

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Activity Calendar Location: <i>Cypress / Azalea / Outing</i>				1 9:30 Exercise & Devotions/Hymns 9:30 Fall Garden Craft with Ann 1:15 Reading Group with Ann 1:15 Dulcimer Music with Kristen 2:15 Folk Harp w/Emily–Sunroom 3:00 Dog Therapy Visit with Stella 3:00 Dice Games with Kristen 3:00 Fitness with Ann 6:00 Jeopardy with Kristen	2 9:30 Music & Movement w/Emily 10:00 Choir Rehearsal with Emily 11:00 Devotions with Katy 1:15 Music Bingo with Emily 2:30 Snacks and Chats 3:00 Fitness with Emily 3:30 Piano Music with Emily 6:00 Music with Denise Cochran	3 9:30 Morning Stretches 10:00 News and Trivia 1:15 Painting Demonstration with Andrea Merboth 3:00 Grace's Piano Students' Recital 6:00 Piano Music with Lydia
4 9:30 / 9:30 Daily Chronicles & Exercise 10:30 Onsite Church Service with Westwood Volunteers 1:00 Rhythm Exercises with Ann 3:00 Discover Minnesota with Ann 3:05 Vikings vs. Dolphins 6:00 Sing-Along and Violin Music	5 9:30 Xylophone Chime Bar Choir 9:30 Baking: Apple Pie 1:15 Music/Reminiscing w/Emily 1:15 Short Stories with Kristen 2:15 Songwriting 3:00 Harp Music 2:15 Balloon Volleyball w/Kristen 3:00 Fitness with Kristen 3:00 Woodworking with Ann 4:00 Rosary with Ann 6:00 Broadway Karaoke w/Kristen	6 9:30 Chime Choir with Emily 9:30 Scenic Drive with Ann 1:15 Piano Music with Emily 1:15 Pictionary with Kristen 2:15 Stories/Devotions w/Nancy 2:30 Jane's Celebration of Life 3:30 Folk Harp Music with Emily 4:00 Spa Time with Ann 4:00 Fitness with Kristen 6:00 Country Western Sing-Along	7 9:30 Music & Movement w/Emily 10:05 MMW Choir Visit 10:30 Guess-the-Lyric with Emily 1:15 Folk Harp Music with Emily 1:00 Apple Jack Orchard Outing 2:15 Hymn-Sing with Emily 3:00 Piano Music with Emily 6:15 Immanuel Lutheran Students	8 9:30 Exercise & Devotions/Hymns 9:30 Violin & Sing-Along with Ann 1:15 Reading Group with Ann 1:15 Dulcimer Music with Kristen 2:30 October Birthday Party 3:00 Name-that-Tune with Kristen 3:00 Fitness with Ann 6:00 Jeopardy with Kristen	9 9:00 1:1 Painting w/Suzy Volden 9:30 Music & Movement w/Emily 10:00 Choir Rehearsal with Emily 1:15 Music Bingo with Emily 1:15 Whiteboard Games w/Kristen 2:30 Snacks and Chats 3:00 Piano Music with Emily 3:00 Fitness with Kristen 6:00 Music Trivia with Kristen 7:00 Movie Night: “Big”	10 9:30 Morning Stretches 10:00 News and Trivia 1:00 Chime Choir with Kristen 2:00 Finish-the-Lyric with Kristen 3:00 Fitness with Kristen 6:00 Celebrating Julie Andrews with Kristen
11 9:30 / 9:30 Daily Chronicles & Exercise 10:30 Onsite Church Service with Westwood Volunteers 12:00 Vikings vs. Saints 1:00 Word Games with Ann 2:15 Sketches and Exercise 3:00 Bingo with Ann 6:00 Music and Movement w/Ann	12 9:30 Music Word Games w/Emily 11:30 MMW Choir Visit 1:15 Music/Reminiscing w/Emily 1:15 Short Stories with Kristen 2:15 Songwriting with Emily 2:15 Basketball with Kristen 3:00 Fitness with Kristen 3:00 Folk Harp Music with Emily 4:00 Rosary with Luke 6:00 Broadway Karaoke w/Kristen	13 9:30 Music & Movement w/Emily 10:00 Musical Emotions w/ Emily 10:00 Catholic Mass in Sunroom 1:15 / 3:00 Piano Music with Emily 1:15 Sandwich Service Project 2:15 Poetry Group / Folk Harp 3:00 Fitness with Kristen 3:00 Painting with Ann 6:00 Sunshine Songs with Kristen	14 10:00 Sandwich Drop-Off and Original Pancake House Outing 9:30 Music & Movement w/Emily 10:00 Chime Choir with Emily 1:15 Folk Harp Music with Emily 2:15 Hymn-Sing with Emily 2:15 Discover Your Story with Ann 3:00 Fitness with Ann–Sunroom 3:00 Piano Music with Emily 6:00 Bible Study w/Bill and Peggy	15 9:30 Music & Movement w/Emily 10:00 Devotions/Hymns 12:00 Murder Mystery Luncheon in the Conference Room 1:15 Reading Group with Suzanne 1:15 Dulcimer Music with Kristen 2:15 Folk Harp w/Emily–Sunroom 3:00 Name-that-Tune with Emily 3:00 Fitness with Kristen 6:00 Piano Music with Gail S	16 9:30 Music & Movement w/Emily 10:00 Accordion Music with Allen 11:00 Devotions with Katy 1:15 Music Bingo with Emily 1:15 Whiteboard Games w/Kristen 2:30 Snacks and Chats 3:00 Piano Music with Emily 3:00 Fitness with Kristen 6:00 Music Jeopardy with Kristen 7:00 Movie: “South Pacific”	17 9:30 Morning Stretches 10:00 Exercise and News with Holly 1:00 Word Games with Kristen 2:00 Flute Music with Kristen 3:00 Fitness with Kristen 6:00 Hymn-Sing with Kristen
18 9:30 / 9:30 Daily Chronicles & Exercise 10:30 Onsite Church Service with Westwood Volunteers 1:00 Movie: “The Wizard of Oz” 3:00 Accordion Music with Bill Koncar 6:00 Advertisement Jingle Competition with KC	19 HAPPY BIRTHDAY, JEAN! 9:30 Xylophone Chime Bar Choir 1:15 Music/Reminiscing w/Emily 1:15 Short Stories with Kristen 2:00 Songwriting with Emily 2:00 Bowling with Kristen 2:50 MMW Choir Visit 3:30 Fitness with Kristen 3:30 Folk Harp Music with Emily 6:00 Broadway Karaoke w/Kristen	20 6pm Family Support Group 9:30 Harp & Piano Duets w/Gail S 9:30 Fireside Stories and Exercise 1:15 / 3:30 Piano Music with Emily 1:15 Pumpkin Painting 2:15 Poetry Group / Folk Harp 3:00 Lutheran Church Service 3:00 Spa Time with Ann 3:00 Fitness with Kristen 6:00 Sing-Along with Kristen	21 9:30 Sensory Group with Ann 9:30 Chime Choir with Emily 1:15 Music with Kristen and Emily 1:30 Schram Winery Outing 3:00 Painting with Kristen 3:00 Fitness with Ann–Sunroom 3:00 Piano Music with Emily 6:00 Bible Study w/Bill and Peggy	22 9:30 Exercise & Devotions/Hymns with Nancy and Ann 1:15 Reading Group with Ann 1:15 Dulcimer Music with Kristen 2:30 Name-that-Tune with Kristen 3:00 Fitness with Ann 3:30 MMW Choir Visit 6:00 Piano Music with Tyler	23 9:30 Hymns & Exercise with Kristen and SWCHS Students 10:00 Operation Christmas Child Box Assembly Day 1:15 Music Bingo with Kristen 2:30 Snacks and Chats 3:00 Fitness with Kristen 3:45 Piano Music with Kristen 6:00 String Music with Mira	24 9:30 Morning Stretches 10:00 Devotions and Exercsie with Nancy 1:00 Violin Music with Ann 2:00 Willy Wonka Chocolate Party 6:00 Grimm Fairy Tales and Sing-Along with Ann 7:00 Movie: “Willy Wonka and The Chocolate Factory”
25 HAPPY BIRTHDAY, VICKIE! 9:30 / 9:30 Daily Chronicles & Exercise 10:30 Onsite Church Service with Westwood Volunteers 12:00 Vikings vs. Colts 1:00 Myths and Legend Stories 2:00 Rhythm Exercises with Ann 3:00 Halloween Bingo with Ann 6:00 Violin Waltz Music with Ann	26 9:30 Music Word Games w/Emily 9:30 Baking: Pumpkin Bread 1:25 MMW Choir Visits 2:00 Songwriting with Emily 2:00 Fitness w/Kristen 3:00 Music/Reminiscing w/Emily 3:00 Pumpkin Carving with Ann and Kristen 4:00 Rosary with Ann 6:00 Broadway Karaoke w/Kristen	27 9:30 Name Songs with Emily 9:30 1st Responder Gift Basket Assembly with Ann 1:15 / 3:00 Piano Music with Emily 1:15 Haunted Gingerbread House-Making with Ann and Kristen 2:15 Poetry Group / Folk Harp 3:00 Spa Time with Ann 3:00 Fitness with Kristen 6:00 Sing-Along with Kristen	28 9:30 1st Responder Gift Basket Drop-Off with Ann 9:30 Chime Choir with Emily 1:15 Music with Kristen and Emily 1:15 Minneapolis Institute of Art 3:00 Painting with Kristen 3:00 Fitness with Ann–Sunroom 3:00 Piano Music with Emily 6:00 Bible Study w/Bill and Peggy	29 9:30 Exercise & Devotions/Hymns 9:30 Gardening Craft with Ann 1:15 Reading Group with Ann 1:15 Dulcimer Music with Kristen 2:15 Folk Harp w/Emily–Sunroom 3:00 Name-that-Tune with Emily 3:00 Scrabble with Kristen 3:00 Fitness with Ann 3:30 MMW Choir Visit 6:00 Jeopardy with Kristen	30 9:30 Music & Movement w/Emily 10:00 Choir Rehearsal with Emily 11:00 Devotions with Katy 11:00 Chan Dinner Theater: Annie 1:15 Music Bingo with Emily 2:30 Snacks and Chats 3:00 Fitness with Emily 3:30 Piano Music with Emily 6:00 Music Trivia with Kristen 7:00 Movie: “Greatest Showman”	31 HAPPY HALLOWEEN! 9:30 Morning Stretches w/Heather 10:00 News and Trivia 1:00 Halloween Art 2:00 Word Games 3:00 Fitness 6:00 Music with Matthew Gogola