

**Life Enrichment Activities
Park Terrace Health Campus**

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>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>2</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit K 2:00 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>3</p> <p>MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>4</p> <p>C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Artisans K 1:00 IN2L Games O 3:00 Scenic Drive</p>	<p>5</p> <p>MM 10:00 Grab Bag V 10:30 Moving to Music S 1:30 Inspired Living Committee K 2:00 Bingo K 6:00 Gathering of Friends</p>	<p>6</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Artisans K 1:00 IN2L Games V 1:30 Trilogy Fit S 3:00 Happy Hour 1st Floor Cafe with Doug Pinson</p>	<p>7</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>8</p> <p>C 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>9 Columbus Day</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit K 2:00 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>10</p> <p>MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>11</p> <p>C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Artisans K 1:00 IN2L Games O 3:00 Scenic Drive</p>	<p>12</p> <p>MM 10:00 Grab Bag V 10:30 Moving to Music K 2:00 Bingo S 3:00 Resident Council Meeting K 6:00 Gathering of Friends</p>	<p>13</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Artisans K 1:00 IN2L Games V 1:30 Trilogy Fit S 3:00 Happy Hour 1st Floor Cafe with Dave Hunt</p>	<p>14</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>15</p> <p>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>16</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit K 2:00 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>17</p> <p>MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>18</p> <p>C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Artisans K 1:00 IN2L Games O 3:00 Scenic Drive</p>	<p>19</p> <p>MM 10:00 Grab Bag V 10:30 Moving to Music S 12:00 Taste of the Town K 2:00 Bingo S 5:00 Serenade on the Seven Seas Themed Dinner</p>	<p>20</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Artisans K 1:00 IN2L Games V 1:30 Trilogy Fit S 3:00 Happy Hour 1st Floor Cafe with Elvis</p>	<p>21</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>22</p> <p>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 Sensations MM 1:30 Tickle Your Senses</p>	<p>23</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit K 2:00 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>24</p> <p>MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>25</p> <p>C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement A 10:30 Artisans K 1:00 IN2L Games O 3:00 Scenic Drive</p>	<p>26</p> <p>MM 10:00 Grab Bag V 10:30 Moving to Music K 2:00 Bingo K 4:00 Trivia Fun K 6:00 Gathering of Friends</p>	<p>27</p> <p>MM 10:00 Aromatherapy/Hand Massage A 10:30 Artisans K 1:00 IN2L Games V 1:30 Trilogy Fit S 3:00 Happy Hour 1st Floor Cafe with Pat Portman</p>	<p>28</p> <p>MM 10:00 Musical Movements V 10:30 IN2L Vitality K 1:00 Media Cart K 2:30 Game Time</p>
<p>29</p> <p>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 S 2:00 Trunk or Treat Event 3:00 to 5:00 front parking lot</p>	<p>30</p> <p>I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit K 2:00 IN2L Games O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>31 Halloween</p> <p>MM 10:00 Musical Movements CC 10:30 Halloween Treats L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Costume Contest and Parade</p>	<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>Happy Birthday! Margie S. 10-31 Paul H. 10-31</p>	<p>Come Join Us for our Trunk or Treat Sunday September 29th from 3-5 featuring a Food Truck, Entertainment and plenty of Treats for the Kids!</p>	

**Park Terrace Legacy Lane
Daily Rythms**

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>V 9:30 Celebration of Life K 10:00 Winter Grocery List 1:00 Rest & Recharge A 2:00 Fall Sensory Collage M 3:00 Alive & Inspired C 4:00 Animals & Puppets K 4:45 Finishing Lines C 6:00 IN2L Games</p>	<p>2</p> <p>V 9:30 Mindful Movements K 10:00 Tum Over CC 10:45 Kitchen Corner 1:00 Rest & Recharge K 2:00 Soup for Thought M 3:00 Name That Croon/Life Share C 4:00 Monday Moments C 6:00 Roll The Dice & Break</p>	<p>3</p> <p>V 9:30 Let's Go Fishing K 10:00 Unpack a Winter Bag A 10:45 Rolling Pin Printmaking 1:00 Rest & Recharge 2:00 Bingo M 3:00 I Hear Music! C 4:00 I Hear Memories! K 4:45 Funny Bones I 6:00 Shake Loose A Memory</p>	<p>4</p> <p>V 9:30 BallFit K 10:00 Autumn Leaves A 10:45 Shaving Cream Marbling 1:00 Rest & Recharge K 2:00 Finishing Words M 3:00 Get up and Dance ! C 4:00 Reading Roundtable K 6:00 Five Card Flip</p>	<p>5</p> <p>V 9:30 DanceFit K 10:00 Spell It! A 10:45 Kitchen Corner 1:00 Rest & Recharge K 2:00 Bingo M 3:00 School Days C 4:00 Enchanting Signs of Autumn K 4:45 Pizza for Thought</p>	<p>6</p> <p>V 9:30 Jogging in the Jungle K 10:00 Autumn Word Poems A 10:45 Oil Pastel Resist 1:00 Rest & Recharge K 2:00 Mad Libs M 3:00 Happy Hour-"Welcome to Fall" C 4:00 Celebrations! C 6:00 IN2L Games</p>	<p>7</p> <p>V 9:30 1,2,3,4.. Try Again K 10:00 Plate Up Some Words K 10:45 Apple Pie for Thought 1:00 Rest & Recharge K 2:00 IN2L games M 3:00 Shake Up High C 4:00 Fall Sensory Basket C 6:00 LifeShare Games</p>
<p>8</p> <p>V 9:30 Celebration of Life K 10:00 Winter Grocery List 1:00 Rest & Recharge A 2:00 Sensory Discovery Bottles M 3:00 Alive & Inspired C 4:00 Animals & Puppets K 4:45 Finishing Lines C 6:00 IN2L Games</p>	<p>9 Columbus Day</p> <p>V 9:30 Mindful Movements K 10:00 Tum Over CC 10:45 Kitchen Corner 1:00 Rest & Recharge K 2:00 Soup for Thought M 3:00 Name That Croon/Life Share C 4:00 Monday Moments C 6:00 Roll The Dice & Break</p>	<p>10</p> <p>V 9:30 Let's Go Fishing K 10:00 Unpack a Winter Bag A 10:45 Book Making 1:00 Rest & Recharge 2:00 Bingo M 3:00 I Hear Music! C 4:00 I Hear Memories! K 4:45 Funny Bones I 6:00 Shake Loose A Memory</p>	<p>11</p> <p>V 9:30 BallFit K 10:00 Autumn Leaves A 10:45 Vegetable Printmaking 1:00 Rest & Recharge K 2:00 Finishing Words M 3:00 Get up and Dance ! C 4:00 Reading Roundtable K 6:00 Five Card Flip</p>	<p>12</p> <p>V 9:30 DanceFit K 10:00 Spell It! A 10:45 Kitchen Corner 1:00 Rest & Recharge K 2:00 Bingo M 3:00 School Days C 4:00 Enchanting Signs of Autumn K 4:45 Pizza for Thought</p>	<p>13</p> <p>V 9:30 Jogging in the Jungle K 10:00 Autumn Word Poems A 10:45 Marblized Fall Leaves 1:00 Rest & Recharge K 2:00 Mad Libs M 3:00 Happy Hour-"Welcome to Fall" C 4:00 Celebrations! C 6:00 IN2L Games</p>	<p>14</p> <p>V 9:30 1,2,3,4.. Try Again K 10:00 Plate Up Some Words K 10:45 Apple Pie for Thought I 1:15 Ministry with Susan K 2:00 IN2L games M 3:00 Shake Up High C 4:00 Fall Sensory Basket C 6:00 LifeShare Games</p>
<p>15</p> <p>V 9:30 Celebration of Life K 10:00 Winter Grocery List 1:00 Rest & Recharge A 2:00 Bookmaking M 3:00 Alive & Inspired C 4:00 Animals & Puppets K 4:45 Finishing Lines C 6:00 IN2L Games</p>	<p>16</p> <p>V 9:30 Mindful Movements K 10:00 Tum Over CC 10:45 Kitchen Corner 1:00 Rest & Recharge K 2:00 Soup for Thought M 3:00 Name That Croon/Life Share C 4:00 Monday Moments C 6:00 Roll The Dice & Break</p>	<p>17</p> <p>V 9:30 Let's Go Fishing K 10:00 Unpack a Winter Bag CC 10:45 Banana Wheat Bread A 10:45 Opposites Collage 1:00 Rest & Recharge 2:00 Bingo M 3:00 I Hear Music! C 4:00 I Hear Memories! K 4:45 Funny Bones</p>	<p>18</p> <p>V 9:30 BallFit K 10:00 Autumn Leaves CC 10:45 Pumpkin Pie Pudding 1:00 Rest & Recharge A 2:00 Cosmic Sun Catchers K 2:00 Finishing Words M 3:00 Get up and Dance ! C 4:00 Reading Roundtable K 4:45 Finishing Words</p>	<p>19</p> <p>V 9:30 DanceFit K 10:00 Spell It! A 10:45 Kitchen Corner S 12:00 Taste of the Town 1:00 Rest & Recharge K 2:00 Bingo M 3:00 School Days C 4:00 Enchanting Signs of Autumn</p>	<p>20</p> <p>V 9:30 Jogging in the Jungle K 10:00 Autumn Word Poems A 10:45 Rolling Pin Printmaking 1:00 Rest & Recharge K 2:00 Mad Libs M 3:00 Happy Hour-"Welcome to Fall" C 4:00 Celebrations! C 6:00 IN2L Games</p>	<p>21</p> <p>V 9:30 1,2,3,4.. Try Again K 10:00 Plate Up Some Words K 10:45 Apple Pie for Thought 1:00 Rest & Recharge K 2:00 IN2L games M 3:00 Shake Up High C 4:00 Fall Sensory Basket C 6:00 LifeShare Games</p>
<p>22</p> <p>V 9:30 Celebration of Life K 10:00 Winter Grocery List 1:00 Rest & Recharge A 2:00 Ball Art Abstraction M 3:00 Alive & Inspired C 4:00 Animals & Puppets K 4:45 Finishing Lines C 6:00 IN2L Games</p>	<p>23</p> <p>V 9:30 Mindful Movements K 10:00 Tum Over CC 10:45 Kitchen Corner 1:00 Rest & Recharge A 2:00 Group Quilt K 2:00 Soup for Thought M 3:00 Name That Croon/Life Share C 4:00 Monday Moments</p>	<p>24</p> <p>V 9:30 Let's Go Fishing K 10:00 Unpack a Winter Bag CC 10:45 Best Bread Machine Bread A 10:45 Group Quilt 1:00 Rest & Recharge 2:00 Bingo M 3:00 I Hear Music! C 4:00 I Hear Memories!</p>	<p>25</p> <p>V 9:30 BallFit K 10:00 Autumn Leaves A 10:45 Printmaking 1:00 Rest & Recharge K 2:00 Finishing Words M 3:00 Get up and Dance ! C 4:00 Reading Roundtable K 6:00 Five Card Flip</p>	<p>26</p> <p>V 9:30 DanceFit K 10:00 Spell It! A 10:45 Kitchen Corner 1:00 Rest & Recharge K 2:00 Bingo M 3:00 School Days C 4:00 Enchanting Signs of Autumn K 4:45 Pizza for Thought</p>	<p>27</p> <p>V 9:30 Jogging in the Jungle K 10:00 Autumn Word Poems A 10:40 Painting with Scissors 1:00 Rest & Recharge K 2:00 Mad Libs M 3:00 Happy Hour-"Halloween" S 3:00 Happy Hour 1st Floor Cafe with Pat Portman</p>	<p>28</p> <p>V 9:30 1,2,3,4.. Try Again K 10:00 Plate Up Some Words K 10:45 Apple Pie for Thought 1:00 Rest & Recharge K 2:00 IN2L games M 3:00 Shake Up High C 4:00 Fall Sensory Basket C 6:00 LifeShare Games</p>
<p>29</p> <p>V 9:30 Celebration of Life K 10:00 Winter Grocery List CC 10:45 Healthy Tomato Soup 1:00 Rest & Recharge S 2:00 Trunk or Treat Event 3:00 to 5:00 front parking lot M 3:00 Alive & Inspired K 4:45 Finishing Lines</p>	<p>30</p> <p>V 9:30 Mindful Movements K 10:00 Tum Over A 10:45 Mini Marbelized Pumpkins 1:00 Rest & Recharge K 2:00 Soup for Thought M 3:00 Name That Croon/Life Share C 4:00 Monday Moments</p>	<p>31 Halloween</p> <p>V 9:30 Let's Go Fishing K 10:00 Halloween Prompts CC 10:45 Halloween Candy Corn Crunch 1:00 Rest & Recharge K 2:00 Halloween Bingo M 3:00 Costume Contest and Parade C 4:00 I Hear Memories!</p>	<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp M - Music to My Ears S - Signature Events V - Vitality</p>	<p>Birthdays Lil B. 10-4 Maxine W. 10-10 Ernie B. 10-26</p>	<p>Come Join Us for our Trunk or Treat Sunday September 29 from 3-5 Featuring a Food Truck and plenty of Treats for the Kids!</p>	<p>Join us for our Monthly Family Forum, an informative family support group. Every 2nd Wednesday of the Month at 6:00 PM</p> <p>Join Us for Family Night Thursday September 7th at 5:00. We are having a Carnival Theme that will be fun for everyone. We will be</p>