

October 2024 AL Monthly Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LISBET HEALTH CENTER AT WELLINGTON BAY</p>		1 11:15 Exercise with Lori 2:00 Facts in Five 3:00 Bridge and conversation with the Cohens 3:00 Talk & Trivia 6:30 Creative Coloring & Conversation	2 11:15 Sit & Dance with Lori 2:00 Everyone Loves Bingo! 3:30 Creating Greeting Cards for our Pen Pals 6:00 Table Games, Cards, Dominoes, Chess & Checkers	3 Rosh Hashanah 9:30 Indoor Walking Club 11:15 Exercise with Lori 2:00 Nature Crafts 3:00 Games of Skill, Chance and Fun for all. 3:30 Apples and Honey for the New Year	4 11:15 Exercise your Mind, & Body, with Lori 1:30 Open Gym with Hannah 2:00 Everyone Loves Bingo! 3:30 Creamsicle Floats 6:00 Sunset on the patio	5 11:00 Table Tennis / Ping Pong [1LR] 11:30 Piano music by Lydia as you dine 3:30 Pen, Paper & Puzzles 6:00 Enjoy a movie or series from our Netflix Collection
6 11:00 Scavenger Hunt Thru Lisbet 1:30 How many Words can you make out of the word: SUSTAINABILITY 2:00 BINGO 3:00 Dominoes, cards, and Rummy Q in the Lobby	7 11:15 Functional Fitness with Hannah 1:30 Cornhole with Hannah 2:00 Talk and Trivia on the TV 2:30 Table Games 4:00 Creative Writing 6:30 Classical Concert Series	8 11:15 Seated Yoga-Lates with Melissa 12:00 Take Out Tuesday on the 4th floor 2:00 Block Buster Movie 3:30 Holiday Crafting [2LR] 6:30 Creative Coloring & Conversation	9 11:15 Sit & Dance with Lori 1:30 Walmart Vaccine Clinic 2:00 Everyone Loves Bingo! 4:00 What Happened on this day in History 6:30 Game Shows	10 9:30 Indoor Walking Club 11:15 Mindful Movement with Melissa 2:00 October Birthday Party with Garth Bright 3:30 Through Back Thursday 6:30 Dominoes and Table games	11 11:15 Exercise your Mind, & Body, with Lori 2:00 Everyone Loves Bingo! 3:30 Cookies and Cider 4:00 Musical Charades 6:30 Netflix series: Hollywood	12 Yom Kippur 11:00 Exercise with friends 11:30 Piano music by Lydia as you dine 2:30 Table Games and puzzles
13 11:00 Mindful Meditation 2:00 BINGO 3:30 Crosswords, Sudoku, & Word Find 6:00 Enjoy a movie or series from our Netflix Collection	14 Columbus Day 11:15 Functional Fitness with Hannah 1:30 Ping Pong with Hannah 2:00 Talk and Trivia on the TV 3:00 Name Game 6:30 Classical Concert Series	15 11:15 Seated Yoga-Lates with Melissa 2:00 Alzheimer's Support Group 2:00 Liberty Therapy Social 3:00 Bridge and conversation with the Cohens	16 11:15 Sit & Dance with Lori 2:00 Everyone Loves Bingo! 3:30 Creating Greeting Cards for our Pen Pals 6:30 Travel Log	17 9:30 Indoor Walking Club 11:15 Exercise & Dance all from a seated position. Join Lori for some fun!! 2:00 Common Bonds and Trivia	18 11:15 Exercise your Mind, & Body, with Lori 1:30 Open Gym with Hannah 2:00 Everyone Loves Bingo! 3:30 Sing Along 6:30 Creative Coloring & Conversation	19 11:00 Table Tennis / Ping Pong [1LR] 11:30 Piano music by Lydia as you dine 3:30 Pen, Paper & Puzzles 4:00 Hot Topic, Current Events, and Trivia
20 1:30 How many Words can you make out of the word: ALZHEIMER'S 2:00 BINGO 3:00 Dominoes, cards, and Rummy Q in the Lobby	21 11:15 Functional Fitness with Hannah 1:30 Cornhole with Hannah 2:00 Talk and Trivia on the TV 2:30 Let's meet for Table Games 4:00 Creative Writing	22 9:30 Indoor Walking Club 11:15 Seated Yoga-Lates with Melissa 2:00 Holiday Crafting 3:30 Rummy Q 6:30 Creative Coloring & Conversation	23 11:15 Sit & Dance with Lori 2:00 Everyone Loves Bingo! 3:30 Pen, Paper, & Puzzles 4:00 What Happened on this day in History 6:30 Sunset on the Patio	24 9:30 Indoor Walking Club 11:15 Mindful Movement with Melissa 1:30 Joe's Blockbuster Movie Pick 4:00 Throwback Thursday 6:30 Sunset on the Patio	25 11:15 Exercise your Mind, & Body, with Lori 1:30 Open Gym with Hannah 2:00 Everyone Loves Bingo! 3:30 Everything Pumpkin 6:30 Netflix series: Hollywood	26 7:30 Alzheimer's Walk 11:00 Exercise with friends 11:30 Piano music by Lydia as you dine 2:30 Table Games and puzzles 3:30 Puzzles
27 11:00 Mindful Meditation 2:00 BINGO 3:30 Crosswords, Sudoku, & Word Find 6:00 Enjoy a movie or series from our Netflix Collection	28 11:15 Functional Fitness with Hannah 1:30 Ping Pong with Hannah 2:30 Dominoes, Cards, and Conversation 4:00 Common Bonds 6:30 Classical Concert Series	29 11:15 Seated Yoga-Lates with Melissa 2:00 Resident Town Hall Meeting 3:00 Planning Committee 6:30 Creative Coloring & Conversation	30 11:15 Sit & Dance with Lori 1:30 Table Games 2:00 Everyone Loves Bingo! 3:30 The Reading of the Raven 6:30 Sunset on the Patio	31 Halloween 9:30 Indoor Walking Club 11:15 Mindful Movement with Melissa 2:30 Halloween Party with Steve Gershon 3:30 Halloween Costume Contest Parade	Happy Birthday Welcome to Lisbet Assisted Living Julia A. Oct 1 Joan S. Oct 4 Jeff W. Oct 10 Rose Marie M. Oct 11 Virginia G. Oct 25 Julia S. Oct 26 Natalie M. Julia A. Gloria W.	