

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2022



September 1
Undecorating



October decorating

11:00 Sit and stretch
1:00 Fun coloring
3:00 Sunday Hits

11:00 Coffee and news
1:00 Sit and stretch
3:00 Puzzle time

11:00 Exercise club
1:00 Taco Tuesday
National Taco Day
Happy B-day Jane M

11:00 **BINGO**
1:00 Walmart

11:00 Exercise club
1:00 Dietary meeting w/Chris
2:00 Cooking club
Happy B-day Dorothy H

11:00 Coffee and daily chronicles
1:00 **BINGO**
3:00 Arts and crafts

11:00 Hair Day
1:00 Penny blackjack
3:00 Manicures Day

11:00 Exercise time
1:00 Social hour
3:00 Sunday hits

11:00 Coffee and chat
1:00 Resident choice
3:00 Golden oldies
Columbus Day (US)
Indigenous Peoples' Day
Thanksgiving Day (Canada)

11:00 Exercise club
1:00

11:00 **BINGO**
1:00 Pumpkin Patch outing
3:00 Hand massage

11:00 Exercise club
1:00 Card's game
3:00 social hour

11:00 Coffee and daily chronicles
1:00 **BINGO**
3:00 Pumpkin painting

11:00 Hot cocoa & cookies
1:00 Penny blackjack
3:00 UNO game

11:00 Coffee social
1:00 Puzzle Time
3:00 Music sensory

11:00 Coffee social
1:00 Word search
3:00 Music sensory
Simchat Torah Begins

11:00 Exercise club
1:00 UNO game
3:00 Ceramic painting

11:00 Coffee and daily chronicles
1:00 **BINGO**
3:00 Cookies decoration

11:00 Exercise club
1:00 Council meeting w/Patty
3:00 Scrapbooking

11:00 Coffee and daily chronicles
1:00 **BINGO**
3:00 Halloween sip and paint

11:00 Hair Day
1:00 Penny blackjack
3:00 Hand massage
Pink Day

11:00 Sit and stretch
1:00 Fun coloring
3:00 Sunday Hits

11:00 Coffee and news
1:00 Sit and stretch
3:00 Social hour
Diwali (Hindi)

11:00 Out for lunch
1:00 Penny blackjack
3:00 Manicures Day

11:00 Coffee and daily chronicles
1:00 **BINGO**
3:00 Yahtzee

11:00 Exercise club
1:00 Safety meeting w/Scott
3:00 Halloween trivia and snacks

11:00 Coffee and daily chronicles
1:00 **BINGO**
3:00 Scrapbooking

Spook-TACULAR!
Party @1:00
Please wear your Halloween costume
Happy B-day Dolly C

11:00 Sit and stretch
1:00 Adult coloring
3:00 Golden oldie's



Spring Ridge Assisted Living

