

Life Enrichment Activities
Park Terrace Health Campus

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections G - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events</p>	<p>1</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 4:00 IN2L Games K 6:00 Gathering of Friends</p>	<p>2</p> <p>MM 10:00 Musical Movements S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/Animal Intelligence V 4:15 Deep Breathing Exercises</p>	<p>3</p> <p>MM 10:00 Yoga Breathing and Movement I 10:00 Communion w/Gil A 10:30 Decorate your own Pumpkin O 2:00 Scenic Drive K 4:00 IN2L Games</p>	<p>4</p> <p>MM 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia K 2:00 Bingo S 3:00 Inspired Living Committee G 6:00 Gathering of Friends/Tai Chi</p>	<p>5</p> <p>MM 10:00 Aromatherapy/Hand Massage V 11:30 Guided Meditation A 1:30 Jewelry Making K 1:30 Daily Chronicles M 3:00 Happy Hour 1st flr. Cafe with Elvis</p>	<p>6</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Yahtzee</p>
<p>7</p> <p>GG 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along M 3:00 Happy Hour with Mike</p>	<p>8 Columbus Day</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 4:00 Lifelong Learning/Columbus Day K 6:00 Gathering of Friends</p>	<p>9</p> <p>MM 10:00 Musical Movements S 10:30 Chef's Circle K 2:00 Bingo S 3:30 Resident Council Meeting V 4:15 Deep Breathing Exercises</p>	<p>10</p> <p>CC 10:00 Just the Guys with Walt MM 10:00 Yoga Breathing and Movement I 10:00 Communion w/Gil A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 4:00 IN2L Games</p>	<p>11</p> <p>MM 10:00 Grab Bag V 10:15 Moving to Music CC 10:30 Brainfit Classes K 10:30 Coffee, Tea and Trivia K 2:00 Bingo G 6:00 Gathering of Friends</p>	<p>12</p> <p>MM 10:00 Aromatherapy/Hand Massage V 11:30 Guided Meditation A 1:30 Jewelry Making K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe with Dave Hunt</p>	<p>13</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart I 1:15 Ministry with Susan K 2:30 Game Time</p>
<p>14</p> <p>GG 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along</p>	<p>15</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 4:00 IN2L Games M 6:00 The Music of Beauty and the Beast by Misty Davis</p>	<p>16</p> <p>MM 10:00 Musical Movements S 10:30 Chef's Circle French Cuisine K 2:00 Bingo L 3:30 Lifelong Learning/Take a Trip to France V 4:15 Deep Breathing Exercises</p>	<p>17</p> <p>MM 10:00 Yoga Breathing and Movement I 10:00 Communion w/Gil A 10:30 Make a Rose Brooch S 2:30 High Tea with Mrs. Potts K 4:00 IN2L Games</p>	<p>18</p> <p>MM 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia CC 10:30 Brainfit Classes S 12:00 Taste of the Town K 2:00 Bingo S 5:00 Themed Dinner / Beauty and the Beast</p>	<p>19</p> <p>MM 10:00 Aromatherapy/Hand Massage V 11:30 Guided Meditation A 1:30 Jewelry Making K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe Mike Hutchens</p>	<p>20</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>21</p> <p>GG 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 IN2L Sing Along</p>	<p>22</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 4:00 IN2L Games K 6:00 Gathering of Friends</p>	<p>23</p> <p>MM 10:00 Musical Movements GG 10:30 Charades K 2:00 Bingo L 3:30 Lifelong Learning/Social Media V 4:15 Deep Breathing Exercises</p>	<p>24</p> <p>MM 10:00 Yoga Breathing and Movement I 10:00 Communion w/Gil A 10:30 Spooky Decor O 2:00 Scenic Drive K 4:00 IN2L Games</p>	<p>25</p> <p>MM 10:00 Grab Bag V 10:15 Moving to Music K 10:30 Coffee, Tea and Trivia CC 10:30 Brainfit Classes K 2:00 Bingo S 3:30 Inspired Living Committee G 6:00 Gathering of Friends/Movie Night</p>	<p>26</p> <p>MM 10:00 Aromatherapy/Hand Massage V 11:30 Guided Meditation A 1:30 Costume Making K 1:30 Daily Chronicles M 3:00 Happy Hour 1st Floor Cafe Doug Pinson</p>	<p>27</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart GG 2:30 Charades</p>
<p>28</p> <p>GG 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC S 11:00 Sunday Brunch- 1st floor Cafeteria I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses</p>	<p>29</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets K 10:45 Coffee with Friends O 2:00 Scenic Drive K 4:00 IN2L Games CC 6:30 Family Halloween Party</p>	<p>30</p> <p>CC 10:00 Just the Guys with Don MM 10:00 Musical Movements S 10:30 Chef's Circle K 2:00 Bingo L 3:30 Lifelong Learning/History of All Hallows Eve V 4:15 Deep Breathing Exercises</p>	<p>31 Halloween</p> <p>MM 10:00 Yoga Breathing and Movement I 10:00 Communion w/Gil A 10:30 Art with a Heart /Hand Made Cards O 2:00 Scenic Drive K 4:00 IN2L Games</p>	<p>Birthdays Charles G. 10-1</p>	<p>Join us Monday October 29 for our Family Halloween Party 6:30 to 7:30</p>	

**Park Terrace Legacy Lane
Daily Rhythms**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality</p>	<p>1</p> <p>V 9:00 Basketball K 9:30 Create a Caption CC 10:45 Bean & Sweet Potato Chili 12:45 Relax & Recharge A 2:00 Fall Sensory Collage M 3:30 Workin' Songs GG 4:00 Roll the Dice & Break the Ice</p>	<p>2</p> <p>V 9:00 Foam BallFit K 9:30 Sentence Story CC 10:45 Pumpkin Streusel 12:45 Relax & Recharge A 2:00 Colorful Sponge Art M 3:30 Let's Dance GG 4:00 Lollipop Paddle 4:30 Healthy Hands GG 6:00 Mathematic Mavens</p>	<p>3</p> <p>V 9:00 Balloon Battle K 9:30 Fall's Common Place CC 10:45 Apple Struesel Bread 12:45 Relax & Recharge A 2:00 Rolling Pin Printmaking M 3:30 Pass the Beat GG 4:00 Animal Bingo 4:30 Healthy Hands GG 6:00 Fireside Chats</p>	<p>4</p> <p>V 9:00 Enchanted Rose Pass K 9:30 Autumn Word Poem CC 10:45 Apple Pie Oatmeal Dessert 12:45 Relax & Recharge A 2:00 Fall Shaving Cream Marbling M 3:30 Float With Me GG 4:00 Name 3 Toss & Catch</p>	<p>5</p> <p>V 9:00 Parachute Games K 9:30 Hang the Great Pumpkin CC 10:45 Frosted Banana Bars 12:45 Relax & Recharge A 2:00 Colorful Fall Sponge Art M 3:00 Happy Hour 1st flr. Cafe with Elvis GG 4:00 What's in the Bag</p>	<p>6</p> <p>V 9:00 A Flex-Kick Saturday K 9:30 Football Frenzy CC 10:45 Chicken Taco Bites 12:45 Relax & Recharge A 2:00 Fall Oil Pastel Resist M 3:30 Game Day GG 4:00 Image Snap 4:30 Healthy Hands GG 6:00 Inspirational Coloring</p>
<p>7</p> <p>V 9:00 The Scientific 7 Workout K 9:30 Tum Over CC 10:45 Amish Sugar Cookies 12:45 Relax & Recharge A 2:00 Personal Collage M 3:00 Happy Hour with Mike Hutchens M 3:30 October</p>	<p>8 Columbus Day</p> <p>V 9:00 Basketball K 9:30 Create a Caption CC 10:45 Saurkraut Sausage Soup 12:45 Relax & Recharge A 2:00 Sensory Discovery Bottles M 3:30 Workin' Songs GG 4:00 Roll the Dice & Break the Ice</p>	<p>9</p> <p>V 9:00 Foam BallFit K 9:30 Sentence Story CC 10:45 Cappuccino Muffins 12:45 Relax & Recharge A 2:00 Printmaking with Vegetables M 3:30 Let's Dance GG 4:00 Lollipop Paddle 4:30 Healthy Hands</p>	<p>10</p> <p>V 9:00 Balloon Battle K 9:30 Fall's Common Place CC 10:45 Oatmeal Bread 12:45 Relax & Recharge A 2:00 Fall Cloth Tie Wreath M 3:30 Pass the Beat GG 4:00 Animal Bingo 4:30 Healthy Hands GG 6:00 Fireside Chats</p>	<p>11</p> <p>V 9:00 Enchanted Rose Pass K 9:30 Autumn Word Poem CC 10:45 Navy Bean Vegetable Soup 12:45 Relax & Recharge A 2:00 Fall Cloth Tie Wreath M 3:30 Float With Me GG 4:00 Name 3 Toss & Catch 4:30 Healthy Hands</p>	<p>12</p> <p>V 9:00 Parachute Games K 9:30 Hang the Great Pumpkin CC 10:45 Peanut Butter Pie 12:45 Relax & Recharge A 2:00 Tissue Paper Leaves M 3:00 Happy Hour 1st Floor Cafe with Dave Hunt GG 4:00 What's in the Bag</p>	<p>13</p> <p>V 9:00 A Flex-Kick Saturday K 9:30 Football Frenzy CC 10:45 Cherry Cheesecake Dip 12:45 Relax & Recharge I 1:15 Ministry with Susan A 2:00 Paper Pumpkins M 3:30 Game Day GG 4:00 Image Snap 4:30 Healthy Hands</p>
<p>14</p> <p>V 9:00 The Scientific 7 Workout K 9:30 Tum Over CC 10:45 Peanut Butter Chocolate Chip Cookies 12:45 Relax & Recharge A 2:00 Tissue Paper Flowers M 3:30 October GG 4:00 Turkey Toss</p>	<p>15</p> <p>V 9:00 Basketball K 9:30 Create a Caption CC 10:45 Hash Brown Soup 12:45 Relax & Recharge A 2:00 Fall Salt Dough Ornaments M 3:30 Workin' Songs GG 4:00 Roll the Dice & Break the Ice</p>	<p>16</p> <p>V 9:00 Foam BallFit K 9:30 Sentence Story CC 10:45 Apple Streusel Muffins 12:45 Relax & Recharge A 2:00 Fall Salt Dough Ornaments M 3:30 Let's Dance GG 4:00 Lollipop Paddle 4:30 Healthy Hands</p>	<p>17</p> <p>V 9:00 Balloon Battle K 9:30 Fall's Common Place CC 10:45 Banana Wheat Bread 12:45 Relax & Recharge S 2:30 High Tea With Mrs.Potts M 3:30 Pass the Beat GG 4:00 Animal Bingo 4:30 Healthy Hands</p>	<p>18</p> <p>V 9:00 Enchanted Rose Pass K 9:30 Autumn Word Poem CC 10:45 Pumpkin Pie Pudding S 12:00 Taste of the Town 12:45 Relax & Recharge A 2:00 Dried Orange Gargland M 3:30 Be Our Guest Tea Party GG 4:00 Name 3 Toss & Catch</p>	<p>19</p> <p>V 9:00 Parachute Games K 9:30 Hang the Great Pumpkin CC 10:45 Butterscotch Apple Crisp 12:45 Relax & Recharge A 2:00 Pumpkin Rocks M 3:00 Happy Hour 1st Floor Cafe Mike Hutchens</p>	<p>20</p> <p>V 9:00 A Flex-Kick Saturday K 9:30 Football Frenzy CC 10:45 Creamed Ham Dip 12:45 Relax & Recharge A 2:00 Tissue Paper Pumpkin Favors M 3:30 Game Day GG 4:00 Image Snap 4:30 Healthy Hands</p>
<p>21</p> <p>V 9:00 The Scientific 7 Workout K 9:30 Tum Over CC 10:45 Snickerdoodles 12:45 Relax & Recharge A 2:00 Painting with Tissue Paper M 3:30 October GG 4:00 Turkey Toss</p>	<p>22</p> <p>V 9:00 Basketball K 9:30 Create a Caption CC 10:45 Vegetable Barley Soup 12:45 Relax & Recharge A 2:00 Sun Printing Art M 3:30 Workin' Songs GG 4:00 Roll the Dice & Break the Ice 4:30 Healthy Hands</p>	<p>23</p> <p>V 9:00 Foam BallFit K 9:30 Sentence Story CC 10:45 Banana Chip Muffins 12:45 Relax & Recharge A 2:00 Fall Leaf Garland Weaving M 3:30 Let's Dance GG 4:00 Lollipop Paddle 4:30 Healthy Hands</p>	<p>24</p> <p>V 9:00 Balloon Battle K 9:30 Fall's Common Place CC 10:45 Bread Machine Bread 12:45 Relax & Recharge A 2:00 Sensory Texture Collage M 3:30 Pass the Beat GG 4:00 Animal Bingo 4:30 Healthy Hands</p>	<p>25</p> <p>V 9:00 Enchanted Rose Pass K 9:30 Autumn Word Poem CC 10:45 Apple Brown Betty 12:45 Relax & Recharge A 2:00 Sensory Spice Painting M 3:30 Float With Me GG 4:00 Name 3 Toss & Catch 4:30 Healthy Hands GG 6:00 A Time For Tea</p>	<p>26</p> <p>V 9:00 Parachute Games K 9:30 Hang the Great Pumpkin CC 10:45 Butterscotch Bread Pudding 12:45 Relax & Recharge A 2:00 Foil Relief Art M 3:00 Happy Hour 1st Floor Cafe Doug Pinson</p>	<p>27</p> <p>V 9:00 A Flex-Kick Saturday K 9:30 Football Frenzy CC 10:45 BLT Dip 12:45 Relax & Recharge A 2:00 Candy Corn Button Craft CC 2:00 Family Halloween Party M 3:30 Game Day GG 4:00 Image Snap</p>
<p>28</p> <p>V 9:00 The Scientific 7 Workout K 9:30 Tum Over CC 10:45 Chewy Oatmeal Cookies 12:45 Relax & Recharge A 2:00 Complete the Picture M 3:30 October GG 4:00 Turkey Toss</p>	<p>29</p> <p>V 9:00 Basketball K 9:30 Create a Caption CC 10:45 Tomato Soup 12:45 Relax & Recharge A 2:00 Salty Sand Art M 3:30 Workin' Songs GG 4:00 Roll the Dice & Break the Ice 4:30 Healthy Hands</p>	<p>30</p> <p>V 9:00 Foam BallFit K 9:30 Sentence Story CC 10:45 Halloween Brownie Pizza 12:45 Relax & Recharge A 2:00 Painting and Drawing to Music M 3:30 Let's Dance GG 4:00 Lollipop Paddle</p>	<p>31 Halloween</p> <p>V 9:00 Balloon Battle K 9:30 Halloween Prompts CC 10:45 Halloween Crunch 12:45 Relax & Recharge A 2:00 Wine Cork Pumpkins M 3:30 Pass the Beat GG 4:00 Animal Bingo 4:30 Healthy Hands GG 6:00 Fireside Chats</p>	<p>Family Forum Alzheimer's & Dementia Support Group October 18th 5:30p.m.- 6:30p.m.</p>	<p>Happy Birthday ! Dorothy G 10/11 Paul H. 10/31</p>	<p>Boo Night Legacy Lane October 29th 6:30p.m.-7:30p.m.</p>