



Week of October 5TH-11TH

Monday, October 5th

Morning Stretch
Exercise
Let’s Play Trivia
Coloring Crew

Tuesday, October 6th

Current Events
Exercise
Let’s Play Bingo
Aromatherapy

Wednesday, October 7th

Blessing Circle
Exercise
Fall Cruise
Hand Massages

Thursday, October 8th

Current Events
Exercise
Game Time
Coloring Crew

Friday, October 9th

Gratitude Group
Exercise
Manicures
Coloring Crew

Saturday, October 10th /Sunday, October 11th

Tea and togetherness	Church Stream
Dice and duel	Go Fish Crew
Walk and talk	Walk and Talk
Coloring Crew	Hand Massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



Week of October 12TH-18TH

Monday October 12th

Morning Stretch
Exercise
Baking
Coloring Crew

Tuesday, October 13th

Current Events
Exercise
Let’s Play Bingo
Aromatherapy

Wednesday, October 14th

Morning Devotionals
Fall Cruise
Exercise
Hand Massages

Thursday, October 15th

Current Events
Exercise
Dice and dual
Coloring Crew

Friday, October 16th

Gratitude Group
Bingo
Exercise
Coloring Crew

Saturday, October 17th /Sunday, October 18th

Tea and togetherness	Church Stream
Movie Time	Go Fish Crew
Walk and talk	Walk and talk
Coloring Crew	Hand Massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



Week of October 19TH-25TH

Monday, October 19th

Morning Stretch
Exercise
Let’s Play Trivia
Coloring Crew

Tuesday, October 20th

Current Events
Exercise
Let’s Play Bingo
Aromatherapy

Wednesday, October 21st

Morning Praise
Exercise
Leaf Catchers
Hand Massages

Thursday, October 22nd

Current Events
Let’s Play Bingo
Exercise
Coloring Crew

Friday, October 23rd

Gratitude Group
Manicures
Exercise
Coloring Crew

Saturday October 24th / Sunday October 25th

Tea and togetherness	Church Stream
Dice and duel	Go Fish Crew
Walk and talk	Walk and Talk
Coloring Crew	Hand Massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*

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Week of October 26TH-31ST

Monday, October 26th

Morning Stretch
Baking
Exercise
Coloring Crew

Tuesday, October 27th

Current Events
Exercise
Let’s Play Bingo
Aromatherapy

Wednesday, October 28th

Morning Praise
Exercise
Wood Truck Craft
Hand Massages

Thursday, October 29th

Current Events
Exercise
Let’s Play Bingo
Coloring Crew

Friday, October 30th

Gratitude Group
Exercise
Dice and duel
Coloring Crew

Saturday October 31st/Sunday November 1st

Tea and togetherness	Church Stream
Movie Time	Go Fish Crew
Walk and talk	Walk and talk
Coloring Crew	Hand Massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*

Week of November 2-8

Monday, October 12th

Morning Stretch
Exercise
Let’s Play Trivia
Coloring Crew

Tuesday, October 13th

Current Events
Exercise
Let’s Play Bingo
Aromatherapy

Wednesday, October 14th

Morning Praise
Exercise
Hand Massages

Thursday, October 15th

Current Events
Exercise
Let’s Play Bingo
Coloring Crew

Friday, October 16th

Gratitude Group
Exercise
Dice and duel
Coloring Crew

Saturday October 17th /Sunday October 18th

Blessing Circle	Church Stream
Puzzles and Friends	Cards and Company
Walk and talk	Walk and talk
Coloring Crew	Hand Massages

Morning Start Focus: Gentle activation, orientation, and setting a positive tone.

Midday Pulse Focus: Energy, creativity, and social engagement.

Afternoon Flow Focus: Lighthearted engagement, creativity, and social fun.

Evening Calm Focus: Comfort, winding down, and emotional reassurance.



Week of October 19TH-25TH

Monday October 19th

Morning Stretch
Exercise
Baking
Coloring Crew

Tuesday, October 20th

Current Events
Exercise
Let’s Play Bingo
Aromatherapy

Wednesday, October 21st

Blessing Circle
Leaf Catchers
Exercise
Hand Massages

Thursday, October 22nd

Current Events
Let’s Play Bingo
Exercise
Coloring Crew

Friday, October 23rd

Gratitude Group
Exercise
Manicures
Coloring Crew

Saturday October 24th /Sunday October25th

Tea and togetherness	Church Stream
Magnet Game	Go Fish Crew
Walk and talk	
Coloring Crew	Hand Massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



Week of October 26TH- NOVEMBER 1ST

Monday October 26th

Morning Stretch
Exercise
Let’s Play Trivia
Coloring Crew

Tuesday, October 27th

Current Events
Let’s Play Bingo
Exercise
Aromatherapy

Wednesday, October 28th

Blessing Circle
Exercise
Wood Truck Craft
Hand Massages

Thursday, October 29th

Current Events
Exercise
Let’s Play Bingo
Coloring Crew

Friday, October 30th

Gratitude Group
Exercise
Dice and duel
Coloring Crew

Saturday October 31st /Sunday November 1st

Tea and togetherness	Church Stream
Magnet Game	Go Fish Crew
Walk and talk	
Coloring Crew	Hand Massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*
Midday Pulse Focus: *Energy, creativity, and social engagement.*
Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*
Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*