

# October 2021

## Dania Manor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:15 Stretch , Bend & Reach 11:30 & 12:15 Meal Assist 1:15 Bingo <i>2:30 Hot Chocolate Social</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	2 6:30 Movie Night
3 	4 10:15 Exercise 11:30 & 12:15 Meal Assist 1:15 Bingo 2:30 Armchair Travel: 4:30 & 5:15 Meal Assist 5:30 Walking Program	5 10:15 Mobility & Fun 11:30 & 12:15 Meal Assist 1:15 Golf 2:30 Afternoon Concert: "Oslo Philharmonic" 4:30 & 5:15 Meal Assist 5:30 Walking Program	6 10:15 Osteo-Fit 11:30 & 12:15 Meal Assist 1:15 Bowling <i>2:30 Chicken Wings and Chats</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	7 10:15 Standing Exercise 11:30 & 12:15 Meal Assist 1:15 Word Games 2:30 Sing-a-long with Gigi 4:30 & 5:15 Meal Assist 5:30 Walking Program	8 <i>OctoberFest</i> 10:15 Stretch , Bend & Reach 11:30 & 12:15 Meal Assist 1:15 Bingo <i>2:00 OctoberFest with Jason M.</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	9 6:30 Movie Night
10 	11 	12 10:15 Mobility & Fun 11:30 & 12:15 Meal Assist 1:15 Golf <i>2:00 Birthday Social with Colleen D.</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	13 10:15 Osteo-Fit 11:30 & 12:15 Meal Assist 1:15 Bowling 2:30 Nail Spa 4:30 & 5:15 Meal Assist 5:30 Walking Program	14 <i>10:15 Chair Yoga with Allison</i> 11:30 & 12:15 Meal Assist <i>1:15 Bus Outing</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	15 10:15 Stretch , Bend & Reach 11:30 & 12:15 Meal Assist 1:15 Bingo <i>2:30 Apple Cinnamon Social</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program <i>Happy Birthday Marion R. !!!</i>	16 6:30 Movie Night
17 	18 10:15 Exercise 11:30 & 12:15 Meal Assist 1:15 Bingo 2:30 Family Feud 4:30 & 5:15 Meal Assist 5:30 Walking Program <i>6:30 Night of Music with Allan M.</i>	19 10:15 Mobility & Fun 11:30 & 12:15 Meal Assist 1:15 Golf 2:30 Classic Movie: " A Star is Born-1954" 4:30 & 5:15 Meal Assist 5:30 Walking Program	20 10:15 Osteo-Fit 11:30 & 12:15 Meal Assist <i>1:15 Movie Matinee</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	21 <i>10:30 Lutheran Service</i> 11:30 & 12:15 Meal Assist 1:15 Word Games 2:30 Sing-a-long with Gigi 4:30 & 5:15 Meal Assist 5:30 Walking Program	22 10:15 Stretch , Bend & Reach 11:30 & 12:15 Meal Assist 1:15 Bingo <i>2:30 Hot Chocolate Social</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	23 6:30 Movie Night
24 	25 10:15 Exercise 11:30 & 12:15 Meal Assist 1:15 Bingo <i>2:30 Pumpkin Carving</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	26 10:15 Mobility & Fun 11:30 & 12:15 Meal Assist <i>1:15 Chef Club</i> <i>1:30 Resident Council Meeting</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program	27 10:15 Osteo-Fit 11:30 & 12:15 Meal Assist 1:15 Bowling 2:30 Nail Spa 4:30 & 5:15 Meal Assist 5:30 Walking Program	28 <i>10:15 Chair Yoga with Allison</i> 11:30 & 12:15 Meal Assist <i>2:00 Spooktacular Social with Steve W.</i> 4:30 & 5:15 Meal Assist 5:30 Walking Program <i>Happy Birthday Stephen M. !!!</i>	29 <i>9:00 Breakfast Club</i> 11:30 & 12:15 Meal Assist 1:15 Bingo 2:30 Word Games 4:30 & 5:15 Meal Assist	30 6:30 Movie Night

