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| ***Bright Horizons Activities for October 2018*** | | | | | | | | | | | | | |
| **Sunday** | **Monday** | | | | **Tuesday** | | **Wednesday** | | | **Thursday** | **Friday** | **Saturday** | |
| **BIRTHDAYS!**  **Jane ~ 10/1**  **Louise ~ 10/8**  **Ray G. ~ 10/16**  **Cecelia 10/30**  **Tim ~ 10/30** | | **1**  **Personal Care**  **Mass on TV Gardening**  **Exercise**  **Bingo**  **2:00 Piano Music in the Lobby with Joann**  **Walking Group Ring Toss**  **Personal Care Evening Small Talk**  **Bedtime Reading** | | | | **2**  **Personal Care**  **Mass on TV Walking Group 10:00 Arts &**  **Crafts/ Paper Spider Web**  **Exercise**  **Bingo**  **Nails & Tales**  **3:30 Country Store Opened**  **3:30 Rosary**  **Personal Care**  **Evening Small Talk**  **Bedtime Reading**  **Peanuts Cartoon Day** | | **3**  **“Hair Day”**  **Personal Care Mass on TV Exercise**  **10:00 Baking/ Candy Corn Mix**  **Open Air Discussion/R&R**  **Bingo**  **2:30 Entertainment Ron Morey**  **3:30 Clark**  **YMCA (POOL)**  **Bowling**  **Personal Care**  **Evening Small Talk**  **Bedtime Reading** | | **4**  **“Flu Shot Clinic”**  **Personal Care**  **10:00 Catholic Mass**  **Exercise**  **Bingo**  **List It!**  **Walking Group**  **3:30 Country Store Opened**  **3:30 Please join us**  **in Welcoming**  **Leslie Cosentino RN. Back to Broadview**  **with Cookies and**  **Light refreshments**  **Personal Care**  **Evening Small Talk Bedtime Reading**  **New England Patriots 8:20 PM** | **5**  **“Hair Day”**  **Personal Care**  **10:15 Clark YMCA**  **(Silver Sneakers)**  **Exercise**  **Walking Group Bingo**  **2:30 Social Hour/**  **Tony Valley**  **Word Game**  **Open-Air Discussion/R&R Ring Toss**  **Helping Around the House**  **Personal Care**  **Evening Small Talk Bedtime Reading**  **World Smile Day** | **6**  **Personal Care United Parish or Mass on TV Bingo**  **Exercise**  **1:30 Foliage Ride (weather permitting) Walking Group Cards**  **Trivia**  **Personal Care Evening Small Talk**  **Bedtime Reading** | |
| **7**  **Personal Care Mass on TV Exercise**  **Walking Group 1:00 United Parish Church Service Bingo**  **Helping Around the House**  **Coffee Hour/ (Monthly Gazette) Personal Care Evening Small Talk**  **Bedtime Reading**  **National Fallen Firefighters Memorial Day** | **8**  **Personal Care**  **Mass on TV Gardening**  **Exercise**  **Bingo**  **2:00 Piano Music in the Lobby with Joann**  **Walking Group**  **Ring Toss**  **Personal Care Evening Small Talk Bedtime Reading** | | | | **9**  **Personal Care**  **Mass on TV Walking Group 10:00 Arts & Crafts/**  **Bat Book Marks**  **Exercise**  **Bingo**  **Nails & Tales**  **3:30 Country Store Opened**  **Personal Care**  **Evening Small Talk Bedtime Reading** | | **10**  **“Hair Day”**  **Personal Care**  **Mass on TV**  **10:00 Baking/**  **Spooky Cookies**  **Exercise**  **2:30 Yoga Class**  **Open Air Discussion/**  **R & R**  **3:30 Clark**  **YMCA (POOL)**  **Bingo**  **Bowling**  **Personal Care**  **Evening Small Talk Bedtime Reading** | | | **11**  **Personal Care**  **10:00 Catholic Mass**  **Exercise**  **11:30 Lunch Trip/**  **Flip Side Grille**  **Bingo**  **List It!**  **Walking Group**  **3:30 Country Store Opened**  **Personal Care**  **Evening Small Talk Bedtime Reading** | **12**  **“Hair Day”**  **Personal Care 10:15 Clark YMCA**  **(Silver Sneakers)**  **Exercise Gardening**  **Bingo**  **2:30 Social**  **Hour/**  **Heather Marie**  **Word Game Afternoon Stretch**  **Open-Air Discussion/R&R**  **Personal Care Evening Small Talk**  **Bedtime Reading** | **13**  **Personal Care United Parish or Mass on TV Bingo**  **Exercise**  **1:30 Foliage Ride (weather permitting) Walking Group Cards**  **4:05 RED SOX Trivia**  **Personal Care Evening Small Talk Bedtime Reading** | |
| **14**  **Personal Care Mass on TV**  **Exercise**  **Bingo**  **Helping Around the House**  **Coffee Hour/ (Reminiscence) Personal Care Evening Small Talk Bedtime Reading**  **New England Patriots 8:20 PM** | **15**  **Personal Care**  **Mass on TV**  **Exercise**  **Bingo**  **2:00 Piano Music in the Lobby with Joann**  **Walking Group Visualization**  **Personal Care**  **Wii SPORTS**  **Evening Small Talk Bedtime Reading**  **I Love Lucy Day** | | | | **16**  **Personal Care**  **Mass on TV**  **10:00 Arts &**  **Crafts/**  **Web Door Decor**  **Exercise**  **Bingo**  **2:30 Errand Trip**  **Nails & Tales**  **3:30 Country Store Opened**  **3:30 Rosary**  **Personal Care**  **Evening Small Talk Bedtime Reading** | | **17**  **“Hair Day”**  **Personal Care**  **Mass on TV**  **10:00 Baking/**  **“Bones”**    **Exercise**  **Open Air Discussion/**  **R & R**  **Bingo**  **3:30 Clark**  **YMCA (POOL)**  **Noodle Ball Personal Care Evening Small Talk Bedtime Reading** | | | **18**  **Personal Care**  **10:00 Catholic Mass**  **Exercise**  **Bingo**  **List It!**  **3:30 Country Store Opened**  **Afternoon Stretch Personal Care**  **Evening Small Talk Wii SPORTS**  **Bedtime Reading**  **National Boss’s Day** | **19**  **“Hair Day”**  **Personal Care 10:15 Clark YMCA**  **(Silver Sneakers)**  **Exercise Gardening**  **Bingo**  **2:30 Social**  **Hour/ Dan Kirouac**  **LIST IT Afternoon Stretch**  **Open-Air Discussion/R&R**  **Personal Care Evening Small Talk**  **Bedtime Reading** | **20**  **Personal Care United Parish or Mass on TV**  **Bingo**  **Exercise**  **1:30 Foliage Ride (weather**  **permitting) Afternoon Stretch Cards**  **Trivia**  **Personal Care**  **Evening Small Talk**  **Bedtime Reading** | |
| ***Bright Horizons Activities for October 2018*** | | | | | | | | | | | | | |
| **Sunday** | | | **Monday** | **Tuesday** | | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** |
| **21**  **Personal Care**  **Mass on TV**  **Exercise**  **Helping Around the House**  **New England Patriots 1:00 PM**  **2:30 Winchendon Historic Center Tour**  **Personal Care Evening Small Talk Bedtime Reading** | | | **22**  **Personal Care Mass on TV Gardening Exercise**  **Bingo**  **2:00 Piano Music in the Lobby with Joann**  **Walking Group Personal Care**  **Evening Small Talk**  **Bedtime Reading** | **23**  **Personal Care**  **Mass on TV**  **10:00 Arts & Crafts/ Halloween Decorations**  **Exercise**  **Bingo**  **Nails & Tales**  **3:30 Country Store Opened**  **Visualization Personal Care Evening Small Talk Bedtime Reading** | | | **24**  **“Hair Day”**  **Personal Care**  **Country Breakfast for Men**  **&**  **Victorian Breakfast for Women**  **Mass on TV**  **10:00 Baking/ Cups of Dirt**  **Exercise**  **2:30 Yoga Class**  **Open Air Discussion/**  **R & R**  **3:30 Clark**  **YMCA (POOL)**  **Bingo**  **Ring Toss**  **Personal Care Evening Small Talk Wii SPORTS Bedtime Reading** | | **25**  **Personal Care**  **10:00 Catholic Mass**  **Exercise**  **2:30 Puppy Party Bingo**  **List It!**  **3:30 Country Store Opened**  **Afternoon Stretch Personal Care**  **Evening Small Talk**  **Wii SPORTS**  **Bedtime Reading** | | **26**  **“Hair Day”**  **Personal Care**  **10:15 Clark YMCA**  **(Silver Sneakers)**  **Exercise**  **Walking Group Bingo**  **2:30 Social**  **Hour/**  **Lou & Jan**  **Patio Bowling**  **Open-Air Discussion/R&R Helping Around the House**  **Personal Care**  **Evening Small Talk Bedtime Reading** | | **27**  **Personal Care United Parish or Mass on TV Bingo**  **Exercise Afternoon**  **Stretch**  **1:30 Foliage Ride (weather permitting)**  **2:30 Animal Craze**  **Cards**  **Trivia**  **Personal Care Evening**  **Small Talk**  **Bedtime Reading** |
| **28**  **Personal Care**  **Mass on TV**  **Exercise**  **Gardening**  **Ring Toss**  **Helping Around**  **the House**  **Coffee Hour/ (TRIVIA)**  **Personal Care**  **Evening Small Talk Bedtime Reading** | | | **29**  **Personal Care Mass on TV Exercise**  **2:30 Resident Birthday Party/**  **Peter Sargent**  **Gardening**  **Bingo**  **Walking Group Personal Care Evening Small Talk**  **Bedtime Reading**  **New England Patriots 8:15 PM** | **30**  **Personal Care**  **Mass on TV**  **10:00 Arts & Crafts/ Mason Jar**  **Jack-o-lantern**  **Exercise**  **Bingo**  **Nails & Tales**  **3:30 Rosary**  **3:30 Country Store Opened**  **Visualization Personal Care**  **Evening Small Talk Bedtime Reading**  **National Cat Day** | | | **31**  **“Hair Day”**  **Personal Care**  **Mass on TV**  **10:00 Baking/**  **Witches Hats**  **Exercise**  **Open Air Discussion/**  **R & R**  **Bingo**  **3:30 Clark**  **YMCA (POOL)**  **Noodle Ball Personal Care Evening Small Talk Bedtime Reading** | |  | |  | |  |
| **Main Events**  **Country Store is open on Tuesday & Thursday - 3:30 PM and by Request.**   |  |  | | --- | --- | | **1, 8, 15 & 22 -2:00 Piano Music in the Lobby with Joann** | **11- 11:30 Lunch Trip/ Flipside Grille** | | **2, 16 & 30- 3:30 Rosary** | **11- 2:30 Social Hour/ Heather Marie** | | **3-2:30 Entertainment Ron Morey** | **16- 2:30 Errand Trip** | | **3, 10, 17, 24 & 31-3:30 YMCA Clark (Swimming)** | **19- 2:30 Social Hour/ Dan Kirouac** | | **4, 11, 18 & 25- 10:00 Catholic Mass** | **21- 2:30 Winchendon Historic Center Tour** | | **4- “Flu Shot Clinic”** | **24- Country Breakfast for Men &**  **Victorian Breakfast for Women** | | **5, 12, 19 & 26-10:15 Clark YMCA (Silver Sneakers)** | **25- 2:30 Puppy Party** | | **5- 2:30 Social Hour/ Tony Valley** | **26-2:30 Social Hour/ Lou & Jan** | | **6, 13, 20 & 27- 1:30 Foliage Ride (weather permitting)** | **27- 2:30 Animal Craze** | | **6, 13, 20 & 27- 3:45 Saturday Mass at Church** | **29- 2:30 Resident Birthday Party/ Peter Sargent** | | **7-1:00 United Parish Church Service** | **31- HALLOWEEN (5:30-7:30)** | | **10 & 24- 2:30 Yoga** |  | | | | | | | | | | | | | | |