



OCTOBER ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30 AM

MONDAY



TUESDAY



WEDNESDAY

1 Music Therapy

9:00 socialization
9:30 Music Therapy
10:30 Let's Move
12:30 Bingo

6 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
12:00 Games

7 Volley Ball

9:00 Socialization
10:30 Let's Move
12:30 Volley Ball

8 Coffee W/ The Law

9:00 Coffee W/ the Law
10:30 Let's Move
11:30 Lunch out @

13 Closed



14 Zoo Mobile

9:00 Socialization
10:30 Let's Move
12:00 Kansas City
Zoo Mobile

15 Music Therapy

9:00 Socialization
9:30 Music Therapy
10:30 Let's Move
12:30 Bingo

20 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
12:00 Games

21 Presentation

9:00 Socialization
10:30 Let's Move
12:30 United Health Care
Presentation W/ Bill

22 Bingo

9:00 Socialization
10:30 Let's Move
12:30 Bingo

27 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
12:00 Games

28 Pumpkin Painting

9:00 Socialization
10:30 Let's Move
12:30 Pumpkin Painting

29 Bingo

9:00 Socialization
10:30 Let's Move

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THURSDAY

2 Closed

Platte County Senior
Health
& Caregivers Expo

9 Birthdays

9:00 Socialization
10:30 Let's Move
12:00 Celebrate Birthdays

16 Sing alongs

9:00 Socialization
10:30 Let's Move
12:30 Sing alongs

23 Movie Day

9:00 Socialization
10:30 Let's Move
12:00 Spooky Movie Day

30 Halloween Party

9:00 socialization
10:30 Let's Move
12:00 Halloween Party

FRIDAY

3 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
11:20 Walmart Trip

10 Yoga

7:45 Moring Yoga
9:00 Watercolor Painting
10:30 Cardio Drumming
12:00 Games

17 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
11:20 Walmart Trip

24 Yoga

7:45 Moring Yoga
9:00 Watercolor Painting
10:30 Cardio Drumming
12:00 Games

31 Yoga

7:45 Moring Yoga
9:00 Socialization
10:30 Cardio Drumming
11:20 Walmart Trip

Mon- Wed- Fri
7:45 Yoga

2nd Monday
10:00 Book Club

Every Wednesday
12:30 Bingo

1st or 2nd
Wednesday
Lunch out

1st & 3rd
Wednesday
9:00 Music Therapy

2nd Wednesday
9:00 Coffee w/the Law

1st Thursday
12:00 Celebration of
monthly birthdays

3rd Thursday
12:30 Sharon Austin
Gospel Singalongs