


October 2025 - Assisted Living

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div> NorBella CHAMPLIN</div> <div>Schedule is subject to change.</div>		<div><div>EM</div> Emotional</div> <div><div>IN</div> Intellectual</div> <div><div>PH</div> Physical</div> <div><div>VO</div> Vocational</div> <div><div>SO</div> Social</div> <div><div>SP</div> Spiritual</div>		MC Memory Care		10:00 <div>EM</div> "Gabbing Gals" with Peggy 1 11:30 <div>PH</div> Chair Yoga 4:00 <div>SO</div> Oktoberfest Happy Hour		10:00 <div>VO</div> Food Committee Meeting 2 11:00 <div>VO</div> Resident Council Meeting 2:00 <div>IN</div> Lifelong Learning		Donna Hartwig's Birthday! 3 10:30 <div>EM</div> Pet Visits with Gus & Ranger 11:30 <div>PH</div> Sit and Be Fit with Bethany 2:30 <div>VO</div> Fall Leaves Bus Tour		<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 4	
<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 5		Podiatry on Site 6 10:00 <div>SP</div> Catholic Mass (TV) and Communion 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin		Beverly's Birthday! 7 11:30 <div>PH</div> Seated Stretches 1:00 <div>SP</div> "Lifeguard" Training Meeting 2:00 <div>OT</div> Flu Shot Clinic 3:00 <div>SO</div> Candy Bingo		10:00 <div>EM</div> "Gabbing Gals" with Peggy 8 10:30 <div>PH</div> Chair Yoga with Allison 1:00 <div>SP</div> Spark Challenge		11:30 <div>PH</div> Seated Core Exercises 9 2:30 <div>VO</div> Bus Trip: Shopping at Hobby Lobby 4:30 <div>SP</div> Rest & Relaxation		10:30 <div>EM</div> Pet Visits with Gus & Ranger 10 11:30 <div>PH</div> Sit and Be Fit with Bethany 1:00 <div>SP</div> Spark Challenge Results Show		<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 11	
<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 12		Columbus Day 13 10:00 <div>SP</div> Catholic Mass (TV) and Communion 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin [MC]		11:30 <div>PH</div> Seated Stretches 14 1:00 <div>SP</div> Deep Dive "Lifeguard" Training 3:00 <div>SO</div> Candy Bingo		10:00 <div>EM</div> "Gabbing Gals" with Peggy 15 11:00 <div>SP</div> Church & Communion 1:00 <div>SP</div> Spark Challenge 3:00 <div>PH</div> Cardio Drumming 6:30 <div>EM</div> Pet Visits		11:30 <div>PH</div> Seated Cardio Exercises 16 1:00 <div>SO</div> Halloween Movie Matinee 2:00 <div>VO</div> Let's Make: Pumpkin Spice Lattes		10:30 <div>EM</div> Pet Visits with Gus & Ranger 17 11:30 <div>PH</div> Sit and Be Fit with Bethany 1:00 <div>SP</div> Spark Challenge Results Show		<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 18	
<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 19		10:00 <div>SP</div> Catholic Mass (TV) and Communion 20 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> Music with Kristin [MC] 3:30 <div>IN</div> Coffee with Megan		11:30 <div>PH</div> Seated Stretches 21 1:00 <div>SP</div> Deep Dive "Lifeguard" Training 3:00 <div>SO</div> Candy Bingo		10:00 <div>EM</div> "Gabbing Gals" with Peggy 22 10:30 <div>PH</div> Chair Yoga with Allison 11:15 <div>VO</div> Bus Trip: Lunch & Bingo 1:00 <div>SP</div> Spark Challenge		10:00 <div>SP</div> Church Service (TV) 23 11:30 <div>PH</div> Seated Core Exercises 3:30 <div>SO</div> Crafternoon: Decorating Pumpkins!		Ernie's Birthday! 24 10:30 <div>EM</div> Pet Visits 11:30 <div>PH</div> Sit and Be Fit with Bethany 1:00 <div>SP</div> Spark Challenge Results Show		Margery's Birthday! 25 <div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area	
<div>SO</div> Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 26		10:00 <div>SP</div> Catholic Mass (TV) and Communion 27 11:30 <div>PH</div> Chair Aerobics 2:30 <div>EM</div> October Birthday Party with Kristin 4:00 <div>SO</div> Jimmy's Gentleman's Club		11:30 <div>PH</div> Seated Stretches 28 1:00 <div>SP</div> Deep Dive "Lifeguard" Training 3:00 <div>SO</div> Candy Bingo		10:00 <div>EM</div> "Gabbing Gals" with Peggy 29 11:30 <div>PH</div> Chair Yoga 1:00 <div>SP</div> Spark Challenge		10:00 <div>EM</div> Manicures 30 11:30 <div>PH</div> Exercise with Pumpkins 3:00 <div>SO</div> Movie Matinee: Wicked		Halloween 31 10:30 <div>EM</div> Pet Visits 11:30 <div>PH</div> Sit and Be Fit with Bethany 1:00 <div>SP</div> Spark Challenge Results Show 3:00 <div>SO</div> Haunted Happy Hour & Magic Show		Happy Birthday to 10/3 113 Donna 113 Hartwig 10/7 131 Beverly 131 Lindsay 10/24 140 Ernest 140 Schack 10/25 107 Margery 107 Forster	

MC Memory Care