



ACTIVITIES FOR OCTOBER 5th- 11th

SMALL GROUP ACTIVITIES IN THE COMMUNITY ROOM

Please sign up. We'd love to see you!

❖ MONDAY

11:00- Walk Around the Building, weather permitting

3:00- "Make a Word" Game, Make words out of another word. We've made up to 205 words from a 16 letter word! Very fun!

❖ TUESDAY

11:00- Ecumenical Worship Service with Chaplain Colleen.

12:00-12:45-1 to 1 visits with Chaplain Colleen. Talk with Carolyn to learn more.

1:00- Catholic Word Service

3:00- Candy bar Bingo

❖ WEDNESDAY

11:00- Walk Around the Building, weather permitting

2:30 & 3:15- Oktoberfest! outdoor music concerts. Any questions about where to go, just ask one of the Life Enrichment team members.

❖ THURSDAY

1:30- Indoor exercise class with the YMCA Molly!

3:00-4:30-"Ride with Pedicabs!" Have a fun ride to look at the different fall leaves and to just enjoy the experience! Sign up in 15-minute time slots. See signup sheet for details.

❖ FRIDAY

11:00- Walk Around the Building, weather permitting

3:00-Social Hour

IN APARTMENT ACTIVITIES

"MY CHANNEL", 1-2, WHICH IS 1 DASH 2 ON YOUR WHITE DIRECT TV

REMOTE

❖ MONDAY

- 9:30- Chair Dance with Sherry Zak Morris
- 1:30- "So Happy Together" Exercise Sprint

❖ TUESDAY

- 9:30- Hasfit Standing and Seated Chair Exercises
- 1:30- "Can't Stop That Feeling" Exercise Sprint

❖ WEDNESDAY

- 9:30- Chair Dance with Sherry Zak Morris
- 1:30- "Stop in the Name of Love" Exercise Sprint
- 1:45- Cookie Cart

❖ THURSDAY

- 9:30- Hasfit Seated and Standing Chair Exercises
- 1:30- "I Hope You Dance" Exercise Sprint

❖ FRIDAY

- 9:30- Chair Dance with Sherry Zak Morris
- 1:30- "Living on the Corner of Joy and Love" Exercise Sprint

❖ SATURDAY

- 9:30- Hasfit Standing and Seated Chair Exercises
- 1:30- "Feeling Forever Young" Exercise Sprint

❖ SUNDAY

- 10:30- Worship Service
- 11:30- Greatest Hymns of All Times
- 3:00- The Lawrence Welk Show, "Vacation Songs"