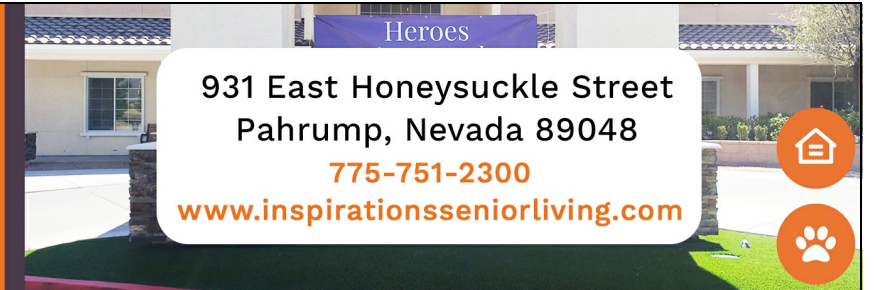




INSPIRATIONS
SENIOR LIVING
A GRACE MGMT COMMUNITY

OCTOBER 2021

INSPIRATIONS Senior Living-MC



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative PY - Physical PR - Purposeful SO - Social SP - Spiritual</p>		A great big owl in a great big tree. On a night so dark you could hardly see. Was watching the lights in the deep ravine, where the witches danced on Halloween			<p>1</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>2</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>3</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>4</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>5</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>6</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>7</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>8</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>9</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>10</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>11 Columbus Day</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>12</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>13</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>14</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>15</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>16</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>17</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>18</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CO 2:00 Game Time! CR 3:00 Crafts and Creations SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>19</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>20</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>21</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>22</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>23</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>24</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>25</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 News PR 11:00 Hydration Restoration CR 1:30 Pumpkin Painting SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>26</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration CO 1:30 Bingo PY 3:00 activity packets SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>27</p> <p>SP 7:30 Music Time! SO 9:00 Coffee and the News PY 10:00 Sittercise PR 11:00 Hydration Restoration CO 1:30 Game Time! PY 3:30 Bean Bag Toss SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>28</p> <p>PY 7:30 Exercise IN2L SO 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss CO 2:30 News and Views SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>29</p> <p>SP 7:30 Music Time PY 10:00 Volley Ball Toss PR 11:00 Hydration Restoration CO 1:00 Bingo PY 3:00 Sittercise SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>	<p>30</p> <p>PY 7:00 Chair Exercise (IN2L) SP 10:00 Music Time! PR 11:00 Hydration Restoration PY 1:30 Bean Bag Toss PR 3:30 Reminiscing SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>
<p>31 Halloween</p> <p>PY 7:00 Exercise (IN2L) SO 10:00 Music Time! PR 11:00 Hydration Restoration SO 2:15 Ice Cream Social CO 3:00 Bingo SO 5:30 Movie and Popcorn SP 7:00 Night Time Meditations</p>		October is the month when leaves turn red and brown. Trees turn orange and yellow, fall leaves come swirling down. Rake up all the leaves and jump into the pile. Come and pick a pumpkin and carve a silly smile!		Five little pumpkins sitting on the gate, first one said "Oh my it's getting late!" The second one said "there are witches in the air". The third one said "we don't care". Fourth one said "Let's have some fun." The fifth one said let's run, run,run." Boom out went the lights and the five little pumpkins rolled out of sight.		October's the month when the smallest breeze gives us a shower of autumn leaves. Bonfires and pumpkins, leaves sailing down - October is red and golden and brown. October leaves are lovely they rustle when I run. Sometimes I make a heap and jump in them for fun!

Events are Subject to Change.