

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2021

## PARAMOUNT HOUSE SENIOR LIVING

<p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Easy Does it Trivia 10:45 am Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:30 pm Color Creations 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club 9:20 am Coffee Chat 9:30 am Brain Work 10:00 am Virtual Reality 10:35 am Virtual Reality 10:45 am Wii Bowling 12:45 pm Ring Toss 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball</p>	<p><b>WORLD TEACHERS' DAY</b> 9:00 am Hand Massages 9:00 am Coffee Chat 9:30 am Exercise w/Wade 10:15 am <u>WATERCOLOR W/MARISSA (Pine Park)</u> 10:30 pm Total Body Stretch w/Evan 1:15 pm Nickel Bingo 1:30 pm Bingo 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am Country Ride 9:20 am Coffee Chat 9:30 am Memory Game 10:20 am Outdoor Walk 11:00 am <b>PICNIC AT ANDREWS PARK</b> 12:45 pm Ring Toss 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Brain Work 3:15 pm <b>SWEET G'S</b></p>	<p>9:00 am Sing-a-long 9:15 am Catholic Communion 10:00 am <u>LAPS/pet visits</u> 10:20 am Outdoor Walk 12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo 2:15 pm Nickel Bingo 2:30 pm Painting 3:15 pm Nails w/Alida 3:30 pm Parachute 4:00 pm Bible Study w/Sheila</p>	<p>9:00 am Praise &amp; Joy Sing-a-long 9:20 am Coffee Chat 10:00 am Sitting Whoga 10:30 am Outdoor Walk 10:45 am Mind Joggers 12:45 pm Puzzles 1:15 pm Nickel Bingo 1:45 pm Hand Massages 2:30 pm Nickel Bingo 3:35 pm Dominos 3:45 pm Total Body Stretch w/Evan</p>	<p>9:00 am Sing-a-long 9:30 am Coffee Chat 10:00 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Memory Game 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Puzzles 3:45 pm Balloon Volleyball</p>
<p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Mental Stimulation 10:45 am October Trivia 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Sing-a-long 3:30 pm Bowling 3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club 9:20 am Coffee Chat 9:30 am Puzzles 10:15 am Outdoor Walk 10:40 am Wii Bowling 12:30 pm Nickel Bingo 12:45 pm Reminisce Trivia 1:15 pm Nickle Bingo 2:30 pm <b>Nickle Bingo</b> <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small></p>	<p>9:00 am Hand Massages 9:00 am Coffee Chat 9:35 am Exercise w/Wade 10:30 pm Total Body Stretch w/Evan 10:45 am Putting Green 12:45 pm Trivia/Reminisce 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:30 pm Mental Stimulation 3:15 pm <b>OVERSTREETS</b></p>	<p>9:00 am Sing-a-Long 9:20 am Coffee Chat 9:30 am Brain Work 10:20 am Outdoor Walk 11:00 am <b>FENTON'S</b> 12:45 pm Peg Stacker Game 1:15 pm Nickel Bingo 1:45 pm Family Feud 2:30 pm Nickel Bingo 2:30 pm Chicken Soup for the Soul 3:45 pm Balloon Volleyball</p>	<p><b>BE BALD AND BE FREE DAY</b> 9:00 am Hand Massages 9:15 am Catholic Communion 9:35 am Puzzles 10:30 am <u>Total Body Stretch w/Evan</u> 1:45 pm Outdoor Walk 1:15 pm Nickle Bingo 2:30 pm Nickle Bingo 3:15 pm <b>COWBOY DENNY</b> 3:15 pm Nails w/Alida 4:00 pm Bible Study w/Sheila</p>	<p><b>NAT. GROUCH DAY</b> 9:00 am Praise &amp; Joy Sing-a-long 9:20 am Coffee Chat 10:00 am Sitting Whoga 10:30 am Outdoor Walk 12:45 pm Easy Does It Trivia 1:15 pm Nickel Bingo 1:30 pm Memory Game 2:30 pm Nickel Bingo 3:35 pm Dominos 3:45 pm Total Body Stretch w/Evan</p>	<p>9:00 am Arm Chair Travel 9:30 am Coffee Chat 10:00 am Sitting Yoga 10:15 am Sitting Aerobics 10:20 am Outdoor Walk 12:20 pm Haley's Choice 1:15 pm Nickel Bingo 1:30 pm Ring Toss 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Color Creations</p>
<p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Basketball 10:50 am Fall Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:30 pm Golden Girls 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Memory Game</p>	<p>9:00 am PS Walking Club 9:00 am Volleyball 9:20 am Coffee Chat 9:30 am Outdoor Walk 10:00 am Virtual Reality 10:35 am Virtual Reality 10:45 am Wii Bowling 12:45 pm Chicken Soup for the Soul 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:35 pm Dominos</p>	<p><b>EVALUATE YOUR LIFE DAY</b> 9:00 am Sing-a-Long 9:00 am Coffee Chat 9:35 am Exercise w/Wade 10:15 am Finishing Lines 10:30 am <u>Townhall meeting w/Richie</u> 1:15 pm Nickel Bingo 1:45 pm Easy Does It Trivia 2:30 pm Nickel Bingo 2:30 pm Tic-Tac-Toe 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Yoga 9:20 am Coffee Chat 9:35 am Easy-does-it-trivia 10:00 am Basketball 10:30 am Sing-a-long 10:00 am <b>99 CENT STORE</b> 1:15 pm Nickel Bingo 2:00 pm Memory Game 2:30 pm Nickel Bingo 2:30 pm Outdoor Walk 3:15 pm <b>BIRTHDAY PARTY W/ ALVIN</b></p>	<p>9:00 am Sing-a-Long 9:15 am Catholic Communion 10:15 am Memory Game 10:30 am <u>Tai Chi w/Evan</u> 10:45 am Ring Toss 12:45 am Peg Stacker 1:00 pm Nickel Bingo 1:45 pm Picture Binder 2:15 pm Nickel Bingo 3:15 pm Nails w/Alida 4:00 pm Bible Study w/Sheila</p>	<p>9:00 am Praise &amp; Joy Sing-a-Long 9:20 am Coffee Chat 10:15 am <u>DECORATING PUMKINS W/MARISSA (Pine Park)</u> 12:45 pm Puzzles 1:15 pm Nickel Bingo 1:45 pm Hand Massages 2:30 pm Nickel Bingo 2:30 pm Outdoor Walk 3:35 pm Dominos 3:45 pm Total Body Stretch w/Evan</p>	<p>9:00 am Arm Chair Traveler 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Outdoor Walk 12:20 pm Ring Toss 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 2:30 pm Beverly Hillbillies 2:45 pm Balloon Volleyball 3:15 pm <b>DJ NOEL</b></p>
<p>9:00 am Church Services 9:30 am Coffee Chat 10:00 am Church Services 10:20 am Haley's Choice 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:00 pm Color Creations 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Sing-a-long 3:45 pm Balloon Volleyball</p>	<p>9:00 am Hand Massage 9:20 am Coffee Chat 9:30 am <u>APPLE CRAFT</u> 10:00 am Virtual Reality 10:35 am Virtual Reality 10:40 am Wii Bowling 12:45 pm Chicken Soup for the Soul 1:15 pm Nickel Bingo 1:45 pm Outdoor Walk 2:30 pm Nickel Bingo 3:35 Dominos</p>	<p>9:00 am Sing-a-long 9:00 am Coffee Chat 9:35 am Exercise w/Wade 10:20 am Chicken Soup for the Soul 10:30 pm Total Body Stretch w/Evan 10:45 am Corn Hole 12:45 pm Peg Stacker 1:15 pm Nickel Bingo 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Outdoor Walk 3:45 pm Balloon Volleyball</p>	<p><b>CRANKY COWORKERS DAY</b> 9:00 am Hand Massages 9:20 am Coffee Chat 10:00 am Balloon Volleyball 11:00 am <b>BLACK BEAR</b> 12:45 pm Peg Stacker Game 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:30 pm Outdoor Walk 3:35 pm Dominos 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-long 9:15 am Catholic Communion 10:10 am Putting Green 10:20 am Bingo 12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo 2:15 pm Nickel Bingo 2:30 pm Painting 3:15 pm Nails w/Alida 3:30 pm Outdoor Walk 4:00 pm Bible Study w/Sheila</p>	<p>9:00 am Praise &amp; Joy Sing-a-Long 9:00 am Coffee Chat 10:00 am Nickle Bingo 10:15 am Bingo 10:30 pm Total Body Stretch w/Evan 11:00 am <u>TRICK OR TREAT IN RM 126 (Pine Park)</u> 12:30 pm Nickle Bingo 1:30 pm <b>TRUNK TREAT</b> 2:30 am <b>HALLOWEEN PARTY w/AL</b></p>	<p>9:00 am Sing-a-long 9:30 am Coffee Chat 10:00 am Sitting Aerobics 10:20 am Ring Toss 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 2:30 pm Memory Game 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Puzzles 3:45 pm Balloon Volleyball</p>
<p><b>HAPPY HALLOWEEN!</b> 9:00 am Church Services 9:30 am Coffee Chat/Halloween Trivia 10:00 am Church Services 10:15 am Halloween Hangman 10:45 am Halloween Hangman 12:20 pm Outdoor Walk 1:15 pm Nickel Bingo 1:30 pm Color Creations 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>						
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