

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2021

Spring Ridge Memory Care



<p>10:00 Coffee and chat 11:00 Puzzle time 1:05 Seahawks vs 49ers</p>	<p>10:00 Sit & stretch 11:00 Coloring pages 2:00 Music and dance</p>	<p>10:00 BINGO 11:00 Coffee & chat 2:00 Coloring pages and word searches</p>	<p>10:00 Exercise club 11:00 Balloon toss 2:00 5 miles drive</p>	<p>10:00 BINGO 11:00 Coffee & daily chronicles 2:00 Cooking club Pumpkin bread 5:20 Seahawks vs Rams</p>	<p>10:00 Calendar decoration 11:00 Coffee social 2:00 Exercise club Seahawks blue Friday</p>	<p>10:00 Hot cocoa and cookies 11:00 Music and dance 2:00 Manicure Day</p>
<p>10:00 Coffee & news 11:00 Balloon toss 2:00 Sing A-long</p>	<p>10:00 The price is right show 11:00 Coffee and news 2:00 Golden oldies <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>10:00 BINGO 11:00 Coffee social 2:00 Halloween watercolor painting</p>	<p>10:00 Exercise club 11:00 Brain games 2:00 Afternoon bowling</p>	<p>10:00 BINGO 11:00 Sing-Along 2:00 Noddle ball</p>	<p>10:00 Exercise club 11:00 Coffee and news 2:00 Pumpkin Patch outing Seahawks blue Friday Happy B-day Tressa S</p>	<p>10:00 UNO game 11:00 Coffee social 2:00 Sip and paint</p>
<p>10:00 Sit & stretch 11:00 Lego's time 2:00 Music and dance 5:20 Seahawks vs Steelers</p>	<p>10:00 Coffee social 11:00 Adult coloring 2:00 Puzzle and music</p>	<p>10:00 BINGO 11:00 Coffee and news 2:00 Pumpkin painting</p>	<p>10:00 Exercise club 11:00 Music and dance 2:00 Halloween Cookies decoration</p>	<p>10:00 BINGO 11:00 Coffee social 2:00 Cooking club Brownies</p>	<p>10:00 Exercise club 11:00 Puzzle and music 2:00 Scrapbooking Wear PINK Day</p>	<p>10:00 Apple cider and cookies 11:00 Animal sounds 2:00 Manicures</p>
<p>10:00 Coffee and chat 11:00 Word search 2:00 Sunday Hymn</p>	<p>10:00 The price is right show 11:00 Coffee & news 2:00 Balloon toss 5:15 Seahawks vs Saints</p>	<p>10:00 BINGO 11:00 Coffee social 2:00 Halloween coloring pages</p>	<p>10:00 Exercise club 11:00 Sensory games 2:00 Halloween scenic drive</p>	<p>10:00 BINGO 11:00 Animal sounds 2:00 Halloween sip and paint</p>	<p>10:00 Exercise club 11:00 Coffee and news 2:00 Jenga Seahawks blue Friday Happy B-day Dolly C</p>	<p>Costume Contest 2:00 Halloween party!</p>

31



1:05 Seahawks vs Jaguars

