

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

Sterling Healthcare & Rehabilitations Center

<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Trivia / Puzzles / Music (1,3) Morning Worship (2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Mouseketeers Days (1,2) Wildlife Symphony (3)</p> <p style="text-align: right;">3</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) October IQ (1,2) Name That Disney Tune (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Matching Pumpkins / Anagram (1,2) Happy Feet (3)</p> <p style="text-align: right;">4</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Brain Fitness / Reading (1,2,3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 3:00 pm Food Service Committee (2) 2:00 pm - 4:45 pm Anagram (1) Tick-Tock Tuesday (3)</p> <p style="text-align: right;">5</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Cream of Wheat Day / Discussion (1,2,3) Music / Art / Reading / Picture View (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Tasty Treat (1,2,3)</p> <p style="text-align: right;">6</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Brain Fitness / Reading (1,2,3) Music / Art / Reading / Picture View (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Musical Bingo (1) Pokeno (2) Marching in the Band / Amazing Animals (3)</p> <p style="text-align: right;">7</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Music / Art / Reading / Picture View (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Bingo (1,2) Birds and Blooms / Art / Music (3)</p> <p style="text-align: right;">8</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Puzzles / Reading / Art (1,2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:00 pm More Jeopardy / Anagram (1,2) Famous Faces, Famous Places (3)</p> <p style="text-align: right;">9</p>
<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Trivia / Puzzles / Music / Art (1,3) Morning Worship (2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Lakota and Ojibwe Designs / Art (1,2) Born Free (3)</p> <p style="text-align: right;">10</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Who am I? / Discussion (1,2) Brain Fitness / Music (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Indigenous Peoples' Day / Anagram (1,2) Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</p> <p style="text-align: right;">11</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Brain Fitness / Short Story (1,2,3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 3:00 pm Resident Council (2) 2:00 pm - 4:45 pm What am I? / Discussion (1) Story Lines (3)</p> <p style="text-align: right;">12</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Brain Fitness / Discussion (1,2,3) Paddington Bear Day (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Sweet Treat (1,2,3)</p> <p style="text-align: right;">13</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) EZ Does it Trivia (1,2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Bingo (1,2) How Much Does It Cost? / Movie (3)</p> <p style="text-align: right;">14</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm What's Wrong with This Picture? (1) Pasts Trivia / Discussion (2) I Love Lucy turns 70 (3)</p> <p style="text-align: right;">15</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Puzzles / Reading / Art (1, 2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:00 pm Jeopardy Trivia (1) Aroma Appreciation / Easy Listening (3)</p> <p style="text-align: right;">16</p>
<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Trivia / Puzzles / Music / Art (1,3) Sound Advice from the Book of Proverbs (2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Who am I? / Discussion / Movie (1,2) Paddington (3)</p> <p style="text-align: right;">17</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Music / Art / Reading / Picture View (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm The USS Eldridge / Discussion (1,2) The Man in the Red Brick House / Art (3) Mismatch Monday</p> <p style="text-align: right;">18</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Brain Fitness / Reading (1,2,3) Things That Aren't Anymore (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Taco Tuesday (1,2,3)</p> <p style="text-align: right;">19</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Brain Fitness / Discussion (1,2,3) Boat Song Day (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Sweet Treat (1,2,3)</p> <p style="text-align: right;">20</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Matching Candy Buckets (1,2) Music / Art / Reading / Picture View (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Home Town Memories / Anagrams (1) 'Rithmetic Bingo (2) March of the Penguins (3)</p> <p style="text-align: right;">21</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Keep Paying Forward (1,2) Music / Art / Reading / Picture View (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Can You Picture This? / Discussion (1,2) Down Memory Lane (3)</p> <p style="text-align: right;">22</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Puzzles / Reading / Art (2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:00 pm Random Trivia (1) Pasta Carbonara Mining (2) Star and Stripes (3)</p> <p style="text-align: right;">23</p>
<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Trivia / Puzzles / Music / Art (1,3) Morning Worship (2) 1:00 pm - 1:45 pm Outside Delight 2:00 pm - 4:45 pm Mother-in-Law Day (1,2,3) Baby Love (3)</p> <p style="text-align: right;">24</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Mysterious Monday / Discussion (1,2) Rhythm and Motion / Reading (3) 1:00 pm - 1:45 pm Outside Delight 2:00 pm - 4:45 pm Eat Pumpkin Day (3)</p> <p style="text-align: right;">25</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Brain Fitness / Short Story (1,2,3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 3:00 pm Activity Satisfaction Survey 2:00 pm - 4:45 pm What am I? / Discussion (1,2) Fabulous Fifties (3)</p> <p style="text-align: right;">26</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Brain Fitness / Discussion (1,2,3) Sing Along / Flowers (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Hot Cider Treat (1,2,3)</p> <p style="text-align: right;">27</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) History of Classic Movies (1,2) Sing That Song (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Captivated by Costa Rica / Discussion (1,2) Witch Bingo (3)</p> <p style="text-align: right;">28</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Chair Dancing / Exercise (1,2,3) Elizabeth Krebs: Queen of Halloween (1,2) Remembering Halloween Songs (3) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:45 pm Harvest Parade / Music</p> <p style="text-align: right;">29</p>	<p>9:30 am - 1:00 pm Daily Chronicle / Daily Bread Morning Stretch and Music (1,2,3) Haunter House Mining (1,2) 1:00 pm - 1:45 pm Change of Scenery 2:00 pm - 4:00pm Modern Jeopardy (1,2)</p> <p style="text-align: right;">30</p>

All programs can be converted to individual packets when necessary.
Due to social distancing, only 1 resident per table during activities.
Masks must be worn at all times.
Room Visits for all residents are provided daily.
Night Programs occur Mondays and Thursdays 4-8pm
Video Chats occur Mon, Wed and Thurs.
Food Committee Meeting 10 / 5
Resident Council Meeting 10 / 12
Activity Satisfaction Survey 10 / 26
Community Outings To be Announced
The Activity Department is in need of a Calendar Committee President
Anyone interested in joining P.E.E.R see Activity Staff

Any calendar changes or additions will be posted.

9:30 am - 1:00 pm
Daily Chronicle / Daily Bread
Trivia / Puzzles / Music (1,3)
Morning Worship (2)
1:00 pm - 1:45 pm
Outside Delight
2:00 pm - 4:45 pm
Reading / Discussion (1,2)
Pumpkin Patch Bingo (3)

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Halloween