


October 2020

October Life Enrichment Calendar

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



NORTHGATE PARK
A GRACE MGMT COMMUNITY

9191 Round Top Rd.
Cincinnati, OH 45251
513-923-3711

Location Keys

1/200 1/2
3/400 3/4
5/600 5/6
Activity Room ACT
Chapel CH

Cognitive
Creative
Inter-generational
Physical
Purposeful
Social
Spiritual

9:00 ↔ Sit and Get Fit Exercises [ACT] **1**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:00 ↔ Exercise to Music [ACT]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
6:00 🎬 Movie Night with Andrew [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **2**
10:00 ✨ Rosary [CH]
1:15 🪑 Arm Chair History: Cincinnati- A Flashback to our City's History Part 1
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
2:45 🪑 Arm Chair History: Cincinnati- A Flashback to our City's History Part 1
5:30 📖 Brainteasers To Go
6:00 🎬 Downton Abbey: Season 2, Part 6 [1/2]

10:00 ✨ Rosary [CH] **3**
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:45 ↔ Walking Club with Kathy
6:00 🎬 Movie Night- Little Man Tate [1/2]

“As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness behind, I'd still be in prison.”
— Nelson Mandela

10:00 ✨ Rosary [CH] **4**
1:15 🎲 Residents in Halls 1 & 2: Caramel Ice Cream Sundae Social [ACT]
1:45 🎲 Residents in Halls 3 & 4: Caramel Ice Cream Sundae Social [3/4]
2:15 🎲 Residents in Hall 5 & 6: Caramel Ice Cream Sundae Social [5/6]
3:00 ✨ Catholic Mass- Live Stream [ACT]
3:30 Country Store Open
6:00 🎬 Downton Abbey: Season 2, Part 7 [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **5**
10:00 ✨ Rosary [CH]
1:30 🎲 Cocktail Demo: Residents in Halls 1&2 [ACT]
2:15 🎲 Cocktail Demo: Residents in Halls 3&4 [3/4]
3:00 🎲 Cocktail Demo: Residents in Halls 5&6 [5/6]
5:15 🎲 Bingo: First Meal Seating [5/6]
6:15 🎲 Bingo: 2nd Meal Seating [5/6]

9:00 ↔ Sit and Get Fit Exercises [ACT] **6**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:15 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:15 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:15 📖 Tea, Talk, and Trivia [ACT]
5:30 🎲 Wii Bowling [ACT]

9:00 ↔ Sit and Get Fit Exercises [ACT] **7**
10:00 ✨ Rosary [CH]
1:00 ↔ Chair Cardio Exercises [ACT]
1:45 🎲 Happy Hour: Residents in Halls 1&2 [ACT]
2:30 🎲 Happy Hour: Residents in Halls 3&4 [3/4]
3:15 🎲 Happy Hour: Residents in Halls 5&6 [5/6]
5:30 📖 Trivia to Go
6:00 🎬 Downton Abbey: Season 2, Part 8 [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **8**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:00 ↔ Exercise to Music [ACT]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
1:45 🎲 Craft Club: Halloween Pumpkins [ACT]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
2:45 🎲 Craft Club: Halloween Pumpkins [ACT]
6:00 🎬 Movie Night with Andrew [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **9**
10:00 ✨ Rosary [CH]
1:15 🪑 Arm Chair History: Cincinnati- A Flashback to our City's History Part 2 [ACT]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
2:45 🪑 Arm Chair History: Cincinnati- A Flashback to our City's History Part 2 [ACT]
5:30 📖 Brainteasers To Go
6:00 🎬 Downton Abbey: Season 2, Part 9 Christmas Special [1/2]

10:00 ✨ Rosary [CH] **10**
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:45 ↔ Walking Club with Katie
6:00 🎬 Movie Night- Patch Adams [1/2]



10:00 ✨ Rosary [CH] **11**
1:15 🎲 Residents in Halls 1 & 2: Strawberry Sundae Social [ACT]
1:45 🎲 Residents in Halls 3 & 4: Strawberry Sundae Social [3/4]
2:15 🎲 Residents in Hall 5 & 6: Strawberry Sundae Social [5/6]
3:00 ✨ Catholic Mass- Live Stream [ACT]
3:30 Country Store Open
6:00 🎬 Downton Abbey: Season 3, Part 1 [1/2]

Columbus Day
9:00 ↔ Sit and Get Fit Exercises [ACT] **12**
10:00 ✨ Rosary [CH]
1:30 🎲 Cocktail Demo: Residents in Halls 1&2 [ACT]
2:15 🎲 Cocktail Demo: Residents in Halls 3&4 [3/4]
3:00 🎲 Cocktail Demo: Residents in Halls 5&6 [5/6]
5:15 🎲 Bingo: First Meal Seating [5/6]
6:15 🎲 Bingo: 2nd Meal Seating [5/6]

9:00 ↔ Sit and Get Fit Exercises [ACT] **13**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:15 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:15 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:15 📖 Tea, Talk, and Trivia [ACT]
5:30 🎲 Wii Bowling [ACT]

Carry-in with Vicki: Bob Evans
9:00 ↔ Sit and Get Fit Exercises [ACT] **14**
10:00 ✨ Rosary [CH]
1:00 ↔ Chair Cardio Exercises [ACT]
1:45 🎲 Happy Hour: Residents in Halls 1&2 [ACT]
2:30 🎲 Happy Hour: Residents in Halls 3&4 [3/4]
3:15 🎲 Happy Hour: Residents in Halls 5&6 [5/6]
5:30 📖 Trivia to Go
6:00 🎬 Downton Abbey: Season 3, Part 2 [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **15**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:00 ↔ Exercise to Music [ACT]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
1:45 ✨ Resident Meeting [ACT]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
2:45 ✨ Resident Meeting [ACT]
6:00 🎬 Movie Night with Andrew [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **16**
10:00 ✨ Rosary [CH]
1:15 🪑 Arm Chair History: Cincinnati- A Flashback to our City's History Part 3 [1/2]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
2:45 🪑 Arm Chair History: Cincinnati- A Flashback to our City's History Part 3 [1/2]
5:30 📖 Brainteasers To Go
6:00 🎬 Downton Abbey: Season 3, Part 3 [1/2]

10:00 ✨ Rosary [CH] **17**
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:45 ↔ Walking Club with Kathy
6:00 🎬 Movie Night- Beyond the Blackboard [1/2]

October Birthdays!

Mike K.	Oct. 6
Forster B.	Oct. 6
Bob S.	Oct. 7
Lena F.	Oct. 13
Jim H.	Oct. 14
Barb B.	Oct. 16
Winnie H.	Oct. 20
Brenda D.	Oct. 20
Dorothy L.	Oct. 23
Barb R.	Oct. 26

10:00 ✨ Rosary [CH] **18**
1:15 🎲 Residents in Halls 1 & 2: Root Beer Float Social [ACT]
1:45 🎲 Residents in Halls 3 & 4: Root Beer Float Social [3/4]
2:15 🎲 Residents in Hall 5 & 6: Root Beer Float Social [5/6]
3:00 ✨ Catholic Mass- Live Stream [ACT]
3:30 Country Store Open
6:00 🎬 Downton Abbey: Season 3, Part 4 [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **19**
10:00 ✨ Rosary [CH]
1:30 🎲 Cocktail Demo: Residents in Halls 1&2 [ACT]
2:15 🎲 Cocktail Demo: Residents in Halls 3&4 [3/4]
3:00 🎲 Cocktail Demo: Residents in Halls 5&6 [5/6]
5:15 🎲 Bingo: First Meal Seating [5/6]
6:15 🎲 Bingo: 2nd Meal Seating [5/6]

9:00 ↔ Sit and Get Fit Exercises [ACT] **20**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:15 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:15 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:15 📖 Tea, Talk, and Trivia [ACT]
5:30 🎲 Wii Bowling [ACT]

9:00 ↔ Sit and Get Fit Exercises [ACT] **21**
10:00 ✨ Rosary [CH]
1:00 ↔ Chair Cardio Exercises [ACT]
1:45 🎲 Happy Hour: Residents in Halls 1&2 [ACT]
2:30 🎲 Happy Hour: Residents in Halls 3&4 [3/4]
3:15 🎲 Happy Hour: Residents in Halls 5&6 [5/6]
5:30 📖 Trivia to Go
6:00 🎬 Downton Abbey: Season 3, Part 5 [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **22**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:00 ↔ Exercise to Music [ACT]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
1:45 🎲 Halloween Treat Bags for Grandkids [ACT]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
2:45 🎲 Halloween Treat Bags for Grandkids [ACT]
6:00 🎬 Movie Night with Andrew [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **23**
10:00 ✨ Rosary [CH]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:00 ✨ Food For Thought Meeting [ACT]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
5:30 📖 Brainteasers To Go
6:00 🎬 Downton Abbey: Season 3, Part 6 [1/2]

10:00 ✨ Rosary [CH] **24**
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:45 ↔ Walking Club with Kathy
6:00 🎬 Movie Night- The Lost Valentine [1/2]

10:00 ✨ Rosary [CH] **25**
1:15 🎲 Residents in Halls 1 & 2: Pineapple Delight Sundae Social [ACT]
1:45 🎲 Residents in Halls 3 & 4: Pineapple Delight Sundae Social [3/4]
2:15 🎲 Residents in Hall 5 & 6: Pineapple Delight Sundae Social [5/6]
3:00 ✨ Catholic Mass- Live Stream [ACT]
3:30 Country Store Open
6:00 🎬 Downton Abbey: Season 3, Part 7 [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **26**
10:00 ✨ Rosary [CH]
1:30 🎲 Cocktail Demo: Residents in Halls 1&2 [ACT]
2:15 🎲 Cocktail Demo: Residents in Halls 3&4 [3/4]
3:00 🎲 Cocktail Demo: Residents in Halls 5&6 [5/6]
5:15 🎲 Bingo: First Meal Seating [5/6]
6:15 🎲 Bingo: 2nd Meal Seating [5/6]

9:00 ↔ Sit and Get Fit Exercises [ACT] **27**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:15 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:15 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:15 📖 Tea, Talk, and Trivia [ACT]
5:30 🎲 Wii Bowling [ACT]

Carry-in with Vicki: Arby's
9:00 ↔ Sit and Get Fit Exercises [ACT] **28**
10:00 ✨ Rosary [CH]
1:00 ↔ Chair Cardio Exercises [ACT]
1:45 🎲 Happy Hour: Residents in Halls 1&2 [ACT]
2:30 🎲 Happy Hour: Residents in Halls 3&4 [3/4]
3:15 🎲 Happy Hour: Residents in Halls 5&6 [5/6]
5:30 📖 Trivia to Go
6:00 🎬 Downton Abbey: Season 3, Part 8

9:00 ↔ Sit and Get Fit Exercises [ACT] **29**
10:00 ✨ Rosary [CH]
12:30 Country Store Open
1:00 ↔ Exercise to Music [ACT]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
6:00 🎬 Movie Night with Andrew [1/2]

9:00 ↔ Sit and Get Fit Exercises [ACT] **30**
10:00 ✨ Rosary [CH]
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
5:30 📖 Brainteasers To Go
6:00 🎬 Downton Abbey: Season 3, Part 9 [1/2]

Halloween
10:00 ✨ Rosary [CH] **31**
1:30 🎲 Bingo: Residents in Halls 1, 2, & 3 [5/6]
2:30 🎲 Bingo: Residents in Halls 4, 5, & 6 [5/6]
3:45 ↔ Walking Club with Kathy
6:00 🎬 Movie Night- A Smile as Big as the Moon [1/2]