

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2024

MEMORY HAVEN

		Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Devotional Exercise – Lower Body Daily News /Weather Report Thirsty Thursday Mocktails Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Anniversary Carnival! Dinner Ready for Bed
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:00 am Music with Julie BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Devotional Exercise – Lower Body Daily News /Weather Report Thirsty Thursday Mocktails Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation <small>Yom Kippur Begins</small>	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 10:00am Music with LV Smith BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	Rise & Shine Devotional Exercise – Lower Body Daily News /Weather Report Thirsty Thursday Mocktails Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	Rise & Shine Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
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Activities are subject to change without notice. Location Key: GR- Game Room, L- Library, FR- Family Room, F- Fitness, C- Chapel, D - Dining, OD- Overflow Dining, \$- Cost, O- Outing, R2R – Room to Room