

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthdays Carol Sue 10/10 John C 10/13 Eileen K 10/13				Julian L 10/31 	Morning: Morning Gatherings Exercise Crafting Corner Afternoon: Hand Massages Bingo TV Concert	Morning: Morning Gatherings Exercise Coffee Social & Dynseo Trivia Afternoon: Balloon Volleyball 230pm Happy Hour Heritage Hikers
Morning: Catholic Mass Livestream Morning Gatherings Daily Chronicle & Daily Devotion Exercise Afternoon: Sundaes on Sunday Afternoon Movie	Morning: Mindfulness Meditation 10am Star of the Month Presentation: Kate Winslet Exercise Afternoon: Manicures & Hand Massages Heritage Hikers	Morning: Morning Gatherings Exercise SingFit Afternoon: Bingo Munch/Mingle: Chips & Dip Rosary	Morning: Morning Gatherings Coffee Club & Autumn Stories Exercise Afternoon: Spiritual Devotional Afternoon Root Beer Floats Heritage Hikers	Morning: Morning Gatherings Exercise Singfit Afternoon: Hangman Bingo Relax in the Garden	Morning: Morning Gatherings Exercise Coffee Social & Dynseo Trivia Afternoon: "Questions" Game 230pm: Happy Hour 1:1 Visits	Morning: Morning Gatherings Daily Chronicle Lutheran Service (YouTube) Exercise Afternoon: 1:1 Room Visits Bingo
Morning: Catholic Mass Livestream Morning Gatherings Daily Chronicle & Daily Devotion Exercise Afternoon: Sundaes on Sunday Engagement Activities	Morning: Mindfulness Meditation 10AM Lifelong Learning: Indigenous Peoples: The Chumash of California Afternoon: Manicures & Hand Massages Afternoon Movie Columbus Day	Morning: Morning Gatherings Exercise SingFit! Afternoon: Bingo Munch/Mingle: Berries & Honey Cottage Cheese Cups Rosary	Morning: Morning Gatherings Coffee Club & Reminiscing Exercise Afternoon: Documentary: Autumn Traditions Baking Cookies & Hot Tea Heritage Hikers	Morning: Morning Gatherings Exercise Hangman Afternoon: TV Concert Bingo Hand Massages	Morning: Morning Gatherings Exercise Coffee Social & Dynseo Trivia Afternoon: Storytelling 230pm: Happy Hour Tik Tac Toe	Morning: Morning Gatherings Daily Chronicle Lutheran Service (YouTube) Exercise Afternoon: 1:1 Room Visits Bingo
Morning: Catholic Mass Livestream Morning Gatherings Daily Chronicle & Daily Devotion Exercise Afternoon: Sundaes on Sunday Afternoon Movie	Morning: Mindfulness Meditation Table Games Exercise Afternoon: Manicures & Hand Massages Armchair Travel: Check out the Czech Republic!	Morning: Morning Gatherings Exercise SingFit! Afternoon: Bingo Munch/Mingle: Pumpkin Muffins Rosary Leadership Candy Delivery	Morning: Morning Gathering Coffee Club & Favorite Stories Exercise Afternoon: Drumming Circle Baking Cookies & Milk Heritage Hikers	Morning: Morning Gatherings Exercise Singfit Afternoon: Nature Documentary Bingo October Birthday Party	Morning: Morning Gatherings Exercise Coffee Social & Dynseo Trivia Afternoon: Heritage Hikers 2:30 Happy Hour 1:1 Visits	Morning: Morning Gatherings Daily Chronicle Lutheran Service (YouTube) Exercise Afternoon: 1:1 Room Visits Bingo
Morning: Catholic Mass Livestream Morning Gatherings (Small Group) Daily Chronicle & Daily Devotion Exercise Afternoon: Sundaes on Sunday Engagement Activities	Morning: Mindfulness Meditation Word Searches & Crossword Puzzles Exercise Afternoon: Manicures & Hand Massages Afternoon Movie	Morning: Morning Gatherings Exercise SingFit! Afternoon: Bingo 3:30 Oktoberfest Celebration	Morning: Morning Gatherings Coffee Club & Funny Stories Exercise Afternoon: Rosary Baking Cookies & Juice Heritage Hikers	Morning: Morning Gatherings Exercise Crafting Corner Afternoon: Bingo Storytelling 4:00-6:00 Trunk or Treat	Morning: Morning Gatherings Exercise Coffee Social & Dynseo Trivia Afternoon: Heritage Hikers 2:30 Happy Hour Puzzles	Morning: Morning Gatherings Daily Chronicle Lutheran Service (YouTube) Exercise Afternoon: 1:1 Room Visits Bingo Trick or Treat! Halloween

Memory Support

Community Life Enrichment Calendar

SPECIAL EVENTS

Family Social: Trunk or Treat 10/29 at 4pm

Educational Presentation: Indigenous Peoples on October 12th at 10 am

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

HERITAGE
SENIOR LIVING
Aspire | LINCOLN VILLAGE