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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.**

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| **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** |  |

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