:00 • Setting For Dinner [CK] 6:30 • Hand Massage [MCL] 6:30 • Back Massages 5:30 • Sing Along On In2L [CK] 5:30 • Funny Videos [CK] 6:00 • Complete The Song 6:30 • Movie and Popcorn [LR] 6:30 • Reading Together 6:00 • Word Search Game [CK] 6:30 • Poems 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 3:15pm Tai Chi 10:45 Bible Study 8:45 • Makeovers [MCL] 9:15 Communion, L 8:45 • Makeovers [MCL] 10:45 Bible Study 9:15 • Move To Music 8:45 • Makeovers [MCL] 9:15 • Exercise [MCL] 9:15 • Reach and Stretch 9:15 • Exercise [MCL] 8:45 • Makeovers [MCL] 9:15 • Chair Stretches [MCL] 10:00 • Thymeless [CK] 8:45 • Makeovers [MCL] 10:00 • Thymeless [CK] 9:15 • Chair Zumba [MCL] 10:30 • Prize Bingo [CK] 10:00 • Thymeless [CK] 10:00 Thymeless [CK] 9:15 • Communion, L [AL] 10:30 • Baking [CK] 10:30 Remember When On IN2L 10:00 • Trip To Hollenbecks 11:00 • Setting Up For Lunch [CK] 9:30 • Walking Group [MCL] Bingo 10:30 • Facials 10:30 • Warm Hands 10:30 • Lovely Hands SENIOR LIFESTYLE 12:30 • Crafts [CK] 10:00 Brain Games [CK] 11:00 • Setting Up For Lunch [CK] 10:45 • Bible Study [AL] 1:15 • Cognitive Games [CK] 0:30 • Brain Health Trivia [CK] 12:30 • Reminisce Fall Favorites 12:30 • Tongue Twisters 11:00 • Setting Up For Lunch [CK] 12:15 • Trivia 12:30 Painting Come grow with us! 2:30 • Fun With Grad Students [AL] 1:00 • Setting Up For Lunch [CK] 12:30 • Cider And Donuts [CK] 1:00 • Bookmarks 1:15 • Men's Spa Day 1:00 • Making Monkey Bread [CK] 1:15 • Neck Massages [MCL] 3:15 • Tai-Chi [CK] 1:30 • Table Top Games [CK] 1:30 • Smoothies [CK] 3:30 • Good News Stories [MCL] 3:30 • Good News Stories [MCL] Afternoon At The Spa 2:30 • Fun With Grad Students 1:15 3:30 • Good News Stories [MCL] 3:30 • Good News Stories [MCL] 2:15 • Country Ride with Sareta and Lisa 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 4:00 • Setting For Dinner [CK] 3:30 • Good News Stories [MCL] 5:30 • Walking Group [AL] 4:00 • Setting For Dinner [CK] 5:30 • Residents Choice Of Activity 5:30 • Sing Along On In2L [CK] 5:30 • Tea Time Happy Hour 4:00 • Setting For Dinner [CK] 4:00 • Setting For Dinner [CK] 6:00 • Fill In The Blank [MCL] 6:00 • Folding Laundry [MCL] 5:30 • Evening At The Spa 6:00 • Simple Scrabble 6:00 • Crossword Puzzles [CK] 6:00 • Word Search Game [CK] 6:30 • Volunteer Clean Up 6:30 • Read With Friends 6:30 • Hand Massage [MCL] 6:30 • Movie and Popcorn [LR] Movie With Friends [LR] 6:30 • Finish The Phrase SENIOR LIFESTYLE 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 3:15pm Tai Chi 3:30 Table top games Halloween 3 Unlimited options, 9:30 • Move To Music 9:15 Reach and Stretch 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 9:30 • Chair Stretches [MCL] 9:15 • Chair Zumba [MCL]

WWW.SENIORLIFESTYLE.COM Activities are subject to change

Unparalleled services

12:30 Painting

1:15 • Men's Spa Day

10:00 • Thymeless [CK]

3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK]

11:00 • Setting Up For Lunch [CK]

5:30 • Walking Group [AL] 6:00 • Folding Laundry [MCL]

6:30 • Movie and Popcorn [LR]

10:00 • Thymeless [CK] 10:30 • Facials 11:00 • Setting Up For Lunch [CK] 12:30 Bookmarks 1:15 Afternoon At The Spa 1:45 • Funny Videos [CK] 2:30 • Sing Along On In2L [CK] 3:30 • News Group

4:00 • Setting For Dinner [CK]

6:30 • Lawrence Welk [LR]

5:30 • Roll Yarn Into Balls [MCL]

10:00 • Thymeless [CK] 10:30 • Prize Bingo [CK] 11:00 • Setting Up For Lunch [CK]

12:30 • fall Crafts [CK] 1:15 • Cognitive Games [CK] 2:30 • Fun With Grad Students [AL] 3:15 • Tai-Chi [CK] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Sing Along On In2L [CK] 6:30 • Reading Together

10:00 • Thymeless [CK] 10:30 • Suny Student Games [CK] 11:00 • Setting Up For Lunch [CK] 12:15 • Fun With Fall 1:30 • Happy Hour [MCL]

3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Tea Time Happy Hour 6:00 • Fill In The Blank [MCL] 6:30 • Volunteer Clean Up

9:15 • Exercise [MCL] 10:00 • Thymeless (Making Pumpkin Soup) [CK] 10:30 • Bookmarks

11:00 • Setting Up For Lunch [CK] 12:30 • Halloween Party [CK] 2:30 • Fun With Grad Students 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK]

6:00 • Crossword Puzzles [CK] 6:30 Movie With Friends [LR]

'I'm so glad I live in a world where there are

L.M. Montgomery, Anne of Green Gables