

calendar & activities
OCT 2020

Thunderbird- Better Food, Better Mood

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Core Ball Exercises
10:00 ● Scenic Drive
11:00 ● Clustering [AR]
11:30 ● Lunch
1:00 ● Spark-Armchair Travels
2:00 ● Thymeless-Banana Sushi
3:00 ● Cornhole
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Fruit Stamping Art [AR]
10:00 ● Scenic Drive
11:00 ● Essence: Aromatherapy [AR]
11:30 ● Lunch
1:00 ● Thymeless- Planting Healthy Plants
3:00 ● Celebrity Trivia
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch [AR]
10:00 ● Funny Animals- IN2L [LR]
11:00 ● Conversation Connections
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
2:00 ● Thymeless
3:00 ● Giggle Games
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch
10:00 ● Church Services [LR]
11:00 ● Conversation Connections [AR]
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
2:00 ● Thymeless
4:30 ● Dinner
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Chair Yoga
10:00 ● Scenic Drive
11:00 ● Pretty Nails [AR]
11:30 ● Lunch
1:00 ● Bingo [AR]
2:00 ● Thymeless-Benefits Of Berries
3:00 ● Bookmarks [AR]
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Good Mood Exercise
10:00 ● Scenic Drive
11:00 ● Finish The Nursery Rhyme [AR]
11:30 ● Lunch
1:00 ● Fingerprint Bat Silhouettes [AR]
2:00 ● Thymeless-Peanut Butter Cereal Bites
3:00 ● Noodles & Balloons
4:30 ● Dinner [DR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Light Weights
10:00 ● Clustering
10:00 ● Scenic Drive
11:00 ● Chef Ted Makes Lunch
1:00 ● Sing A Long
2:00 ● Thymeless-Fruit Platter
3:00 ● Ball Toss
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Core Ball Exercises
10:00 ● Scenic Drive
11:00 ● Clustering [AR]
11:30 ● Lunch
1:00 ● Spark-How to De-Stress [AR]
2:00 ● Thymeless-Cookie Decorating
3:00 ● Cornhole
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Bingo [AR]
10:00 ● Scenic Drive
11:00 ● Essence: Aromatherapy [AR]
11:30 ● Lunch
1:00 ● Thymeless- Gardening
3:00 ● Celebrity Trivia
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch [AR]
10:00 ● Funny Animals- IN2L [LR]
11:00 ● Conversation Connections
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
1:30 ● Thymeless
3:00 ● Giggle Games
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch
10:00 ● Church Services [LR]
11:00 ● Conversation Connections [AR]
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
1:30 ● Thymeless
4:30 ● Dinner
5:30 ● TV Marathon [LR]

- Columbus Day**
7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Chair Yoga
10:00 ● Scenic Drive
11:00 ● Pretty Nails [AR]
11:30 ● Lunch
1:00 ● Bingo [AR]
2:00 ● Thymeless-Zesty Baked Ritz
3:00 ● Bookmarks [AR]
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Good Mood Exercise
10:00 ● Scenic Drive
11:00 ● Reminisce-Family Recipes [AR]
11:30 ● Lunch
1:00 ● Halloween Utensil Craft [AR]
2:00 ● Thymeless- Apples With PB & Honey Dip
3:00 ● Noodles & Balloons
4:30 ● Dinner [DR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Thymeless-Gardening
10:00 ● Clustering
10:00 ● Scenic Drive
11:00 ● Chef Ted Makes Lunch
1:00 ● Sing A Long
2:00 ● Pom Pom Candy Corn Painting [AR]
3:00 ● Ball Toss
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Core Ball Exercises
10:00 ● Scenic Drive
11:00 ● Clustering [AR]
11:30 ● Lunch
1:00 ● Spark-Armchair Travels
2:00 ● Thymeless-Ghost Pretzels
3:00 ● Cornhole
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Nature Hike
Bingo [AR]
10:00 ● Scenic Drive
11:00 ● Essence: Aromatherapy [AR]
11:30 ● Lunch
1:00 ● Thymeless- Gardening
3:00 ● Celebrity Trivia
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch [AR]
10:00 ● Funny Animals- IN2L [LR]
11:00 ● Conversation Connections
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
3:00 ● Giggle Games
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch
10:00 ● Church Services [LR]
11:00 ● Conversation Connections [AR]
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
2:00 ● Thymeless
4:30 ● Dinner
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Chair Yoga
10:00 ● Scenic Drive
11:00 ● Pretty Nails [AR]
11:30 ● Lunch
1:00 ● Bingo [AR]
2:00 ● Thymeless-Peanut Butter Cookies
3:00 ● Bookmarks [AR]
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Good Mood Exercise
10:00 ● Scenic Drive
11:00 ● Funny Pumpkin Poems [AR]
11:30 ● Lunch
1:00 ● Pumpkin Stamp Art [AR]
2:00 ● Thymeless-Caramel Apple Cider
3:00 ● Noodles & Balloons
4:30 ● Dinner [DR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Light Weights
10:00 ● Clustering
10:00 ● Scenic Drive
11:00 ● Chef Ted Makes Lunch
1:00 ● Sing A Long
2:00 ● Thymeless-Energy Balls
3:00 ● Ball Toss
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Core Ball Exercises
10:00 ● Scenic Drive
11:00 ● Clustering [AR]
11:30 ● Lunch
1:00 ● Spark-Armchair Travels
2:00 ● Thymeless-Pumpkin Patch Dirt Cups
3:00 ● Cornhole
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Pumpkin Carving
10:00 ● Scenic Drive
11:00 ● Essence: Aromatherapy [AR]
11:30 ● Lunch
1:00 ● Thymeless- Gardening
3:00 ● Celebrity Trivia
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch [AR]
10:00 ● Funny Animals- IN2L [LR]
11:00 ● Conversation Connections
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
2:00 ● Thymeless
3:00 ● Giggle Games
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch
10:00 ● Church Services [LR]
11:00 ● Conversation Connections [AR]
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
2:00 ● Thymeless
4:30 ● Dinner
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Chair Yoga
10:00 ● Scenic Drive
11:00 ● Pretty Nails [AR]
11:30 ● Lunch
1:00 ● Bingo [AR]
2:00 ● Thymeless-Scarecrow Snack Mix
3:00 ● Bookmarks [AR]
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Thymeless-Gardening
10:00 ● Scenic Drive
11:00 ● Random Trivia [AR]
11:30 ● Lunch
1:00 ● Fall Tree Painting [AR]
2:00 ● Healthy Or Not Healthy? [AR]
3:00 ● Noodles & Balloons
4:30 ● Dinner [DR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Light Weights
10:00 ● Clustering
10:00 ● Scenic Drive
11:00 ● Chef Ted Makes Lunch
1:00 ● Sing A Long
2:00 ● Thymeless-Halloween Brownies
3:00 ● Ball Toss
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Core Ball Exercises
10:00 ● Scenic Drive
11:00 ● Clustering [AR]
11:30 ● Lunch
1:00 ● Spark-Armchair Travels
2:00 ● Thymeless-Grilled Cheese Ritz
3:00 ● Cornhole
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- 7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Poke A Pumpkin Game [AR]
10:00 ● Scenic Drive
11:00 ● Essence: Aromatherapy [AR]
11:30 ● Lunch
1:00 ● Movie and Popcorn [LR]
2:00 ● Thymeless-Halloween Treats
3:00 ● Celebrity Trivia
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

- Halloween**
7:30 ● Breakfast
8:30 ● Daily Chronicles
9:00 ● Sit and Stretch [AR]
10:00 ● Funny Animals- IN2L [LR]
11:00 ● Conversation Connections
11:30 ● Lunch
12:30 ● Resident's Choice Movie and Popcorn
2:00 ● Thymeless
3:00 ● Giggle Games
4:30 ● Dinner [MDR]
5:30 ● TV Marathon [LR]

