

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



OCTOBER
2024
Redstone Highlands - GBG
Skilled Nursing (SNF)

1
10:00 Muscles in Motion – C/1971
10:30 Yoga/Stretching – C/1971
10:30 Bible Study - HL
11:30 Trivia Time – 2D

6:00 Evening Card Game – 2D

2
9:00 Morning Music – 2L
10:00 Move & Groove – C/1971
10:00 Gift Shop Visit
10:30 Better Balance – C/1971

1:30 Nail Polish – 2D

Rosh Hashanah Begins

3
10:00 Move and Groove – C/1971
10:00 Jumbo Ring Toss – 2D
10:30 Muscles in Motion – C/1971

1:30 Keno – 2D

3:00 Yahtzee – 2D

4
10:00 Move and Groove – C/1971
10:00 Washer Toss - 2D
10:30 Better Balance – C/1971
2:00 Bingo – 2D
3:00 Happy Hour – 2D
3:00 Friday Reflections - 1971
6:00 Evening Prayer - C

5
1:00 Movie Matinee – 1971
My All American

6
2:30 Interfaith Service - C/1971

7
9:00 Monday Reflections – 1971
9:30 Resistance Exercise – C/1971
10:00 Hymn Sing -2L
10:30 Games on iN2L Computer – 2D
11:00 Better Balance – C/1971
2:00 Bingo – 2D
3:00 Happy Hour – 2D

8
10:00 Muscles in Motion – C/1971
10:30 Yoga/Stretching – C/1971
10:30 Bible Study - HL
11:30 Trivia Time – 2D
1:30 Washer Toss - 2D
2:00 Fun in the Sun – 1
(Outside – Weather Permitting)
2:30 Game Time – 2D
6:00 Therapy Dog Visits

9
9:00 Morning Music – 2L
10:00 Move & Groove – C/1971
10:00 Gift Shop Visit
10:30 Better Balance – C/1971

1:30 Nail Polish – 2D
3:00 Music by
Jack Nicora – C/1971

10
10:00 Move and Groove – C/1971
10:00 Giant Pong Game – 2D
10:30 Muscles in Motion – C/1971

1:30 Keno – 2D

3:00 Yahtzee – 2D

11
10:00 Move and Groove – C/1971
10:30 Better Balance – C/1971

2:00 Bingo – 2D
3:00 Happy Hour – 2D
3:00 Friday Reflections - 1971
6:00 Evening Prayer - C

Yom Kippur Begins

12
9:00 Morning Mind Movers – 2L
10:00 Games on iN2L Computer – 2D
11:00 Steven’s Saturday Shindig - 1
(outside – weather permitting)

1:00 Movie Matinee – 1971
Find Me Falling
2:00 Bingo – 2D
3:30 Horserace Game – 2D

13
9:00 Balloon Swat – 2L
10:00 Yahtzee – 2D

1:00 3-in-a-Row Bingo – 2D
2:30 Interfaith Service - C/1971
3:30 Games on iN2L Computer – 2D
4:00 Steelers Game
Watching Party - C

14
9:00 Monday Reflections – 1971
9:30 Resistance Exercise – C/1971
10:00 Hymn Sing -2L
11:00 Better Balance – C/1971
2:00 Bingo – 2D
3:00 Happy Hour – 2D

Thanksgiving Day (Canada)
Indigenous Peoples’ Day
Columbus Day (US)

15
10:00 Muscles in Motion – C/1971
10:30 Yoga/Stretching – C/1971
10:30 Bible Study - HL
11:30 Trivia Time – 2D
2:00 Fun in the Sun – 1
(Outside – Weather Permitting)
2:00 Hall Cart
6:00 Evening Card Game – 2D

16
9:00 Morning Music – 2L
10:00 Move & Groove – C/1971
10:00 Gift Shop Visit
10:30 Better Balance – C/1971

1:30 Nail Polish – 2D
3:00 Music by
Cliff Abbot – C/1971
“The Magic of Elvis”

Sukkot Begins

17
10:00 Move and Groove – C/1971
10:00 Jumbo Ring Toss – 2D
10:30 Muscles in Motion – C/1971

1:30 Keno – 2D

3:00 Yahtzee – 2D

18
10:00 Move and Groove – C/1971
10:00 Frisbee Fling – 2D
10:30 Better Balance – C/1971

2:00 Bingo – 2D
3:00 Happy Hour – 2D
3:00 Friday Reflections - 1971
6:00 Evening Prayer - C

19
1:00 Movie Matinee – 1971
23 Blast

20
2:30 Interfaith Service - C/1971
8:15 Steelers Game
Watching Party - C

21
9:00 Monday Reflections – 1971
9:30 Resistance Exercise – C/1971
10:00 Hymn Sing -2L
10:30 Games on iN2L Computer – 2D
11:00 Better Balance – C/1971
2:00 Bingo – 2D
3:00 Happy Hour – 2D

22
10:00 Muscles in Motion–C/1971
10:30 Yoga/Stretching – C/1971
10:30 Bible Study - HL
11:30 Trivia Time – 2D
2:00 Fun in the Sun – 1
(Outside – Weather Permitting)
2:00 Hall Cart
6:00 Evening Card Game – 2D

23
9:00 Morning Music – 2L
10:00 Move & Groove – C/1971
10:00 Gift Shop Visit
10:30 Better Balance – C/1971

1:30 Nail Polish – 2D
2:00 Music by
Highland Strummers – C/1971

Simchat Torah Begins

24
10:00 Move and Groove – C/1971
10:00 Giant Pong Game – 2D
10:30 Muscles in Motion – C/1971

1:30 Keno – 2D

3:00 Yahtzee – 2D

25
10:00 Move and Groove – C/1971
10:00 Washer Toss - 2D
10:30 Better Balance – C/1971

2:00 Bingo – 2D
3:00 Happy Hour – 2D
3:15 Memorial Service - C
3:00 Friday Reflections - 1971
6:00 Evening Prayer - C

26
1:00 Movie Matinee – 1971
Secrets of the Neanderthals

2:00 Halloween Parade
(outside – weather permitting)
Children will parade around the perimeter of the facility in their costumes

27
2:30 Interfaith Service - C/1971

28
9:00 Monday Reflections – 1971
9:30 Resistance Exercise – C/1971
10:00 Hymn Sing -2L
10:30 Games on iN2L Computer – 2D
11:00 Better Balance – C/1971
2:00 Bingo – 2D
3:00 Happy Hour – 2D

29
10:00 Muscles in Motion – C/1971
10:30 Yoga/Stretching – C/1971
10:30 Bible Study - HL
11:30 Trivia Time – 2D
2:00 Fun in the Sun – 1
(Outside – Weather Permitting)
2:00 Hall Cart
6:00 Evening Card Game – 2D

30
9:00 Morning Music – 2L
10:00 Move & Groove – C/1971
10:00 Gift Shop Visit
10:30 Better Balance – C/1971

1:30 Nail Polish – 2D

Halloween

31
10:00 Move and Groove – C/1971
10:00 Jumbo Ring Toss – 2D
10:30 Muscles in Motion – C/1971

2:00 Halloween Bingo - 2

Location Key:
2D = 2nd Floor Dining Room
2L = 2nd Floor Lounge
1 = 1st Floor Activity Room
GL = Garden Level
PC3 = 3rd Floor Personal Care
C = Chapel
HL = Highlanders
1970 or 1971 = TV Channel



Activities are subject to change - Spiritual Activities - Entertainment/Special Event