

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Exercise w/ Spiro 100 10:30 Heritage House Calls (1:1's) 1:15 Catholic Communion & Rosary (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	2 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun! 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snacks & Refreshments	3 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Gemini 3:30 Resident-Led Puzzles & Table Games	4 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	5 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 3:30 Resident-Led Puzzles & Table Games
6 10:00 Morning Stretch 10:30 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	7 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Trivia & Word Games 3:30 Coloring Pages & Puzzles	8 10:00 Exercise w/ Spiro 100 10:30 Pet Therapy w/ Nancy & Harper Lee 1:30 Heritage Hikers 2:30 Resident Council 3:00 Flower Arranging	9 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun! 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snacks & Refreshments	10 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ 10 Strings 3:30 Resident-Led Puzzles & Table Games	11 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	12 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 3:30 Resident-Led Puzzles & Table Games
13 10:00 Morning Stretch 10:30 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	14 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Trivia & Word Games 3:30 Coloring Pages & Puzzles Columbus Day	15 10:00 Exercise w/ Spiro 100 10:30 Heritage House Calls (1:1's) 1:15 Catholic Communion & Rosary (IL DR) 1:30 Heritage Hikers 2:30 Flower Arranging	16 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun! 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snacks & Refreshments	17 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Davis Beck 3:30 Resident-Led Puzzles & Table Games	18 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	19 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 3:30 Resident-Led Puzzles & Table Games
20 10:00 Morning Stretch 10:30 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	21 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Trivia & Word Games 3:30 Coloring Pages & Puzzles	22 10:00 Exercise w/ Spiro 100 10:30 Pet Therapy w/ Nancy & Harper Lee 1:30 Heritage Hikers 2:30 Flower Arranging 3:30 Resident-Led Table Games	23 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun! 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snacks & Refreshments	24 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Dan Sullivan 5-6:30 Trick or Treating!	25 10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:30 TGIF-Happy Hour w/ Snacks & Refreshments	26 10:00 Morning Stretch 10:30 Mindful Meditation 1:00 Heritage Hikers 1:30 Bingo in the Bistro 3:30 Resident-Led Puzzles & Table Games
27 10:00 Morning Stretch 10:30 Coffee w/ the Concierge in the Bistro 1:00 Heritage Hikers 2:00 Resident-Led Table Games 3:00 Heritage House Calls (1:1)	28 10:00 Exercise w/ Spiro 100 10:30 Manicure Monday 1:30 Heritage Hikers 2:30 Trivia & Word Games 3:30 Coloring Pages & Puzzles	29 10:00 Exercise w/ Spiro 100 10:30 Heritage House Calls (1:1's) 1:30 Heritage Hikers 2:30 Flower Arranging 3:30 Resident-Led Table Games	30 10:00 Morning Stretch 11:00 Arts, Crafts, & Fun! 1:30 Heritage Hikers 2:00 Bingo in the Bistro 3:00 Snacks & Refreshments	31 10:00 Morning Stretch 10:30 Donuts & Coffee Social in the Bistro 1:30 Heritage Hikers 2:30 Entertainment w/ Patricia Stone 3:30 Resident-Led Puzzles & Table Games Halloween		

SPECIAL EVENTS

Oct 6-12: Healthcare Food Service Week
Oct 24: Trick or Treating

*All activities are subject to change when necessary. Residents' families are invited to participate in community events.