


October 2024 Memory Care/Tessera Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Location Keys</p> <p>Bistro BST Memory Care North MCN Memory Care South MCS Outing OUT We Come to You WCY</p>		Happy Birthday Frank! 1 10:00 ❤️ Music Therapy with Nancy [MCN] 1:30 ❤️ Refresh and Recharge 2:00 🚶 Walking Club 2:30 ❤️ Frank's Birthday Party! 2:45 🪑 Arm Chair Travels [MCS] 3:00 🌿 Flower Arrangement [MCN] 4:00 🔄 Daily Rewind	2 10:00 🚶 Zumba with Janette! [MCN] 10:30 📖 Daily Chronicle [MCN] 11:00 🧠 Word Scramble [MCN] 11:30 🍷 Lunch Outing-Culvers [OUT] 1:30 🚶 Walking Club 2:15 🚶 SingFit! [MCS] 2:45 ❤️ Snack and Chat 3:00 🎲 Bingo [MCS] 4:00 🔄 Daily Rewind 7:00 🦋 Rosh Hashana Evening Service [BST]	3 10:00 🚶 Dance Party! [MCS] 10:00 🏠 Sunshine Club [MCN] 10:30 📖 Daily Chronicle [MCS] 10:30 🦋 Rosh Hashana Morning Service [BST] 11:00 🏠 Finish the Lyric [MCS] 1:30 ❤️ Songs by Heart [MCN] 2:30 🌿 Sensory Sensations [MCN] 2:30 🚶 Walking Club 3:15 📖 Star of the Month-Groucho Marx [MCS] 4:00 🔄 Daily Rewind	4 10:00 🚶 Rock Steady [MCN] 10:00 🏠 Traveling Sunshine Club [WCY] 10:30 📖 Daily Chronicle 11:00 🎲 Give Me Five 1:30 🚶 Walking Club 2:00 🎲 Fall Traditions [MCS] 2:00 🌿 Sensory Sensations [MCN] 2:45 🎲 Noodleball [MCS] 4:00 🔄 Daily Rewind	5 10:00 🚶 Moving for Mobility [MCN] 10:45 📖 Daily Chronicle [MCN] 11:00 📖 Finish The Phrase! [MCN] 2:00 🎲 Sensory Sensations [MCN] 2:00 🚶 SingFit! [MCS] 2:45 🎲 Snack and Chat 3:00 🎲 Bean Bag Toss [MCN] 3:00 🚶 Noodleball [MCS] 4:00 🔄 Daily Rewind	
	6 10:00 🚶 Sit & Be Fit [MCS] 10:00 🏠 Sunshine Club [MCN] 10:30 📖 Daily Chronicle 11:00 🎲 Name 10 Game [MCS] 2:00 🎲 Children's Choir Performance [MCN] 3:00 🎲 Noodle Ball [MCS] 3:00 🎲 Sensory Sensations [MCN] 4:00 🔄 Daily Rewind	7 10:00 🚶 Sit and Be Fit [MCS] 10:30 📖 Daily Chronicle 1:30 🚶 Walking Club 2:15 🎲 Sing Fit 2:45 🎲 Snack and Chat 3:00 🌿 Big Blue Planet [MCS] 3:00 🌿 Sensory Sensations [MCN] 4:00 🔄 Daily Rewind	8 10:00 🚶 Move & Groove [MCS] 10:30 📖 Daily Chronicle [MCN] 11:00 🎲 Name That Tune [MCS] 2:00 🚶 Walking Club 2:30 🏠 Snack and Chat 2:45 🪑 Arm Chair Travels [MCS] 3:00 🌿 Flower Arrangement [MCN] 4:00 🔄 Daily Rewind	9 10:00 🏠 Traveling Sunshine Club [WCY] 10:00 🚶 Zumba with Janette! [MCN] 10:30 📖 Daily Chronicle [MCN] 11:00 🧠 Word Scramble [MCN] 1:30 🚶 Walking Club 2:15 🚶 SingFit! [MCS] 2:45 ❤️ Snack and Chat 3:00 🎲 Bingo [MCS] 4:00 🔄 Daily Rewind	10 10:00 🚶 Dance Party! [MCS] 10:00 🏠 Sunshine Club [MCN] 10:30 📖 Daily Chronicle [MCS] 11:00 🏠 Finish the Lyric [MCS] 1:30 ❤️ Songs by Heart [MCN] 2:30 🌿 Sensory Sensations [MCN] 2:30 🚶 Walking Club 3:00 🎲 Honest Answer Game [MCS] 4:00 🔄 Daily Rewind	Happy Birthday Yolanda! 11 10:00 🚶 Rock Steady [MCN] 10:00 🏠 Traveling Sunshine Club [WCY] 10:30 📖 Daily Chronicle 10:30 🏠 Veteran's Club 11:00 🎲 Give Me Five 2:00 🎲 Yolanda's Birthday Party! [MCS] 3:00 🌿 Sensory Sensations [MCN] 4:00 🔄 Daily Rewind 7:00 🦋 Yom Kippur Evening Service [BST]	12 10:00 🚶 Moving for Mobility [MCN] 10:30 🦋 Yom Kippur Morning Service [BST] 10:45 📖 Daily Chronicle [MCN] 11:00 📖 Finish The Phrase! [MCN] 1:30 🚶 Dance it Out! 2:00 🎲 Crafters' Corner [MCS] 2:00 🎲 Sensory Sensations [MCN] 2:45 🎲 Snack and Chat 4:00 🔄 Daily Rewind 4:30 🦋 Yom Kippur Concluding Service [BST]
	13 10:00 🚶 Sit & Be Fit [MCS] 10:00 🏠 Sunshine Club [MCN] 10:30 📖 Daily Chronicle 11:00 🎲 Name 10 Game [MCS] 2:00 🎲 Apple Cider Social [MCS] 3:00 🎲 Noodle Ball [MCS] 3:00 🎲 Sensory Sensations [MCN] 4:00 🔄 Daily Rewind	Columbus Day 14 10:00 🚶 Sit and Be Fit [MCN] 10:30 ❤️ Drumming with Chris [MCN] 1:30 🚶 Walking Club 2:15 🎲 Sing Fit 2:45 🎲 Snack and Chat 3:00 🌿 Big Blue Planet [MCS] 3:00 🌿 Sensory Sensations [MCN] 3:00 🌿 Sensory Sensations [MCN] 4:00 🔄 Daily Rewind	15 10:00 ❤️ Music Therapy with Nancy [MCN] 11:00 📖 Daily Chronicle [MCN] 2:00 🚶 Walking Club 2:30 🏠 Snack and Chat 2:45 🪑 Arm Chair Travels [MCS] 3:00 🌿 Flower Arrangement [MCN] 4:00 🔄 Daily Rewind	16 10:00 🏠 Traveling Sunshine Club [WCY] 10:00 🚶 Zumba with Janette! [MCN] 10:30 📖 Daily Chronicle [MCN] 11:00 🧠 Word Scramble [MCN] 1:45 🚶 Rock Steady Boxing [MCN] 3:00 🎲 Bingo [MCS] 4:00 🔄 Daily Rewind	Happy Birthday Charles! 17 10:00 🚶 Dance Party! [MCS] 10:00 🏠 Sunshine Club [MCN] 10:30 📖 Daily Chronicle [MCS] 11:00 🏠 Finish the Lyric [MCS] 1:30 ❤️ Songs by Heart [MCN] 2:30 ❤️ Charles's Birthday Party! [MCN] 2:30 🚶 Walking Club 4:00 🔄 Daily Rewind	18 10:00 🏠 Traveling Sunshine Club [WCY] 10:30 📖 Daily Chronicle 11:00 🎲 Give Me Five 2:00 🎲 Men's Club with David [MCN] 3:00 🌿 Sensory Sensations [MCN] 4:00 🔄 Daily Rewind	Happy Birthday Aimee, Barbara and Chander! 19 10:00 🚶 Moving for Mobility [MCN] 10:45 📖 Daily Chronicle [MCN] 11:00 📖 Finish The Phrase! [MCN] 2:00 🎲 Aimee, Barbara and Chander's Birthday Party! [MCN] 4:00 🔄 Daily Rewind

October 2024 Memory Care/Tessera Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 10:00 🚶 Sit & Be Fit [MCS] 10:00 🌻 Sunshine Club [MCN] 10:30 💡 Daily Chronicle 11:00 🧩 Name 10 Game [MCS] 3:00 🧩 Noodle Ball [MCS] 3:00 🧩 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	21 10:00 🚶 Sit and Be Fit [MCS] 10:00 🚶 Sit and Be Fit [MCN] 10:30 💡 Daily Chronicle 1:30 🚶 Walking Club 2:15 🧩 Sing Fit 2:45 🧩 Snack and Chat 3:00 🌿 Big Blue Planet [MCS] 3:00 🌻 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	22 10:00 🚶 Move & Groove [MCS] 10:30 💡 Daily Chronicle [MCN] 11:00 🧩 Name That Tune [MCS] 2:00 🚶 Walking Club 2:30 🧩 Snack and Chat 2:45 💡 Arm Chair Travels [MCS] 3:00 🌿 Flower Arrangement [MCN] 4:00 💡 Daily Rewind	23 10:00 🌻 Traveling Sunshine Club [WCY] 10:00 🚶 Zumba with Janette! [MCN] 10:30 💡 Daily Chronicle [MCN] 11:00 💡 Word Scramble [MCN] 1:30 🚶 Walking Club 2:15 🧩 Crafters' Corner-Leaf Pressings [MCS] 2:45 🧩 Snack and Chat 3:00 🧩 Bingo [MCS] 4:00 💡 Daily Rewind 6:00 🧩 Halloween Lights Tour [OUT]	24 10:00 🚶 Dance Party! [MCS] 10:00 🧩 Sunshine Club [MCN] 10:30 💡 Daily Chronicle [MCS] 11:00 🧩 Finish the Lyric [MCS] 1:30 🧩 Songs by Heart [MCN] 4:00 💡 Daily Rewind	25 10:00 🚶 Rock Steady Boxing [MCN] 10:00 🌻 Traveling Sunshine Club [WCY] 10:30 💡 Daily Chronicle 11:00 🧩 Give Me Five 2:00 🧩 World Series Party! [MCN] 3:00 🌻 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	26 10:00 🚶 Moving for Mobility [MCN] 10:45 💡 Daily Chronicle [MCN] 11:00 💡 Finish The Phrase! [MCN] 1:30 🚶 Dance it Out! 1:30 🧩 Outing: Fall Leaves Drive [OUT] 2:45 🧩 Snack and Chat 3:00 🧩 Bean Bag Toss [MCN] 4:00 💡 Daily Rewind
27 10:00 🚶 Sit & Be Fit [MCS] 10:00 🌻 Sunshine Club [MCN] 10:30 💡 Daily Chronicle 11:00 🧩 Name 10 Game [MCS] 3:00 🧩 Noodle Ball [MCS] 3:00 🧩 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	28 10:00 🚶 Sit and Be Fit [MCS] 10:30 💡 Daily Chronicle 1:30 🚶 Walking Club 2:15 🧩 Sing Fit 2:45 🧩 Snack and Chat 3:00 🌿 Big Blue Planet [MCS] 3:00 🌻 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	29 10:00 🚶 Move & Groove [MCS] 10:30 💡 Daily Chronicle [MCN] 11:00 🧩 Name That Tune [MCS] 2:00 🚶 Walking Club 2:30 🧩 Snack and Chat 2:45 💡 Arm Chair Travels [MCS] 3:00 🌿 Flower Arrangement [MCN] 4:00 💡 Daily Rewind	30 10:00 🌻 Traveling Sunshine Club [WCY] 10:00 🚶 Zumba with Janette! [MCN] 10:30 💡 Daily Chronicle [MCN] 11:00 💡 Word Scramble [MCN] 1:30 🚶 Walking Club 2:45 🧩 Snack and Chat 3:00 🧩 Bingo [MCS] 4:00 💡 Daily Rewind	31 Halloween Happy Birthday Rattan! 10:00 🧩 Rattan's Birthday Party! [MCS] 10:00 🧩 Sunshine Club [MCN] 10:30 💡 Daily Chronicle [MCS] 11:00 🧩 Finish the Lyric [MCS] 1:30 🧩 Songs by Heart [MCN] 2:30 🧩 Halloween Party! [MCN] 4:00 💡 Daily Rewind	Resident Birthdays Frank A. 10/1 Yolanda C. 10/11 Charles D. 10/17 Barbara I. 10/19 Aimee D. 10/19 Chander W. 10/19 Rattan G. 10/31	

- 🧩 Creative Arts
- 🧡 Emotional
- 🚶 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🧩 Purposeful
- 🧩 Recreation and Leisure
- 🌻 Restorative
- 🦋 Spiritual

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Resident Birthdays

Frank A.	10/1
Yolanda C.	10/11
Charles D.	10/17
Barbara I.	10/19
Aimee D.	10/19
Chander W.	10/19
Rattan G.	10/31

- 🧩 Creative Arts
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- 🌻 Restorative
- 🦋 Spiritual

All activities are subject to change.

Location Keys

Bistro	BST
Memory Care North	MCN
Memory Care South	MCS
Outing	OUT
We Come to You	WCY