

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



October 2020

Ashford Assisted Living Activities

					10:00 Exercise-Weights 1 10:30 Game "Five Crowns" 11:30 Walking Group 2:00 Staff Spotlight & Presentation - Shelly	10:00 Chair Cardio 2 10:30 Games Variety of Table Games 2:00 Scenic Drive 3:00 Scenic Drive Room Visits <small>Sukkot Begins</small>	Breakfast served in room 3 12:15 Lunch 3:00 Movie- "Where the Red Fern Grows" A young boy and his quest for his own hunting dog. 5:15 Dinner
	4 10:00 Chair Cardio 10:30 Game – "What is it Used For?" 2:00 Scenic Drive 3:00 Scenic Drive Room Visits	5 10:00 Exercise-Weights 10:30 Game "Scattergories" 11:30 Walking Group 2:00 Bingo\Spotlight 3:00 Social/Visiting Hour	6 10:00 Chair Yoga 10:30 Game "Name that Tune" 3:00 Gospel Doctrine Class	7 10:00 Exercise-Weights 10:30 Craft-Ghost Garland 11:30 Walking Group 2:00 Off to the races	8 10:00 Chair Cardio 10:30 Cooking Demo (Healthy Spinach Dip) 2:00 Scenic Drive 3:00 Scenic Drive Room Visits	Breakfast served in room 10 12:15 Lunch 3:00 Movie- "Parent Trap" Hayley Mills 5:15 Dinner <small>Simchat Torah Begins</small>	
	11 10:00 Chair Cardio 10:30 Game "Now you see it. Now You Don't!" 2:00 Scenic Drive 3:00 Scenic Drive Room Visits <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	12 10:00 Exercise-Weights 10:30 Nerf Gun Target Practice 11:30 Walking Group 2:00 Bingo	13 10:00 Chair Yoga 10:30 Resident Council 3:00 Gospel Doctrine class	14 10:00 Exercise-Weights 10:30 Game-"Jeopardy" 11:30 Walking Group 2:00 Resident Presentation 3:00 Ice cream social	15 10:00 Chair Cardio 10:30 Balloon Tennis 2:00 Scenic Drive 3:00 Scenic Drive Room Visits	Breakfast served in room 17 12:15 Lunch 3:00 Movie- "Sabrina" Audrey Hepburn & Humphry Bogart 5:15 Dinner	
	18 10:00 Chair Cardio 10:30 Science Lab 2:00 Scenic Drive 3:00 Scenic Drive Room Visits	19 10:00 Exercise-Weights 10:30 Nurses Corner 11:30 Walking Group 2:00 Bingo/Spotlight	20 10:00 Chair Yoga 10:30 Game "Banana Grams" 3:00 Gospel Doctrine class	21 10:00 Exercise-Weights 10:30 Craft-Fabric pumpkin 11:30 Walking Group 2:00 Pictionary 3:00 Music and More with Reta and Jace	22 10:00 Chair Cardio 10:30 Cooking Demo (Oven S'mores) and Short Stories 2:00 Scenic Drive 3:00 Scenic Drive Room Visits	Breakfast served in room 24 12:15 Lunch 3:00 Movie- "The Zookeeper's Wife" A zookeeper in Warsaw saves hundreds from Nazi hands. 5:15 Dinner Birthday-Frank Russell	
	25 10:00 Chair Cardio 10:30 Game-What is it? 2:00 Scenic Drive 3:00 Scenic Drive and Room Visits	26 10:00 Exercise-Weights 10:30 "Wheel of Fortune" 11:30 Walking Group 2:00 Bingo	27 10:00 Chair Yoga 10:30 Games "Scattergories" 3:00 Gospel Doctrine class	28 10:00 Exercise-Weights 10:30 Ladder Ball 11:30 Walking Group 2:00 Armchair Travel – All Aboard the Canadian Express!	29 10:00 Chair Cardio 11:00 Halloween Party 2:00 Scenic Drive 3:00 Scenic Drive Room Visits	30 Happy Halloween <small>Halloween</small>	
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Type the name, address, and other information about your community/company here.