

October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ALZ Walk October 31 st Rentschler Field	Women's Health Month		1 10:00 Wake Up to Wellness 11:00 All About Chocolate 1:30 ZUMBA 2:00 Willy Wonka 3:00 Seated Soccer 6:00 An Evening with Shay	2 10:00 Wake Up to Wellness 11:00 Smile Day Photos 1:30 The Plant Guy 3:00 Friday Afternoon Musical Review 6:00 Travelogues	3 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercise 6:00 Remember When
4 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Floor Bowling 3:00 BINGO 6:00 Table Games	5 10:00 Wake Up to Wellness 11:00 True or False 1:30 Pictionary 2:00 Name Five 3:00 Ashley Takes the Floor 6:00 Movie Moments	6 10:00 Wake Up to Wellness 11:00 Finish the Lyric 1:30 ZUMBA 2:00 Mad Hatter 3:00 What Profession? 6:00 An Evening with Shay	7 10:00 Wake Up to Wellness 11:00 Photo Hunt 1:30 Mary Morse 3:00 Craft Corner BCK 3:00 Movement to Music 6:00 Evening Exercise	8 10:00 Wake Up to Wellness 11:00 All About Pierogis 1:30 ZUMBA to Gameshow 3:00 Stuff It 5:00 Caregiver Seminar 6:00 An Evening with Shay	9 10:00 Wake Up to Wellness 11:00 It's Trivial 1:30 Sneakers & Prints 2:00 Postcards 3:00 Friday Musical Review 6:00 Wrap-up with Maddie	10 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
11 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Basketball 2:00 Nail Care 3:00 BINGO 6:00 Balloon Volley	12 10:00 Wake Up to Wellness 11:00 Indigenous Peoples 1:30 Tai Chi Movement 2:00 How Much Was It? 3:00 I Say... You Say 6:00 Floor Games with Maddie	13 10:00 Wake Up to Wellness 11:00 But Not in Your Hand 1:30 Mike Armentano 3:00 Spot the Difference 6:00 An Evening with Shay	14 10:00 Wake Up to Wellness 11:00 BAKING Words 1:30 Motown Exercise 2:00 Cookie Contest 3:00 Resistance Bands 6:00 Evening Exercise	15 10:00 Wake Up to Wellness 11:00 Grouch Day 1:30 ZUMBA to Gameshow 3:00 Sing Along 5:00 Support Group 6:00 An Evening with Shay	16 10:00 Wake Up to Wellness 11:00 Dictionary Day 1:30 ZUMBA 2:00 Who Am I? 3:00 Friday Musical Review 6:00 Wrap-up with Maddie	17 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
18 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Floor Bowling 2:00 Nail Care 3:00 BINGO 6:00 Parachute	19 10:00 Wake Up to Wellness 11:00 Match up (G&T Day) 1:30 Tai Chi Movement 2:00 Cupcake Decor 3:00 Small Tables 6:00 Floor Games with Maddie	20 10:00 Wake Up to Wellness 11:00 Bigfoot? 1:30 ZUMBA 2:00 Chef's Day Demo 3:00 Hot Potato 6:00 An Evening with Shay	21 10:00 Wake Up to Wellness 11:00 An Apple a Day 1:30 Bob Hennessey Birthday Party 3:00 Resistance Bands 6:00 Evening Exercise	22 10:00 Wake Up to Wellness 11:00 Famous Faces 1:30 ZUMBA 2:00 Gameshow 3:00 Watercolors 6:00 An Evening with Shay	23 10:00 Wake Up to Wellness 11:00 Fun Facts 1:30 Pillow Polo 2:00 Boston Creme Pie BCK 3:00 Friday Musical Review 6:00 Wrap-up with Maddie	24 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
25 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Basketball 2:00 Nail Care 3:00 BINGO 6:00 Toss Across	26 10:00 Wake Up to Wellness 11:00 The Mighty Pumpkin 1:30 Tai Chi Movement 2:00 On your day... 3:00 Bottoms Up 6:00 Floor Games with Maddie	27 10:00 Wake Up to Wellness 11:00 Jeopardy 1:30 ZUMBA 2:00 Pumpkin Painting 3:00 Small Tables 6:00 An Evening with Shay	28 10:00 Wake Up to Wellness 11:00 First Responders 1:30 Pass the Face 2:00 Name that Tune 3:00 Resistance Bands 6:00 Old Wives Tales	29 10:00 Wake Up to Wellness 11:00 CAT Words 1:30 ZUMBA 2:00 Gameshow 3:00 Making Maska 6:00 An Evening with Shay	30 10:00 Wake Up to Wellness 11:00 Costume Parade 1:30 Rick Lovallo 3:00 Mad Libs 6:00 Wrap-up with Maddie	31 Halloween 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Tricks & Treats 6:00 Travelogues & Table Games

All programming is subject to change to suit the needs of the community and our residents.