

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2020

First Floor

"I'm so glad I live in a world where here are Octobers."
~ L. M. Montgomery, Anne of Green Gables

1

10:00am
Exercise with Trivia

2:45pm *Fit minds*

2

10:00am
Monthly Gazette

Sukkot Begins

3

**How do you make a
lemon drop?**

Answer: Just let it fall!

4

Worship Service on TV



5

10:00am Exercise with
Trivia

Afternoon Manicures

6

10:00am Coffee Time



1:1 Resident Council 7

10:00am Giant
Thanksgiving Crossword

2:45pm *Fit minds*

ROSARIA'S BIRTHDAY

8

10:00am
Exercise with Trivia

**Resident Thanksgiving
Lunch**



10

**10:00 am
BINGO in the
Dining Room**

Simchat Torah Begins

11

Worship Service on TV



NO SCHEDULED VISIT TODAY

GRATITUDE WEEK

**What are YOU
Thankful For?**



13

10:00am
How Many Words –
Gratitude Edition

NANCY'S BIRTHDAY

14

Morning
1:1 Crafter's Corner
Gratitude Tree

15

10:00am
Exercise with Trivia

2:45pm *Fit minds*

16

10:00 am
Thanksgiving ABC's
Game

17

**10:00 am
BINGO in the
Dining Room**

18

Worship Service on TV



19

10:00am
Wheel of Fortune

20

10:00am
Exercise with Trivia

Afternoon Finish the Line

21

10:00am
Hot Apple Cider with
Poems and Stories

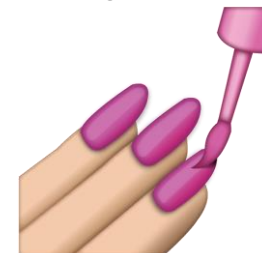
22

10:00am
Exercise with Trivia

2:45pm *Fit minds*

23

Morning Manicures



24

**How can you tell a
vampire has a cold?**

Answer: She starts coffin'

25

Worship Service on TV



26

10:00am
Thanksgiving Jeopardy

Afternoon Montessori
Visits

27

10:00am
Exercise with Trivia

28

10:00am
Halloween Trivia

2:45pm *Fit minds*

29

10:00am
Exercise with Trivia

30



31

**10:00 am
BINGO in the
Dining Room**

Halloween

Sunday

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October 2020

Second Floor

"I'm so glad I live in a world where here are Octobers."
~ L. M. Montgomery, Anne of Green Gables

Worship Service on TV



4

10:00am
Exercise with "Hoot
Knows" Owl Trivia

5

Afternoon
How Many Words

HELGA'S BIRTHDAY

Afternoon
Thanksgiving Giant
Crossword

6

1:1 Resident Council

10:00am
Exercise with Trivia

Afternoon
Manicures

2:45pm *Fit minds*

8

**Resident Thanksgiving
Lunch**



**2:30 pm
BINGO in the
Dining Room**

Simchat Torah Begins

Worship Service on TV



11

NO SCHEDULED VISITS TODAY
GRATITUDE WEEK

**What are YOU
Thankful For?**



FRIEDA'S BIRTHDAY

Columbus Day (US)
Thanksgiving Day (Canada)

12

Afternoon
How Many Words –
Gratitude Edition

13

Afternoon
1:1 Crafter's Corner
Gratitude Tree

14

Morning Coffee Time



2:45pm *Fit minds*

15

Afternoon Thanksgiving
ABC's Game

16

**What did the
limestone say to the
geologist?**

Answer: Don't take me for granite!

17

Worship Service on TV



18

Afternoon
Balloon Tennis

19

10:00am
Exercise with Trivia

20

Afternoon Spelling Bee

Afternoon
Hot Apple Cider with
Poems and Stories

21

10:00am
Exercise with Trivia

2:45pm *Fit minds*

22

Afternoon
Wheel of Fortune

23

**How can you tell a
vampire has a cold?**

Answer: She starts coffin'

24

Worship Service on TV



25

10:00am
Exercise with Trivia

26

Afternoon Name 10

Afternoon
Thanksgiving Jeopardy

27

10:00am
Halloween Exercises

28

Afternoon
1:1 Crafter's Corner:
Decorate Pumpkins

29

2:45pm *Fit minds*



30

**2:30 pm
BINGO in the
Dining Room**

Halloween

31

Sunday

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Saturday

October 2020

Third Floor

"I'm so glad I live in a world where here are Octobers."

~ L. M. Montgomery, Anne of Green Gables

Worship Service on TV **4**

**5****6**

Morning: Exercise

Afternoon: Manicures

7

1:1 Resident Council

8

Morning: Exercise

Afternoon: Finish the Line

9

Resident Thanksgiving Lunch

Afternoon: Gratitude Tree- One to One

10

How do you fix a broken pumpkin?

With a pumpkin patch

Simchat Torah Begins

Worship Service on TV **11**



NO SCHEDULED VISITS TODAY **12**

Morning: Fall Poems and Readings with Hot Apple Cider

GRATITUDE WEEK
Columbus Day (US)
Thanksgiving Day (Canada)

13

Morning: Exercise

Afternoon: How Many Words – Gratitude Edition

14

Morning: Crafters Corner -Fall Decor

15

Afternoon: Thanksgiving ABC's

16

Morning: Exercise for Body and Mind

17

Afternoon: Bingo

Worship Service on TV **18**

**19**

Afternoon: Manicures

**20**

Afternoon: Name that Tune

**21**

Morning: Exercise

Afternoon Jeopardy

22

Morning: Balloon Tennis

23**24**

Morning: Bingo

Worship Service on TV **25**

**26****27**

Morning: Exercise

Afternoon: Giant Halloween Crossword

28

Morning: Fit Minds

KATHLEEN F.'s BIRTHDAY

29

Morning: Exercise

Afternoon: Pumpkin Carving and Painting

30

Afternoon: Coffee Time



HELEN I.'s BIRTHDAY

31

Halloween

Sunday

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Thursday

Friday

Saturday

October 2020

Fourth Floor

"I'm so glad I live in a world where here are Octobers."

~ L. M. Montgomery, Anne of Green Gables

Worship Service on TV **4**

**5****6**

Morning: Exercise
for Body and Mind

Afternoon: Wheel of
Fortune

7

Residents Council
One to One

Afternoon: Crafters
Corner – Fall Décor

8

Morning: Exercise

Afternoon: Fit Minds

9

Morning: One to One –
Gratitude Tree

Resident Thanksgiving
Lunch

WALTERS BIRTHDAY

10

**How do you fix a
broken pumpkin?**

With a pumpkin patch

Simchat Torah Begins

Worship Service on TV **11**



NO SCHEDULED VISITS
TODAY **12**

Afternoon: Fall Poems
and Readings with Hot
Apple Cider

GRATITUDE WEEK
Columbus Day (US)
Thanksgiving Day (Canada)

13

Morning: Exercise
for Body and Mind

Afternoon: Thanksgiving
ABC's

14

Gratitude Tree - One to
One

15

Morning Coffee Time

**16**

Afternoon How Many
Words – Gratitude
Edition

17

**What did one
autumn leaf say to
another?**

I'm falling for you.

Worship Service on TV **18**



WALDY 90th BIRTHDAY

19

Morning: Balloon Tennis

20

Morning: Exercise
for Body and Mind

21

Morning: Visits with
Jardin

Afternoon: Name 10- Fall
Edition

22

Morning: Exercise

MELBA'S BIRTHDAY

23**24**

Afternoon: Bingo

Worship Service on TV **25**

**26****27**

Morning: Exercise
for Body and Mind

Afternoon: Manicures

28

Afternoon: Jeopardy

29

Morning: Exercise

Afternoon: Pumpkin
Carving and Painting

30

Morning: Name That
Tune

**31**

Halloween

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October 2020

OPTOMISTIC OCTOBER

“Choose to be optimistic. It feels better.” -Dalai Lama

“Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.”

Lamentations 3:21-23

“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

Joshua 1:9

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

Romans 8:28

"I can do all things through Christ who strengthens me"

Philippians 4:13

Be a realistic optimist. See life as it is, but **focus on what is good**

Look for the good intentions in people around you today

Columbus Day (US)
Thanksgiving Day (Canada)

Focus on a positive change you want to see in society



Share an inspiring idea with a loved one or a friend

Do something constructive, to improve a difficult situation

Be kind to yourself today. Remember, progress takes time



Share your important goals with people you trust



Find a new perspective on a problem you face

Remember that things can change for the **better**

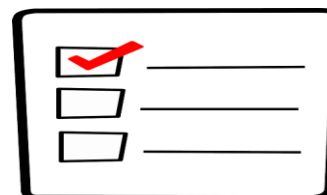


Look out for positive news and reasons to be cheerful today



Thank yourself for achieving the things you often take for granted

Make a list of things you are looking forward to



Write down your most important goals for this month

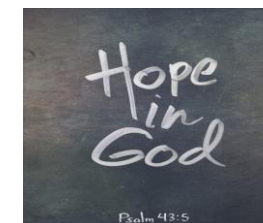


Make **progress** on a project or task you have been avoiding

Plan a fun and exciting activity to look forward to

Let go of the expectations of others and focus on what matters most

Think of three things that give you hope for the future



Look for reasons to be **hopeful**, even in difficult times



Avoid blaming yourself or others. Find the best way to move forward



Recognize that you have a choice about what to prioritize

Take the time to reflect on what you achieved this week



Keep calm
Stay wise
Be kind!

How do you make a lemon drop?

Answer: Just let it fall!

Why did the student eat his homework?

Answer: Because his teacher told him it was a piece of cake!

Simchat Torah Begins

What did the limestone say to the geologist?

Answer: Don't take me for granite!

How can you tell a vampire has a cold?

Answer: She starts coffin'

What do you call a ghost's true love?

Answer: His ghoul-friend!

Halloween