

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theater: Residents Choice 2:30 Worship Service (AUD) or in-house channel 591 	2 10:30 Hymn Sing 10:45 Chaplain Time 11:00 Sugar Pumpkin Painting 11:30 Soothing Piano (YT) 12:00 Monday Mind Joggers 2:30 Entertainment with Mary's Melodies (EGR) 4:00 Room Visits	3 10:30 Noodle Fitness 10:45 I Hear Memories 11:00 Baking Blueberry Muffins with Blueberry Aromatherapy 11:30 Sing along 12:00 Trivia Tuesday 2:30 Worship Service (AUD) 4:00 Wyckoff Church Youth Group Visit 6:30 Deal or No Deal 	4 10:30 Balloon Volley 10:45 Adorable Babies/Children compilation 11:00 Finish the Phrase 12:00 Harvest themed Candlelight Luncheon (AUD) 2:30 BINGO 3:30 Canada's National Parks: Canadian Rockies, Banff, Lake Louise and Jasper 4:00 Room Visits	5 10:30 Stretch & Flex 10:45 Companion Pets 11:00 Autumn Harvest coloring with K&P along with Nutmeg aromatherapy 2:15 Hope for the Heart 3:00 Rosary 3:30 Classic Comedy: The Honeymooners 4:00 Room Visits 6:30 Dean Martin in concert	6 10:30 BINGO 10:45 Baby Reminisce 11:30 Old Fashioned Commercials from the 60's 12:00 Fun Fact Friday 2:15 Oktoberfest Celebration with Polka Music & German Chocolate Cake! 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 <small>Simchat Torah Begins</small> 
8 10:15-11:45 Activities on the Go and Friendly Room Visits 10:15 Corner TV Theater: Residents Choice 2:30 Worship Service (AUD) or in-house channel 591 	9 10:30 Hymn Sing 10:45 Chaplain Time 11:00 Scarecrow Craft 11:30 Sinatra Hits 12:00 Monday Mind Joggers 2:30 BINGO 4:00 Room Visits <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	10 10:30 Noodle Fitness 10:45 Martha Stewart's Southern dishes & Kitchen Reminisce 11:00 Mini Chicken Pot Pies 11:30 Sing along 12:00 Trivia Tuesday 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 Game Night: Let's Play Golf & Horseshoes	11 10:30 BINGO 10:45 Creamy Nutmeg Aroma Spa & Shoulder Massages 11:30 Music of the Beatles 12:00 Fill-in-the-blanks 12:30 Women's Bible Study with Rev. Dawn 2:15-3:30 Deal or No Deal 3:30 Peaceful Violin Music Video 4:00 Room Visits	12 10:30 Room Visits 11:00 Guess the Price with Ken & Phyllis 12:00 Down Memory Lane 2:00 Pet Therapy with Emme 2:30 Ice-Cream Social and watching "How it's Made: Ice-Cream Novelties" 4:00 Room Visits 6:30 Diana Ross Concert: (2022), Encore Las Vegas 	13 10:30 BINGO 10:30 Lemongrass Aromatherapy Sensory Spa 11:30 Comedy Classics: Carol Burnett 12:00 Down Memory Lane: Superstitions 2:30 Jazz Trio Musical Performance (AUD) 4:00 Room Visits 	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 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 Theater: Residents Choice 2:30 Worship Service (AUD) or in-house channel 591 	16 10:30 Hymn Sing 10:45 Chaplain Time 11:00 Peak Fall Foliage with Pumpkin Pie Aromatherapy with Hand Massages 11:00 Make your own Mini Pillow Craft 12:00 Monday Mind Joggers 2:30 Harvest Tea Social with Herbal teas & Assorted Pies 4:00 Room Visits 	17 10:30 Polka Fitness! 10:45 Complete the Phrase 11:00 Making Bolognese with Pappardelle Pasta 11:15 Tchaikovsky Orchestra Concerto 12:00 Trivia Tuesday 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 BINGO NIGHT!	18 10:30 BINGO 10:30 Scenic Hayride & Autumn Sensory with Cinnamon Aromatherapy 11:30 20 Tasty Fall Desserts 12:00 Word Games 2:15 Celtic Woman (YT) 2:30 Men's club: Football Reminisce & O'Doul's 3:15 The Ed Sullivan Show 4:00 Room Visits	19 10:30 Balloon Volley 10:45 Visit with the day care children: Spider Web Game 11:30 Diners, Drive-Ins & Dives 12:00 What Was the Year? 2:00 Pet Therapy with Emme 2:30 Resident Council 3:30 Wyckoff Library Visits 4:00 Room Visits 6:30 Tony Orlando & Dawn	20 10:30 BINGO 10:30 Companion Pets & Pet Reminisce 11:30 Comedy Classics: I Love Lucy 12:00 Fun Fact Friday 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 Theater: Residents Choice 2:30 Worship Service (AUD) or in-house channel 591 	23 10:30 Hymn Sing 10:45 Chaplain Time 11:00 Martha Stewart Bakes Apple Pie with Apple Cider Aromatherapy & Massage 11:00 Creating with Clay (maximum 12 participants) 12:00 Monday Mind Joggers 2:30 BINGO 4:00 Room Visits	24 10:30 Disco Dancing 10:45 Fact or Fiction? 11:00 Baking Pumpkin Chocolate Chip Muffins 11:15 Kids say the darndest things! (YT) 12:00 Trivia Tuesday 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 BINGO NIGHT!	25 10:30 BINGO 10:30 Companion Pets and cute Fall animal videos with Chocolate Aromatherapy 11:30 How to Make Bread with Jamie Oliver 12:00 Word Games 2:30 Catholic Mass (AUD) 4:00 Room Visits	26 10:30 Kickball 11:00 Unwrapped: Candy 11:00 Bible Study with K&P 11:30 Classic Comedy: The Honeymooners 12:00 Down Memory Lane 2:00 Pet Therapy with Emme 2:00-2:40 Bergen County Zoo Visit (EGR) (Maximum 28) 6:30 Reba McEntire Live in Concert (YT)	27 10:30-11:30 Eastern Christian Game Day (AUD) 12:00 Fun Fact Friday 2:15 Passport Travels: Canada! Learn about Canada's historic sites, history and food. Passports provided! 4:00 Room Visits 	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 Theater: Residents Choice 2:30 Worship Service (AUD) or in-house channel 591 	30 10:30 Hymn Sing 10:45 Chaplain Time 11:00 Scenic Fall National Parks with Cedar Aromatherapy 11:00 Tissue Paper Leaf Craft 12:00 Monday Mind Joggers 2:30 BINGO 4:00 Room Visits	31 10:30 Pass the Pumpkin! 10:45 (time is approximate) Morning Costume Parade with the Day Care Children 11:00 Making Pumpkin Pretzels 11:45 13 Levels of Pumpkin Carving (YT) 12:00 Pumpkin Fun Facts 2:30 Worship Service (AUD) 4:00 Room Visits 6:30 Game Night: Bowling <small>Halloween</small>	<div>  <p>Activities in red take place in the Media Room.</p> <h1>October 2023</h1> <h2>HERITAGE MANOR EAST GREAT ROOM/MEDIA ROOM</h2> <p>Activities subject to change and/or cancellation at anytime</p> </div>			

Activities take place in the East Great Room unless otherwise noted

Activities in red take place in the East Media Room

Heritage Manor Activity Office (201) 848-5869