

| Sunday                                                                                                                                                                                                                                                                                                                      | Monday                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                          | Saturday                                                                                                                                                                                                                                                                         |
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|  <h1>October 2025</h1> <h2>Southgate Special Care Main Lounge</h2>                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                              | <p>10:15-10:30 Sit and Fit Exercise</p> <p>10:20-10:50 Pet therapy with Carol and Maylee (on unit)</p> <p>10:30-11:30 BINGO</p> <p><b>2:30-3:30 Entertainment with Efrat! (C-Lounge)</b></p> <p>4-4:30 Name 30 Things You Bring on a Camping Trip</p> <p><small>Yom Kippur Begins</small></p>                                        | <p>10:15-10:30 Chair Aerobics with Paul Eugene</p> <p>10:45-11:20 Chaplain Time</p> <p>11:20 Songs for Singing or Listening (1960's)</p> <p><b>12:00 Fall Harvest Candlelight Luncheon (AUD)</b></p> <p><b>2:30-3:15 Aromatherapy and Calming Techniques with Talia</b></p> <p>3:15 Classic Comedy Videos</p> <p>4-4:30 American Italian Crooners Quiz</p>           | <p><b>10:30-11:30 Grandma's Kitchen: Chocolate Scones</b></p> <p><b>2:30-3:30 Jazz Trio Performance (AUD)</b></p> <p>4-4:30 Words that start with the letter "R" (on the whiteboard)</p>                                                     | <p>10:15-10:30 Noodle Fitness</p> <p>10:30-11:30 BINGO</p> <p>11:30-11:45 Doo Wop Favorites</p> <p>2:15-3:00 Lucky Strike Bowling (Sunroom)</p> <p>3-3:45 Reminiscing Corner: "Cozy Autumn Days" (YT)</p>                                                                        |
| <p>10:15-10:30 Chair Exercise with Sharon</p> <p>10:30-11:00 Holy Forever Medley - John Wilds (YT)</p> <p>11-11:30 Baby Farm Animals</p> <p>11:30-11:45 A Simple Fall Dessert: "Skillet Pear Crisp"</p> <p>2:30 Worship Service (AUD)</p>  | <p>10:15-10:30 Balloon Volley</p> <p>10:30-11:30 BINGO</p> <p><b>2:15-2:45 Reminiscing through Music with Margarita</b></p> <p>2:45-3:30 Name 3 Game</p> <p>3:30 The Beatles Live in Australia (1964) (YT)</p> <p>4-4:30 Karaoke on the IN2L</p> <p><small>Sukkot Begins</small></p>                                                   | <p>10:15-10:30 Sittercise</p> <p><b>10:30-11:30 Artistic Expressions: Fall Farmer Truck</b></p> <p>11:30-11:45 Songs of Dolly Parton</p> <p>2:30 Communion Service (AUD)</p> <p>4-4:30 Say the Last Word</p>                              | <p>10:15-10:30 Sit and Fit Exercise</p> <p>10:20-10:50 Pet therapy with Carol and Maylee (on unit)</p> <p>10:30-11 Story wise Game</p> <p>11-11:45 Horseshoes</p> <p><b>2:15-2:45 Drumming Circle with Talia</b></p> <p>2:45-3:45 Flavors of Fall: Bake and Cook Using Autumn Ingredients</p> <p>4-4:30 Multicultural Sing-Along</p> | <p>10:15-10:30 Chair Aerobics with Paul Eugene</p> <p>10:45-11:20 Chaplain Time</p> <p>11:20-11:45 Action Charades</p> <p>2:15-3:15 BINGO</p> <p>3:15-3:45 Seven Desserts for Pumpkin Lovers (YT)</p> <p>4-4:30 Riddle Me This?</p>                                               | <p><b>10:30-11:30 Grandma's Kitchen: Potato Chip Cookies</b></p> <p><b>2:30-3:30 October Birthday Party with Estere (AUD)</b></p> <p>4-4:30 Group Prayer and Reflections</p>                                                                 | <p>10:15-10:30 Musical Stretch</p> <p>10:30-11:00 Supermarket Sweep</p> <p>11-11:30 Hand Massages</p> <p>11:30 Sounds of the 60s: The Most exciting Decade in Music History</p> <p>2:15-2:45 Ring Toss Game</p> <p>2:45-3:45 Six Cozy Fall Recipes from my Homestead Kitchen</p> |
| <p>10:15-10:30 Moving To Music Exercise</p> <p>10:30-11:30 Sensory Relaxation Spa</p> <p>11:30-11:45 Charity Gayle Christian Worship Songs</p> <p>2:30 Worship Service (AUD)</p>                                                         | <p>10:15-10:30 Silver Sneakers Dance Exercise (YT)</p> <p>10:30-11:30 BINGO</p> <p><b>2:15-2:45 Mindful Breathing and Calming Moments with Shannon</b></p> <p>3-3:45 Christian Karaoke (IN2L)</p> <p>4-4:30 Healthy Habits 101</p> <p><small>Thanksgiving Day (Canada)<br/>Indigenous Peoples' Day<br/>Columbus Day (U.S.)</small></p> | <p>10:15-10:30 Sittercise</p> <p><b>10:30-11:30 Artistic Expressions: Craft Stick Fall Scene with Fence</b></p> <p>11:30-11:45 Martha Stewart's Favorite Pumpkin Desserts</p> <p>2:30 Worship Service (AUD)</p> <p>4-4:30 Ten Minute Topics</p> <p><small>Simchat Torah Begins</small></p>                                   | <p>10:15-10:30 Sit and Fit Exercise</p> <p>10:20-10:50 Pet therapy with Carol and Maylee (on unit)</p> <p>10:30-11 Apple Bread Recipe with the Preppy Kitchen (YT)</p> <p>11:00-11:45 Lindi-Moo Sing along (YT)</p> <p>2:15-3:15 BINGO</p> <p>3:15-3:45 Music by Kenny G.</p> <p>4-4:30 Cute Babies! (YT)</p>                        | <p>10:15-10:30 Seated Chair Exercises with Paul Eugene</p> <p>10:30-10:45 Positive Morning Affirmations</p> <p>10:45-11:20 Chaplain Time</p> <p><b>11-11:45 Men's Club w/Jeremy</b></p> <p>11:20-11:45 Random Trivia</p> <p><b>2:30-3:30 Lenny Taylor Entertains (C-Lounge)</b></p> <p>4-4:30 Down Memory Lane: "Hobbies"</p>                                        | <p><b>10:30-11:30 Grandma's Kitchen: Pumpkin Pie Bars</b></p> <p>2:15 Pictionary on the Whiteboard</p> <p>3-3:25 Travelogue to Germany with Rick Steves (YT)</p> <p>3:25-3:45 Name that 50's tune</p> <p>4-4:30 The Missing Word Game</p>  | <p>10:15-10:30 Noodle Fitness</p> <p>10:30-11:30 BINGO</p> <p>11:30 Sinatra Duets Compilation (YT)</p> <p>10:30-11:00 Person, Place or Thing Game</p> <p>11-11:45 Name that 1970's Tune</p>                                                                                      |
| <p>10:15-10:30 Chair Exercise with Sharon</p> <p>10:30-11:00 NB Worship-Acoustic Sessions #2</p> <p>11:00-11:45 Lucky Strike Bowling (Sunroom)</p> <p>2:30 Worship Service (AUD)</p>                                                     | <p>10:15-10:30 Balloon Volley</p> <p>10:30-11:00 Spin The Wheel Game</p> <p>11-11:30 Baby Boomers Song Quiz</p> <p><b>11-11:45 Men's Club w/Jeremy</b></p> <p>11:30 Cute Babies! (YT)</p> <p>2:15-3:15 BINGO</p> <p>3:15-3:45 Creative Coloring to Soothing Latin Music</p> <p>4-4:30 Name 30 Household Chores (on the whiteboard)</p> | <p>10:15-10:30 Sittercise</p> <p><b>10:30-11:30 Color Your Own Wood Fall Blessings Pumpkin</b></p> <p>11:30 Songs of Neil Diamond</p> <p>2:30 Worship Service (AUD)</p> <p>4-4:30 Guided Meditation on the IN2L and Pumpkin Scents</p>  | <p>10:15-10:30 Sit and Fit Exercise</p> <p>10:20-10:50 Pet therapy with Carol and Maylee (on unit)</p> <p>10:30-11:30 BINGO</p> <p><b>2:30 Live Musical Entertainment (C lounge)</b></p> <p>4-4:30 First Letter, Last Letter</p>                | <p>10:15-10:30 Dance Fitness with Paul Eugene</p> <p>10:45-11:20 Chaplain Time</p> <p>11:20-11:45 Powerful "I Am" Affirmations (YT)</p> <p><b>2:15-3:15 Fall Harvest Social</b></p> <p>3:15-3:45 Martha Stewart's Best Fall Recipes (YT)</p> <p>4-4:30 Finish the Melodies</p>  | <p><b>10:30-11:30 Grandma's Kitchen: Stromboli</b></p> <p><b>2:15-3:00 Paint and Sip with Talia</b></p> <p>3:15-3:45 Table Topics</p> <p><b>4-4:30 Connecting Values to Healing with Charles</b></p>                                       | <p>10:15-10:30 Musical Stretch</p> <p>10:30-11:30 BINGO</p> <p>11:30-11:45 Let's Make a Deal</p> <p><b>2:30 Piano Recital (AUD)</b></p>                                                     |
| <p>10:15-10:30 Pom-Pom Fitness</p> <p>10:30-11:00 Sunday Worship Songs Collection</p> <p>11:00-11:15 Higher or Lower Game</p> <p>11:15-11:45 Baking the Original Brownie - The History of Brownies (YT)</p> <p>2:30 Worship Service (AUD)</p>                                                                               | <p>10:15-10:30 Silver Sneakers Dance Exercise (YT)</p> <p>10:30-11:30 Spanish Club: "Charro and Steed: A Documentary on Mexican Rodeo"</p> <p><b>2:30-3:30 Monthly Birthday Celebration (on unit) with John Heiserman (C-Lounge)</b></p> <p>4-4:30 Classic Movie and Classic TV on the IN2L</p>                                        | <p>10:15-10:30 Sittercise</p> <p><b>10:30-11:30 Artistic Expressions: Fall Pumpkin Mobile</b></p> <p>11:30-11:45 A Laugh with I Love Lucy</p> <p>2:30 Worship Service (AUD)</p> <p>4-4:30 Fall Pumpkin Ambience Music and Hand/Shoulder Massages</p>                                                                         | <p>10:15-10:30 Sit and Fit Exercise</p> <p>10:20-10:50 Pet therapy with Carol and Maylee (on unit)</p> <p>10:30-11:30 BINGO</p> <p><b>2:15-2:45 Journaling for Reflection with Courtney</b></p> <p>2:45-3:30 The Best Destinations in America for Fall Foliage</p> <p>4-4:30 Mind-Body Connection</p>                                | <p>10:15-10:30 Chair Aerobics with Paul Eugene</p> <p>10:45-11:20 Chaplain Time</p> <p>11:20-11:45 Songs of Yesterday</p> <p><b>2:15-3:15 Fall Themed Sensory Spa with Sherfia</b></p> <p>3:15-3:45 Music by Barbra Streisand</p> <p>4-4:30 Music with Mary Sue on the IN2L</p> <p><small>Halloween</small></p>                                                      | <p><b>10:30-11:30 Grandma's Kitchen: Canoli Dip Cupcakes</b></p> <p>2:15-2:45 Action Charades</p> <p>2:45-3:30 Ever or Never</p> <p>3:30-3:45 Origins of Common Superstitions</p> <p>4-4:30 Pondering Prompts</p>                                                                                                               | <p>(AUD) = De Young Auditorium<br/>(YT) = You Tube</p> <p><b>**Activities are Subject to Change and/or cancellation at any time**</b></p>                                                   |