

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER 2026

Life Works Wellness

Memory Care Calendar



4 10:00AM Words for Life and Hymns 1:00PM Mind Works: Daily Chronicles 2:00PM Sports Fitness: Resident Choice 5:00PM Mind Works: Board Games 7:30PM Rehab Social: Matinee and Snacks	5 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Balloon Volleyball 10:00AM Mind Works: Voter Education 1:00PM Life Story Social: Cooking 2:00PM Chef's Corner: Cookie Bake 3:00PM Art Works: Bubble Wrap Candy Corns Voter Education Week	6 Travel Tuesday 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Noodle Stretches 10:00AM Mind Works: Spooky Trivia 1:00PM Game Works: Pumpkin Bowling 2:00 Virtual Travel Club: Exploring Canada 3:00PM Art Works: Rock Monsters	7 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Chair Stretch and Strength 10:00AM Mind Works: Color Wheel of Questions and Memories 1:00PM Hispanic Heritage Month Food Tasting - Bar 2:00PM Art Works: Yarn Ghost Frames 3:00PM Aroma Works: Vanilla & Relaxation Video	8 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Noodle Ball 10:00AM Mind Works: Eye Spy Bottle 1:00PM Chef's Corner: Decorate Your Own Cupcake- Bar 2:00PM Game Works: Halloween Story Game 3:00PM Art Works: Glitter Webs	9 Fall Fun Friday Boos and Tattoos 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Boo Ball 10:00AM Mind Works: Ghost Categories 1:00PM: Game Works: Fishing For Noodles 1:45PM Temporary Tattoo Station - Bar 2:00PM Music Works: Oktoberfest Happy Hour with Jim Horzen - Theatre 3:00PM Art Works: Memory Charms	10 Wellness Works: Mental Health Day 10:00AM Mind Works: Daily Chronicles 1:00PM Music Works: Music and Snacks 2:00PM Sports Fitness: Resident Choice Games 7:30PM Rehab Social: Matinee and Snacks World of Wellness: World Mental Health Day
11 10:00AM Words for Life and Hymns 1:00PM Mind Works: Daily Chronicles 2:00PM Sports Fitness: Resident Choice 5:00PM Mind Works: Board Games 7:30PM Rehab Social: Matinee and Snacks	12 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Arthritis Exercise 10:00AM Life Story Social: Reading 1:00PM Body Works: Joy in Motion with Nurse Erica- T.V. Lounge 2:00PM Mind Works: Learn about Indigenous Peoples' Day – T.V. Lounge 2:30PM Wellness Works: Arthritis 3:00PM Art Works: Pipe Cleaner Corn World of Wellness: World Arthritis Day Indigenous Peoples' Day	13 Travel Tuesday 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Balloon Bounce 10:00AM Mind Works: Color Wheel of Questions 1:00PM Game Works: Matching Game 2:00PM Travel Club: Did you Know Coloring and Tastes of Canada 3:00PM Art Works: Witches Hats Navy Birthday Train Your Brain Day	14 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Spooky Stretches 10:00AM Mind Works: History of Fossils 1:00PM Sensory Works: Learning Fossil Differences 1:30PM Music Works: Karaoke with Diane 2:00PM Art Works: Relaxation Coloring 3:00PM Aroma Works: Vanilla and Hand Massage Fossil Day	15 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Chair Stretching and Strengthening 10:00AM Mind Works: Halloween Movie and Music Trivia 1:00PM Chef's Corner: Ambrosia Salad- Bar 2:00PM Game Club: October Dice Bingo 3:00PM Art Works: Popsicle Spiderweb	16 Fall Fun Friday Fall Flannel Day 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Balloon Bounce 10:00AM Mind Works: Meaningful Moments with Cozy Fabrics 1:00PM Game Works: Letter Link 2:00PM Music Works: Happy Hour with Dave Smith- Theatre 3:00PM Art Works: Button Pumpkins	17 10:00AM Mind Works: Daily Chronicles 1:00PM Music Works: Music and Snacks 2:00PM Sports Fitness: Resident Choice Games 7:30PM Rehab Social: Matinee and Snacks
18 10:00AM Words for Life and Hymns 1:00PM Mind Works: Daily Chronicles 2:00PM Sports Fitness: Resident Choice 5:00PM Mind Works: Board Games 7:30PM Rehab Social: Matinee and Snacks Spiritual Care Week	19 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Balloon Volleyball 10:00AM Mind Works: Color Wheel of Questions 1:00PM Pink Dessert Social - L 2:00PM Life Story Social: My Faith 3:00PM Art Works: Yarn Witches	20 Travel Tuesday 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Noodle Stretches 10:00AM Mind Works: Candy Corn Counting 1:00PM Travel Club: Canadian Hockey 2:00PM Baking Club: Halloween Cookies and smelling the spices 3:00PM Art Works: Coffee filter Ghosts World of Wellness Osteoporosis Day	21 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Pumpkin (Yoga)Poses 10:00AM: Art Works: Black Cats 1:00PM Meaningful Moments: Sip Apple Cider and snacks 2:00PM Mind Works: Apple Bobbing Trivia-T.V L 3:00PM Aroma Works: Vanilla and Relaxation Coloring	22 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Pumpkin Pushes 10:00AM Mind Works: Autumn A – Z 1:00PM Game Club: Halloween Eye Spy Jar 2:00PM Music Works: Halloween Finish the Lyric 3:00PM Art Works: Ghost Jars	23 Fall Fun Friday Pumpkins and Pajamas (Wear Orange/Halloween Pajamas) 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Pumpkin Strength Class 10:00AM Mind Works: Autumn Objects 1:00PM Reel Talk: Spooky Stories 2:00PM Music Works: Happy Hour with Ralph Espinosa with Apple Cider Mocktails 3:00PM Art Works: Doily Pumpkin Art	24 10:00AM Mind Works: Daily Chronicles 1:00PM Music Works: Music and Snacks 2:00PM Sports Fitness: Resident Choice Games 7:30PM Rehab Social: Matinee and Snacks United Nations Day
25 10:00AM Words for Life and Hymns 1:00PM Mind Works: Daily Chronicles 2:00PM Sports Fitness: Resident Choice 5:00PM Mind Works: Board Games 7:30PM Rehab Social: Matinee and Snacks	26 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Broomstick Balance 10:00AM Mind Works: History of Halloween 1:00PM Body Works: Joy in Motion with Nurse Erica- T.V. Lounge 2:00PM Mind Works: Halloween Trivia – T.V. L 2:30PM Chefs Corner: Candy Corn Popcorn Balls 3:00PM Art Works: Boo Spoons National Day of the Deployed	27 Travel Tuesday 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Chair Yoga 10:00AM Game Club: Don't Drop the Spider 1:00PM Jack O' Lantern Halloween Social - L 2:00PM Travel Club: Canadian Wildlife Adventure – T.V L 3:00PM Art Works: Pipe cleaner Pumpkins	28 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Halloween Balloon Toss 10:00AM Mind Works: Color Wheel of Questions 1:00PM Halloween Movie – Adams Family 1:30 PM: Music Works: Karaoke with Diane -T.V. L 2:00PM Art Works: Halloween Coloring 3:00PM Aroma Works: Vanilla No Bake Cookies	29 9:00AM Words for Life Devotional and Daily Chronicles 9:30AM Body Works: Trick or Treat Toss 10:00AM Mind Works: Halloween A - Z 1:00PM Nature Works: Marigolds-L 2:00PM Music Works: Monster Mash Dance Party- T.V. L 3:00PM Art Works: Witches Hats World of Wellness World Stroke Day	30 Fall Fun Friday Hats off to Halloween 9:00AM Life Works Daily and Table Talk 9:30AM Body Works: Halloween Stretches 10:00AM Mind Works: Trick, Treat or Trivia 1:00PM Game Works: Halloween Bingo 2:00PM Music Works: Halloween Happy Hour with Pablo Reyes - Theatre 3:00PM Art Works: Painting Pumpkins 4:00PM-6:00PM Community Works: Trunk or Treat at Lake Gibson Village	31 Happy Halloween 10:00AM Mind Works: Daily Chronicles 1:00PM Music Works: Music and Snacks 2:00PM Sports Fitness: Resident Choice Games 7:30PM Rehab Social: Matinee and Snacks