

# October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00 Exercise 1 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 2 10:30 Free Dance 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	8:00 Spiritual Music 3 9:00 Breakfast 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 5:00 Dinner
8:00 Spiritual Music 4 9:00 Breakfast 10:00 Church 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack	10:00 Exercise 5 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 6 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 7 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 8 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 9 10:30 Free Dance 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	8:00 Spiritual Music 10 9:00 Breakfast 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 5:00 Dinner
8:00 Spiritual Music 11 9:00 Breakfast 10:00 Church 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack	10:00 Exercise 12 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 13 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 14 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 15 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 16 10:30 Free Dance 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	8:00 Spiritual Music 17 9:00 Breakfast 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 5:00 Dinner
8:00 Spiritual Music 18 9:00 Breakfast 10:00 Church 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack	10:00 Exercise 19 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 20 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 21 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 22 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 23 10:30 Free Dance 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	8:00 Spiritual Music 24 9:00 Breakfast 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 5:00 Dinner
8:00 Spiritual Music 25 9:00 Breakfast 10:00 Church 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack	10:00 Exercise 26 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 27 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 28 10:30 Sing-a-long 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 1:00 Reminscing 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 29 10:30 Balloon Tennis 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	10:00 Exercise 30 10:30 Free Dance 11:00 Daily Checkin 11:30 Word Games 1:00 Rest/Relaxation 2:00 Arts/Crafts 3:00 Snacks/Movie	8:00 Spiritual Music 31 9:00 Breakfast 11:00 FaceTime Visits 12:00 Lunch 1:00 Rest/Relaxation 3:00 Movie/Snack 5:00 Dinner