

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

The Meadows 1635

October 2026						1		2		3			
The Meadows 1635						10:00 Sit and Stretch 10:30 Discussions 11:00 Around the World-Fiji 12:00 BINGO! 2:00 Arts and Crafts 3:00 Jigsaw Puzzles		10:00 Voting Clinic 11:00 Whiteboard Games 12:00 Table Games 2:30 Flynnatra (35) 3:30 Hydration Station		3:00 Table Games Simchat Torah Begins			
4		5		6		7		8		9		10	
3:00 BINGO!		10:00 Sit and Stretch 10:30 Current Events 11:00 Trivia 12:00 Bowling 2:00 Uho 3:00 One on One Reflection		10:00 Sit and Stretch 10:30 Discussions 11:00 Whiteboard Games 12:00 BINGO! 2:00 Arts and Crafts 3:00 Social Hour		10:00 Seated Fitness 10:30 Current Events 11:00 Around the World- Cuba 12:00 Cornhole 2:00 Name that Tune 3:00 Chit Chats		10:00 Chair Yoga 10:30 Discussions 11:00 Whiteboard Games 12:00 BINGO! 2:00 Paint and Sip 3:00 Room Visits		10:00 Balloon Volleyball 11:00 Group Crossword 12:00 Table Games 2:30 Five Minute Mysteries 3:30 One on One Reflection		2:00 Bob Clark (35) 3:00 Table Games	
11		12		13		14		15		16		17	
3:00 BINGO!		10:00 Sit and Stretch 10:30 Current Events 11:00 Whiteboard Games 12:00 Bowling 2:00 Dominoes 3:00 One on One Reflection Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)		10:00 Seated Fitness 10:30 Who Am I? 11:00 Group Crossword 12:00 BINGO! 2:00 Wellness Series with Kristen OT(35) 2:30 Singing Cowgirl (35)		10:00 Sit and Stretch 10:30 Discussions 11:00 Around the World- Japan 12:00 Outdoor Walk 2:00 Pumpkin Decoration 3:00 Scrabble		9am – 12pm Vaccine Clinic 10:00 Sit and Stretch 10:30 Discussions 11:00 Mike and Shawna (35) 2:00 Poker Keno 3:00 Porch Chats		10:00 Seated Soccer 11:00 Group Crossword 12:00 Table Games 2:30 Oktoberfest (Meadows Circle) 3:30 One on One Reflection		3:00 Table Games	
18		19		20		21		22		23		24	
3:00 BINGO!		10:00 Sit and Stretch 10:30 Current Events 11:00 Word in a Word 12:00 Bowling 2:00 Uho 3:00 One on One Reflection		10:00 Seated Fitness 10:30 Discussions 11:00 Lunch Outing!!! 3:00 Social Hour		10:00 Chair Yoga 10:30 Morning Movie Matinee 12:00 Dominoes 2:00 Afternoon Movement with Music 3:00 Hydration Station		10:00 Sit and Stretch 10:30 Discussions 11:00 Around the World-Paris 12:00 BINGO! 2:00 Connect Four 3:00 Group Discussions		10:00 Basketball Chair 11:00 Group Crossword 12:00 Table Games 2:30 Dave Weber (35) 3:30 Chit Chats		3:00 Table Games	
25		26		27		28		29		30		31	
3:00 BINGO!		10:00 Seated Fitness 10:30 Current Events 11:00 Name 10 12:00 Corn Hole 2:00 Scrabble 3:00 One on One Reflection 3:30 Unidine Surveys		10:00 Sit and Stretch 10:30 Discussions 11:00 Whiteboard Games 12:00 BINGO! 2:00 Sip and Paint 3:00 Porch Chats		10:00 Chair Yoga 10:30 Name that Song? 11:00 Trivia 12:00 Board Games 2:00 Harp with Hector (35) 3:00 Apple Tasting!		10:00 Sit and Stretch 10:30 Discussions 11:00 Group Crossword 12:00 BINGO! 2:00 Bowling Tournament 3:00 Jigsaw Puzzles		10:00 Balloon Volleyball 10:30 Name 10 11:00 Halloween Parade 12:00 Table Games 2:30 Bernie Kellet (35) 3:30 Social Hour		3:00 Table Games Halloween	