

DOUGLAS CARE OCTOBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30am Chair Exercise 10:30am Spider Web Art 2:00pm Live Music with Eugene 3:00pm Walking Group	2 9:30am Chair Exercise 10:00am Balloon Badminton 1:15pm Painting to Music 3:00pm Reading Club	3 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Bingo 3:00pm Brain Games: Word Games	4 9:30am Chair Exercise 10:00am Active Game: Bean Bag Toss 2:00pm Happy Hour & Live Music with Jessica Benini 3:00pm Group Boardgames	5 9:30am Chair Exercise 10:15am Beauty Hour 1:30pm Neighborhood Walks 1:1 3:00pm Brain Games: Trivia
6 9:45am Yoga with Anna 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Susie Q 3:00pm Movie and Popcorn	7 9:30am Chair Yoga 10:30am Live Stream News Around the World 3:00pm Sing-A-Long with Lindi Moo	8 9:30am Chair Exercise 10:00am Halloween Sugar Cookie 2:00pm Live Music Entertainment with Philip 3:00pm Walking Group	9 9:30am Chair Exercise 10:00am Balloon Badminton 1:30pm Chair Zumba 3:00pm Reading Club	10 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Bingo 3:00pm Fresh Flower Arranging	11 9:30am Chair Exercise 10:00am Active Game: Bean Bag Toss 2:00pm Happy Hour & Live Music with Eugene 3:00pm Group Boardgames	12 9:30am Chair Exercise 10:15am Aromatherapy 1:30pm Neighborhood Walks 1:1 3:00pm Brain Games: Trivia
13 9:30am Chair Yoga 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Susie Q 3:00pm Movie and Popcorn	14 9:30am Chair Yoga 10:30am Live Stream News Around the World 2:00pm Live Music with Michael Majocha Happy Thanksgiving!	15 9:30am Chair Exercise 10:00am Baking: Pumpkin Spice Truffles 1:30pm Warm Cozy Drinks and Stories 3:00pm Walking Group	16 9:30am Chair Exercise 10:00am Balloon Badminton 1:15pm Pumpkin decoration 3:00pm Reading Club	17 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Bingo 3:00pm Brain Games: Word Games	18 9:30am Chair Exercise 10:00am Active Game: Bean Bag Toss 2:00pm Happy Hour & Live Music with Jessica Benini 3:00pm Group Boardgames	19 9:30am Chair Exercise 10:15am Beauty Hour 1:30pm Neighborhood Walks 1:1 3:00pm Brain Games: Trivia
20 9:45am Yoga with Anna 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Susie Q 3:00pm Movie and Popcorn	21 9:30am Chair Yoga 10:30am Live Stream News Around the World 3:00pm Sing-A-Long with Lindi Moo	22 9:30am Chair Exercise 10:00am Indoor Bocce Game 2:00pm Live Music with Two Among Friends 3:00pm Walking Group	23 9:30am Chair Exercise 10:00am Balloon Badminton 1:30pm Chair Zumba 3:00pm Reading Club	24 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Bingo 3:00pm Fresh Flower Arranging	25 9:30am Chair Exercise 10:00am Active Game: Bean Bag Toss 2:00pm Happy Hour & Live Music The Elderly Brothers 3:00pm Group Boardgames	26 9:30am Chair Exercise 10:30am Neighborhood Walks 1:1 1:30pm Bingo 3:00pm Brain Games
27 9:30am Chair Yoga 10:30am Live Stream Church Service 1:30pm Sing-A-Long with Susie Q 3:00pm Movie and Popcorn	28 9:30am Chair Yoga 10:30am Live Stream News Around the World 2:00pm Live Music with Michael Majocha	29 9:30am Chair Exercise 10:00am Bus Outing Parliament Building 1:30pm Short Stories & Jokes 3:00pm Walking Group	30 9:30am Chair Exercise 10:00am Balloon Badminton 1:15pm Painting to Music 3:00pm Reading Club	31 9:30am Chair Exercise 10:00am Active Games: Bowling 1:30pm Bingo 3:00pm Brain Games: Word Games Happy Halloween!!		