

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>9:30 Mindful Movements 10:30 Refresh 11:00 Brain Boosting activity 1:00 Wellness/purposeful hour 2:00 Creative activity 3:00 Exercise 4:00 Social activity 6:30 Sensory group</p>	<p><b>1</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Cranium Crunches 1:00 Wellness hour 2:00 Giving back: birdfeeder 3:00 Bowling 4:00 Karaoke 6:30 Stories</p>	<p><b>2</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Mindful Moments 1:00 Wellness Hour 2:00 Work of heART: prints 3:00 Balloon tennis 6:30 Aromatherapy <small>Simchat Torah</small></p>	<p><b>3</b> 9:30 Mindful Movements 10:30 Coffee with a cop 11:00 Word puzzles 1:00 Wellness hour 2:00 Baking: Pie 3:00 Target practice 4:00 Cards 6:30 Olivia ♪</p>	<p><b>4</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness hour 2:30 Jay ♪ 3:00 Dancing 4:00 Social games 6:30 Stories</p>	<p><b>5</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>What's in the Bag?</i> 1:00 Wellness hour 2:00 Mindful Moment crafts 3:00 Happy hur/ Food council 4:00 Kickball 6:30 <i>Good News Friday</i></p>	<p><b>6</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Puzzle hour 1:00 Wellness hour 2:00 Painting 3:00 Cardio drumming 4:00 BINGO 6:30 Movie</p>	
<p><b>7</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>Match the Phrase</i> 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 6:30 Manicures/massage</p>	<p><b>8</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Cranium Crunches 1:00 Wellness hour 3:00 Bowling 4:00 Karaoke 6:30 Stories <small>Columbus Day (US) Thanksgiving Day (Canada)</small></p>	<p><b>9</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Mindful Moments 1:00 Wellness hour 2:00 Work of heART: wreaths 3:00 Communion 3:15 Bible study 4:00 Balloon tennis</p>	<p><b>10</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Word puzzles 1:00 Wellness hour 2:00 Baking: cookies 3:00 Target practice 4:00 BINGO 6:30 Olivia ♪</p>	<p><b>11</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness hour 2:00 Home Econ: <small>science experiment</small> 3:00 Dancing 3:45 Song fest 6:30 Stories</p>	<p><b>12</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>What's in the Bag?</i> 1:00 Wellness hour 2:00 Mindful Moment crafts 3:00 Jeff ♪ 4:00 Kickball 6:30 <i>Good News Friday</i></p>	<p><b>13</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Puzzle hour 1:00 Wellness hour 2:00 Painting 3:00 Cardio drumming 4:00 BINGO 6:30 Movie</p>	
<p><b>14</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Match the Phrase 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 6:30 Manicures/massage</p>	<p><b>15</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Cranium Crunches 1:00 Wellness hour 2:00 Giving back: dog treat 3:00 Bowling 4:00 Karaoke 6:30 Stories</p>	<p><b>16</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Mindful Moments 1:00 Wellness hour 2:00 Paint pumpkins 3:00 Balloon tennis 6:30 Aromatherapy</p>	<p><b>17</b> <small>Health Fair 1-5:00</small> 9:30 Mindful Movements 10:30 Refresh 11:00 Word puzzles 1:00 Wellness hour 2:00 Baking: caramel apple 3:00 Target practice 4:00 Cards 6:30 Olivia ♪</p>	<p><b>18</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness hour 2:00 Resident council 3:00 Dancing 4:00 Social games 6:30 Stories</p>	<p><b>19</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>What's in the Bag?</i> 1:00 Wellness hour 2:00 Mindful Moment crafts 3:00 <small>Happy hour: resident birthdays</small> 3:45 Marty ♪ 6:30 <i>Good News Friday</i></p>	<p><b>20</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Puzzle hour 1:00 Wellness hour 2:00 Painting 3:00 Cardio drumming 4:00 BINGO 6:30 Movie</p>	
<p><b>21</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>Match the Phrase</i> 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 6:30 Manicures/massage</p>	<p><b>22</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <b>Trick or Treat!</b> 1:00 Wellness hour 2:00 Giving back 3:00 Bowling 4:00 Karaoke 6:30 Stories</p>	<p><b>23</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Mindful Moments 1:00 Wellness hour 2:00 Work of heART: <b>scarecrow</b> 3:15 Bible study 4:00 Balloon tennis 6:30 Aromatherapy</p>	<p><b>24</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Word puzzles 1:30 Cider mill 2:00 Wellness hour 3:00 Target practice 4:00 BINGO 6:30 Olivia ♪</p>	<p><b>25</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Trivia 1:00 Wellness hour 2:00 Home Econ: felting 3:00 Dancing 4:00 Social games 6:30 Stories</p>	<p><b>26</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>What's in the Bag?</i> 1:00 Wellness hour 2:00 Mindful Moment crafts 3:00 Happy hour 4:00 Kickball 6:30 <i>Good News Friday</i></p>	<p><b>27</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Puzzle hour 1:00 Wellness hour 2:00 Painting 3:00 Cardio drumming 4:00 BINGO 6:30 Movie</p>	
<p><b>28</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <i>Match the Phrase</i> 1:00 Wellness hour 2:00 Meditative coloring 3:00 Walking club 3:30 Church service 6:30 Manicures/massage</p>	<p><b>29</b> 9:30 Mindful Movements 10:30 Refresh 11:00 <b>Trick or Treat!</b> 1:00 Wellness hour 2:00 Giving back 3:00 Bowling 4:00 Karaoke 6:30 Stories</p>	<p><b>30</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Mindful Moments 1:00 Wellness hour 2:00 Work of heART: <b>masks</b> 3:00 Balloon tennis 6:30 Aromatherapy</p>	<p><b>31</b> 9:30 Mindful Movements 10:30 Refresh 11:00 Decorate for the party 1:00 <b>Masquerade Party</b> 4:00 Cards 6:30 Olivia ♪ <small>Halloween</small></p>	<p><b>October 2018</b> <b>Grandhaven Living Center</b> <b>Boardwalk and Cottage</b></p>			