

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD) 	2 10:15 Join us for Activities in the East Great Room! 2:15 Hillsong Worship 2:30 One-to-One Visits with Rev. Dawn 3:00 Hand/Shoulder Massages with Apple Cider Aromatherapy 3:45 Soothing Piano (YT) 4:00 Room Visits	3 10:15 Join us for Activities in the East Great Room! 2:30 Worship Service (AUD) 4:00 Room Visits 4:00 Wyckoff Church Youth Group Visit (MR) 6:30 Game Night: Deal or No Deal (MR)	4 10:15 Join us for Activities in the East Great Room! 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 The Life of Babe Ruth 3:45 Canada's National Parks: Canadian Rockies, Banff, Lake Louise and Jasper 4:00 Room Visits 	5 10:15 Join us for Activities in the East Great Room! 2:15-2:45 Julie Andrews Sound of Orchestra (YT) 2:45-3:15 The Best Stuffed Chicken - Chef Jean Pierre 3:15-3:45 Broadway Kids Dance Recital (YT) 3:45 Classic Comedy: The Honeymooners 6:30 Dean Martin in concert	6 10:15 Join us for Activities in the East Great Room! 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages with Aromatherapy 3:15 Oktoberfest Polka Music and Scenic Views of Germany 4:00 Room Visits	7 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 10:30-10:45 Noodle Fitness 10:45-11:45 Who/What Am I? 2-3:45 Room Visits 2:15-3:30 Autumn Scattergories on the Whiteboard (MR) 
8 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD)	9 10:15 Join us for Activities in the East Great Room! 2:15 Classic Hymns 2:30 One-to-One Visits with Rev. Dawn 3:00 Hand/Shoulder Massages with Vanilla Aromatherapy 3:45 Music of Doris Day 4:00 Room Visits <small>Column 9 Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	10 10:15 Join us for Activities in the East Great Room! 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 Game Night: Let's play golf and horseshoes! (MR) 	11 10:15 Join us for Activities in the East Great Room! 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 The Andy Griffith Show 3:45 Oldies but Goodies Music of the 50's 4:00 Room Visits	12 10:15 Join us for Activities in the East Great Room! 2:15-2:40 American Farming 2:40-3:00 Vintage Classic 1960s Commercials 3:00-3:30 Rick Steves': Portugal's Heartland 3:30 Picture Books/1:1 chats 4:00 Room Visits 6:30 Diana Ross Concert: (2022), Encore Las Vegas	13 10:15 Join us for Activities in the East Great Room! 2:30 Jazz Trio musical performance (AUD) 	14 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 10:30-10:45 Morning Stretch 10:45-11:45 Complete the Phrase (MR) 2-3:45 Room Visits 2:15-3:30 Baking with Natalie
15 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD) 	16 10:15 Join us for Activities in the East Great Room! 2:15 One Voice Children's Choir (YT) 2:30 One-to-One Visits with Rev. Dawn 3:00 Hand/Shoulder Massages with Cinnamon Aromatherapy 3:45 Dean Martin Hits 4:00 Room Visits	17 10:15 Join us for Activities in the East Great Room! 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 BINGO NIGHT! (MR) 	18 10:15 Join us for Activities in the East Great Room! 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages 3:15 Scenic Hayride and Autumn Sensory with Cinnamon Aromatherapy 3:45 Polka Hits 4:00 Room Visits	19 10:15 Join us for Activities in the East Great Room! 2:15-2:40 Martha Stewart Makes 4 Pumpkin Recipes 2:40-3:00 Sing Along with Susie Q 3:00-3:30 15 The Best Country to Visit in Asia 3:30 The Best of Patsy Cline 4:00 Room Visits 6:30 Tony Orlando & Dawn	20 10:15 Join us for Activities in the East Great Room! 2:30 October Birthday celebration with Randy Accardi (AUD) 4:00 Room Visits 	21 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 10:30-10:45 Noodle Fitness 10:45-11:45 Higher or Lower? 2-3:45 Room Visits 2:15-3:30 Apple Cider & Donuts Social with Apple Cider Aromatherapy 
22 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD)	23 10:15 Join us for Activities in the East Great Room! 2:15 Gospel Hymns 2:30 One-to-One Visits with Rev. Dawn 3:00 Hand/Shoulder Massages with Coffee Cake Aromatherapy 3:45 Martha Stewart Bakes Coffee Cake 4:00 Room Visits	24 10:15 Join us for Activities in the East Great Room! 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 BINGO NIGHT! (MR) 	25 10:15 Join us for Activities in the East Great Room! 2:30 Catholic Mass (AUD) 4:00 Room Visits	26 10:15 Join us for Activities in the East Great Room! 2:15-2:40 Chef Jean Pierre-Steak Wrap (YT) 2:40-3:00 The Secrets Behind NY Best Bagel (YT) 3:00-3:30 Funny and Cute Babies Laughing (YT) 3:30 Picture Books/1:1 chats 4:00 Room Visits 6:30 Reba McEntire Concert	27 10:15 Join us for Activities in the East Great Room! 2:15 Snoezelen Sensory Hour & Hand/Shoulder Massages with Aromatherapy 3:15-3:30 Let's Go Pumpkin Picking! (YT) 3:30 Rick Steve's West England (YT) 3:45 Comedy Classics: I Love Lucy	28 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 10:30-10:45 Morning Stretch 10:45-11:45 Baking with Ann 2:15-3:30 Beauty Spa with the Lady Knights! 
29 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theatre: Residents' Choice 2:30 Worship Service (AUD) 	30 10:15 Join us for Activities in the East Great Room! 2:15 Gospel Hymns 2:30 One-to-One Visits with Rev. Dawn 3:00 Hand/Shoulder Massages with Jasmine Aromatherapy 3:45 Paul Anka's Hits 4:00 Room Visits	31 10:15 Join us for Activities in the East Great Room! 10:45 (time is approximate) Morning Costume Parade with the Day Care Children 2:30 Worship Service (AUD) 4:00 Room Visits 6:15 Game Night: Bowling (MR) 	<div>  <p>Activities subject to change and/or cancellation at anytime</p> <h1>October 2023</h1> <h2>HERITAGE MANOR EAST DAY ROOM</h2>  </div>			

Activities take place in the East Day Room unless otherwise noted

Activities in red take place in the East Media Room

Heritage Manor Activity Office (201) 848-5869