

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30am: Coffee Chat 10am: Seated Exercise 11am: Video Calls 12pm: Nail Painting 2pm: Dance Party 3pm: Ice Cream Social 4pm: Armchair Travel 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Matching & Sorting 12pm: Movie Matinee 2pm: 1-on-1s 3pm: Balloon Toss 4pm: Hand Rubs 7pm: Movie Night
9:30am: Coffee Chat 10am: Hymn Singalong 12pm: Bingo 2pm: Movie Matinee 3pm: Social Hour 4pm: Coloring 7pm: YouTube Concert	9:30am: Coffee Chat 10am: Seated Exercise 11am: Scenic Drive 12pm: Word Puzzles 2pm: Bingo 3pm: Milkshake Social 4pm: Aromatherapy 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Live Music 12pm: Matching Game 2pm: Singalong Songs 3pm: Shadowbox Art 4pm: Short Stories 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Putting Practice 12pm: I Spy 2pm: Arts & Crafts 3pm: Scenic Drive 4pm: Hand Rubs 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Visits by Deacon 12pm: Balloon Toss 2pm: Bingo 3pm: Bowling 4pm: Music Therapy 7pm: Movie Night	<b>Happy Bday Marilyn M!</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Video Calls 12pm: Nail Painting 2pm: Dance Party 3pm: Ice Cream Social 4pm: Armchair Travel 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Matching & Sorting 12pm: Patriotic Singalong 2pm: 1-on-1s 3pm: Balloon Toss 4pm: Hand Rubs 7pm: Movie Night
9:30am: Coffee Chat 10am: Hymn Singalong 12pm: Bingo 2pm: Movie Matinee 3pm: Social Hour 4pm: Coloring 7pm: YouTube Concert	<b>Columbus Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Scenic Drive 12pm: Word Puzzles 2pm: Bingo 3pm: Milkshake Social 4pm: Aromatherapy 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Live Music 12pm: Matching Game 2pm: Singalong Songs 3pm: Current Events 4pm: Short Stories 7pm: Movie Night	<b>Haircut Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Bird Watching 12pm: I Spy 2pm: Arts & Crafts 3pm: Scenic Drive 4pm: Hand Rubs 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Visits by Deacon 12pm: Balloon Toss 2pm: Bingo 3pm: Shuffleboard 4pm: Music Therapy 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Video Calls 12pm: Nail Painting 2pm: Dance Party 3pm: Ice Cream Social 4pm: Armchair Travel 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Matching & Sorting 12pm: Movie Matinee 2pm: 1-on-1s 3pm: Balloon Toss 4pm: Hand Rubs 7pm: Movie Night
<b>Happy Bday Diana K!</b> 9:30am: Coffee Chat 10am: Hymn Singalong 12pm: Bingo 2pm: Movie Matinee 3pm: Social Hour 4pm: Coloring 7pm: YouTube Concert	9:30am: Coffee Chat 10am: Seated Exercise 11am: Scenic Drive 12pm: Word Puzzles 2pm: Bingo 3pm: Milkshake Social 4pm: Aromatherapy 7pm: Movie Night	<b>Meeting Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Live Music 12pm: Matching Game 2pm: Singalong Songs 3pm: Meeting Day 4pm: Short Stories 7pm: Movie Night	<b>Haircut Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Candy Land 12pm: I Spy 2pm: Arts & Crafts 3pm: Scenic Drive 4pm: Hand Rubs 7pm: Movie Night	<b>Meeting Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Visits by Deacon 12pm: Balloon Toss 3pm: Meeting 4pm: Music Therapy 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Video Calls 12pm: Nail Painting 2pm: Dance Party 3pm: Ice Cream Social 4pm: Armchair Travel 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Matching & Sorting 12pm: Movie Matinee 2pm: 1-on-1s 3pm: Balloon Toss 4pm: Hand Rubs 7pm: Movie Night
<b>United Nations Day</b> 9:30am: Coffee Chat 10am: Hymn Singalong 12pm: Bingo 2pm: Movie Matinee 3pm: Social Hour 4pm: Coloring 7pm: YouTube Concert	9:30am: Coffee Chat 10am: Seated Exercise 11am: Scenic Drive 12pm: Word Puzzles 2pm: Bingo 3pm: Milkshake Social 4pm: Aromatherapy 7pm: Movie Night	<b>Birthday Party Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Live Music 12pm: Matching Game 2pm: Singalong Songs 3pm: Birthday Party 4pm: Short Stories 7pm: Movie Night	<b>Haircut Day</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Finish the Phrase 12pm: I Spy 2pm: Arts & Crafts 3pm: Scenic Drive 4pm: Hand Rubs 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Visits by Deacon 12pm: Balloon Toss 2pm: Bingo 3pm: Noodle Volleyball 4pm: Karaoke 7pm: Movie Night	9:30am: Coffee Chat 10am: Seated Exercise 11am: Video Calls 12pm: Nail Painting 2pm: Halloween Party! 4pm: Armchair Travel 7pm: Movie Night	<b>Happy Bday Barbara!</b> 9:30am: Coffee Chat 10am: Seated Exercise 11am: Matching & Sorting 12pm: Movie Matinee 2pm: 1-on-1s 3pm: Balloon Toss 4pm: Hand Rubs 7pm: Movie Night
<b>Happy Halloween!</b> 9:30am: Coffee Chat 10am: Hymn Singalong 12pm: Bingo 2pm: Movie Matinee 3pm: Social Hour 4pm: Coloring 7pm: YouTube Concert	<b>Memory Care Unit</b> Breakfast 9am-10am Lunch 12:45-1:45pm Dinner 6pm-7pm  For Activity Support & Information Contact Hilary 518-817-9108 x407 Events are subject to change.					



CHAMPLAIN VALLEY  
SENIOR COMMUNITY

ASSISTED LIVING & MEMORY CARE