

calendar & activities
OCT 2020

Walden Place

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison."
— Nelson Mandela



- 8:30 ● Makeovers [MCL] 1
- 9:15 ● Reach and Stretch [CK]
- 10:15 ● Reminiscence [AR]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:45 ● Lovely Nails [CK]
- 2:00 ● Aromatherapy [MCL]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Mandala Art [AR]

- 8:30 ● Makeovers [MCL] 2
- 9:15 ● Conductorcise [CK]
- 10:15 ● Reminiscence [AR]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:30 ● Bingo [CK]
- 1:30 ● Country Ride [SB]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Volunteer Clean-Up [CK]

- 8:30 ● Makeovers [MCL] 3
- 9:15 ● Move to Music [CK]
- 10:15 ● Reminiscence [AR]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:15 ● Sing-Along on IN2L [CK]
- 1:15 ● Trivia [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Lawrence Welk [AR]

LOCATIONS

Assisted Living - AL
Courtyard - CY
Country Kitchen - CK
Activity Room - AR
Memory Care Lounge - MCL
Shuttle Bus - SB

BIRTHDAYS
THIS MONTH

SENIOR LIFESTYLE

Come grow with us!

SENIOR LIFESTYLE
Unlimited options,
Unparalleled
services

WWW.SENIORLIFESTYLE.COM
Activities are subject to change

- 8:30 ● Makeovers [MCL] 4
- 9:00 ● Our Daily Bread [AR]
- 10:00 ● Stretching [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Relaxing Massage [MCL]
- 2:00 ● Sunday at the Memories [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Movie and Popcorn [AR]

- 8:30 ● Makeovers [MCL] 11
- 9:00 ● Our Daily Bread [AR]
- 10:00 ● Stretching [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Relaxing Massage [MCL]
- 2:00 ● Sermons on IN2L [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Movie and Popcorn [AR]

- 8:30 ● Makeovers [MCL] 18
- 9:00 ● Our Daily Bread [AR]
- 9:45 ● Stretching [CK]
- 10:30 ● Medical/Health Discussions [MCL]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Relaxing Massage [MCL]
- 2:00 ● Sing-Along Hymns [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Movie and Popcorn [AR]

- 8:30 ● Makeovers [MCL] 25
- 9:00 ● Our Daily Bread [AR]
- 9:45 ● Stretching [CK]
- 10:30 ● Trivia [MCL]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Relaxing Massage [MCL]
- 2:00 ● Bible Readings [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Movie and Popcorn [AR]

- 8:30 ● Makeovers [MCL] 5
- 9:15 ● Wake Up and Dance! [CK]
- 10:00 ● Cognitive Games [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Yatzee [AR]
- 2:00 ● Resident's Choice Activity [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Yarn Sorting [AR]

- Columbus Day** 12
- 8:30 ● Makeovers [MCL]
- 9:15 ● Wake Up and Dance! [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:30 ● "Columbus Day True Or False [AR]
- 2:00 ● Columbus Coloring Pages [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Reminiscence Football [AR]

- 8:30 ● Makeovers [MCL] 19
- 9:15 ● Wake Up and Dance! [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:15 ● Sing Along [CK]
- 1:00 ● Mandala Art [AR]
- 2:00 ● Resident's Choice Activity [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Humor Hour [AR]

- 8:30 ● Makeovers [MCL] 26
- 9:15 ● Wake Up and Dance! [CK]
- 10:30 ● Scrabble [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Kickball [AR]
- 2:00 ● Resident's Choice Activity [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Animal Kingdom Explorations [AR]

- 8:30 ● Makeovers [MCL] 6
- 9:15 ● Chair Stretches [CK]
- 10:00 ● Games [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Resident Choice On IN2L [AR]
- 2:00 ● Parachute Games [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Spiritual Thoughts [AR]

- 8:30 ● Makeovers [MCL] 13
- 9:15 ● Chair Stretches [CK]
- 10:30 ● Funny Videos [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Haunted Snow Globes [AR]
- 2:00 ● Bowling Tournament [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Reading Together [AR]

- 8:30 ● Makeovers [MCL] 20
- 9:15 ● Chair Stretches [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Imitation Stained Glass [AR]
- 2:00 ● Pumpkin Balloon Toss [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Reminiscence Pastimes [AR]

- 8:30 ● Makeovers [MCL] 27
- 9:15 ● Chair Stretches [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Chalk Jack-O-Lanterns [AR]
- 2:00 ● Walk the Egg [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Dear Abby [AR]

- 8:30 ● Makeovers [MCL] 7
- 9:15 ● Flash Fitness [CK]
- 10:15 ● Bookmarks [AR]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Water Therapy [CK]
- 2:00 ● Music Appreciation [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Tea and Puzzles [AR]

- 8:30 ● Makeovers [MCL] 14
- 9:15 ● Flash Fitness [CK]
- 10:30 ● Pet Talk [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Bake Witch Fingers [CK]
- 2:00 ● My Neighbor is a Witch! [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Words of Hope [AR]

- 8:30 ● Makeovers [MCL] 21
- 9:15 ● Flash Fitness [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Fall Sensory Bag [AR]
- 2:00 ● Bookmarks [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Tongue Twisters [AR]

- 8:30 ● Makeovers [MCL] 28
- 9:15 ● Flash Fitness [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Spooky Goopy Slime [AR]
- 2:00 ● Hot Pumpkin [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Evening Massage [AR]

- 8:30 ● Makeovers [MCL] 8
- 9:15 ● Reach and Stretch [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:45 ● Lovely Nails [CK]
- 1:00 ● Jumpin' Pumpkin [AR]
- 2:00 ● Concentration [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Animal Kingdom Explorations [AR]

- 8:30 ● Makeovers [MCL] 15
- 9:15 ● Reach and Stretch [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:45 ● Lovely Nails [CK]
- 1:00 ● Decorate for Halloween! [MCL]
- 2:00 ● Listen to "War of the Worlds" [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Joke Box [AR]

- 8:30 ● Makeovers [MCL] 22
- 9:15 ● Reach and Stretch [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:45 ● Lovely Nails [CK]
- 1:00 ● Baking [CK]
- 2:00 ● Whoooo is Ready for Owl Poetry? [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Water Therapy [CK]

- 8:30 ● Makeovers [MCL] 29
- 9:15 ● Reach and Stretch [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:45 ● Lovely Nails [CK]
- 1:00 ● Ghostly Cookies [CK]
- 2:00 ● Ghost Stories [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Cookie Jar Thoughts [MCL]

- 8:30 ● Makeovers [MCL] 9
- 9:15 ● Conductorcise [CK]
- 10:15 ● Humor [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:30 ● Bingo [CK]
- 1:30 ● Country Ride [SB]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Dear Abby [AR]

- 8:30 ● Makeovers [MCL] 16
- 9:15 ● Conductorcise [CK]
- 10:45 ● Meditation [AR]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:30 ● Bingo [CK]
- 1:30 ● Country Ride [SB]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:30 ● Cookie Jar Thoughts [AR]

- 8:30 ● Makeovers [MCL] 23
- 9:15 ● Conductorcise [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:30 ● Bingo [CK]
- 1:30 ● Country Ride [SB]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Volunteer Clean-Up [CK]

- 8:30 ● Makeovers [MCL] 30
- 9:15 ● Conductorcise [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 12:30 ● Bingo [CK]
- 1:30 ● Country Ride [SB]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]

- 8:30 ● Makeovers [MCL] 10
- 9:15 ● Move to Music [CK]
- 10:15 ● Life Lesson Discussions [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Painting Pumpkins [CK]
- 1:15 ● Trivia [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Lawrence Welk [AR]

- 8:30 ● Makeovers [MCL] 17
- 9:15 ● Move to Music [CK]
- 10:15 ● Life Lesson Discussions [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● What is it? Game [AR]
- 1:15 ● Trivia [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Lawrence Welk [AR]

- 8:30 ● Makeovers [MCL] 24
- 9:15 ● Move to Music [CK]
- 10:15 ● Life Lesson Discussions [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Laughter Club [AR]
- 1:15 ● Trivia [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Lawrence Welk [AR]

- Halloween** 31
- 8:30 ● Makeovers [MCL]
- 9:15 ● Move to Music [CK]
- 10:15 ● Life Lesson Discussions [CK]
- 11:00 ● Setting Dining Area For Lunch [CK]
- 1:00 ● Halloween Party!! [CK]
- 1:15 ● Trivia [AR]
- 2:00 ● Spooky Games [AR]
- 3:30 ● Good News and Snacks [MCL]
- 4:00 ● Setting Up For Dinner [CK]
- 6:00 ● Lawrence Welk [AR]