

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |  |
|--|---|--|--|--|--|---|--|
| <p><b>LOCATION KEY</b></p> <p><b>B = Brown Activity Room, 1<sup>st</sup> Floor</b><br/> <b>D = Dining Room</b><br/> <b>H = Hayes Activity Room, 1<sup>st</sup> Floor</b><br/> <b>L = Main Lobby</b><br/> <b>N = Newcomb Activity Room, 2<sup>nd</sup> Floor</b><br/> <b>P = Pub, 1<sup>st</sup> Floor</b><br/> <b>S = Simpson Activity Room, 3<sup>rd</sup> Floor</b><br/> <b>TH = Movie Theater, 4<sup>th</sup> Floor</b></p> | <p>10:00 Morning Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Bean Bag Toss<br/>           11:15 Ball Toss<br/> <b>1:15 Afternoon Bingo</b><br/>           2:30 Daily Tasks from the Good Ole Days<br/>           3:00 Good Ole Days Reminiscing<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p>   | <p>10:00 Morning Yoga<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Baking: Muffins<br/>           11:15 Spelling Bee<br/>           2:00 Outdoor Stroll &amp; Mail Check<br/>           2:30 Puzzles/Word Finds<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie &amp; Popcorn</p> <p style="text-align: center;">Simchat Torah</p>                 | <p>10:00 Keep It Moving: Morning Stretch<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Devotions<br/>           11:00 Hymn Sing-A-Long<br/>           1:30 Men's Military Moment: Movie &amp; Munch<br/>           2:00 Math Challenge<br/> <b>2:30 One on One Music Therapy</b><br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p>  | <p>10:00 Fun &amp; Fitness<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Parachute Fitness &amp; Rehydrate<br/>           1:30 Trivia<br/>           2:00 Manicures/ Hand Massages<br/>           3:15 Matching Game<br/>           3:45 Harmony Happy Hour<br/>           4:20 Pet Therapy with Bella<br/>           6:30 Movie &amp; Popcorn</p> | <p>10:00 Chair Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Kickball<br/>           1:30 Trivia<br/>           2:00 Weekly Word of Wisdom with Matt Phillips<br/> <b>2:30 Afternoon Piano Music with Nancy</b><br/>           3:15 School Days Game<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie: Resident Choice</p>      | <p>10:00 Morning Exercise<br/>           10:30 Resident Morning News Reading &amp; Coffee Break<br/>           11:00 Ball Toss<br/>           2:00 Ice Cream Cone Social<br/>           2:30 Puzzles<br/>           3:15 Bean Bag Toss<br/>           3:45 Skill Stations<br/>           6:30 Lawrence Welk TV</p>                  |  |
| <p>10:30 TV Church<br/> <b>11:15 Holy Communion with St. Mary's Catholic Church (Brown Activity Room)</b><br/>           1:00 Relax to Soft Music<br/> <b>2:00 Church Service with Faith Baptist (Hayes Activity Room)</b><br/>           2:00 Afternoon Movie<br/>           6:00 TV Sitcom</p>   | <p>10:00 Morning Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Bean Bag Toss<br/>           11:15 Ball Toss<br/>           1:30 Kick Ball<br/>           2:30 Daily Tasks from the Good Ole Days<br/>           3:00 Good Ole Days Reminiscing<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p> <p style="text-align: center;">Columbus Day (US)<br/>Thanksgiving Day (Canada)</p> | <p>10:00 Morning Yoga<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Baking: Apple Turnovers<br/>           11:15 Spelling Bee<br/> <b>1:15 Afternoon Bingo</b><br/>           2:00 Outdoor Stroll &amp; Mail Check<br/>           3:00 Puzzles/Word Finds<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie &amp; Popcorn</p>                         | <p>10:00 Keep It Moving: Morning Stretch<br/>           10:30 Rehydrate &amp; Snack<br/> <b>10:15 Visit with our Minnieland Friends</b><br/>           11:00 Hymn Sing-A-Long<br/>           1:30 Men's Military Moment: Movie &amp; Munch<br/>           2:00 Math Challenge<br/> <b>2:30 Songs of the Season with the Fredericksburg Senior Singers (H)</b><br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p> | <p>10:00 Fun &amp; Fitness<br/>           10:30 Rehydrate &amp; Snack<br/>           1:30 Trivia<br/>           2:30 Manicures/ Hand Massages<br/>           3:15 Matching Game<br/>           3:45 Harmony Happy Hour<br/> <b>4:30 - 6:30 Crossings Anniversary Oktoberfest Celebration (D)</b><br/>           6:30 Movie &amp; Popcorn</p>                         | <p>10:00 Chair Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Parachute Fitness &amp; Rehydrate<br/>           1:30 Weekly Word of Wisdom with Matt Phillips<br/> <b>2:00 Gospel/Country Songs with Mike Milstead</b><br/>           2:30 School Days Game<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie: Resident Choice</p> | <p>10:00 Morning Exercise<br/>           10:30 Resident Morning News Reading &amp; Coffee Break<br/>           11:00 Ball Toss<br/>           2:00 Ice Cream Cone Social<br/>           2:30 Puzzles<br/>           3:15 Bean Bag Toss<br/>           3:45 Skill Stations<br/>           6:30 Lawrence Welk TV</p>                  |  |
| <p>10:30 TV Church<br/> <b>11:15 Holy Communion with St. Mary's Catholic Church (Brown Activity Room)</b><br/>           1:00 Relax to Soft Music<br/> <b>2:00 Lutheran Church Service &amp; Holy Communion with Rev. Koehler (Hayes Activity Room)</b><br/>           2:00 Afternoon Movie<br/>           6:00 TV Sitcom</p>  | <p>10:00 Morning Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Bean Bag Toss<br/>           11:15 Ball Toss<br/> <b>1:15 Afternoon Bingo</b><br/> <b>2:30 Resident Spotlight &amp; October Birthday Celebration</b><br/>           3:15 Good Ole Days Reminiscing<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p>   | <p>10:00 Morning Yoga<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Baking: Pumpkin Pie<br/>           11:15 Spelling Bee<br/>           2:00 Outdoor Stroll &amp; Mail Check<br/> <b>2:30 Pumpkin Pie Social</b><br/>           3:00 Puzzles/Word Finds<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie &amp; Popcorn</p>                          | <p>10:00 Keep It Moving: Morning Stretch<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Devotions<br/>           11:00 Hymn Sing-A-Long<br/>           1:30 Men's Military Moment: Movie &amp; Munch<br/>           2:00 Math Challenge<br/> <b>2:00 1950's Country &amp; Rockabilly Music Performed by Guitarist/Singer, Adam Melia (D)</b><br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p> | <p>10:00 Fun &amp; Fitness<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Parachute Fitness &amp; Rehydrate<br/>           1:30 Trivia<br/>           2:00 Manicures/Hand Massages<br/>           3:15 Matching Game<br/>           3:45 Harmony Happy Hour<br/>           4:20 Pet Therapy with Bella<br/>           6:30 Movie &amp; Popcorn</p>  | <p>10:00 Chair Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Kickball<br/>           1:30 Trivia<br/>           2:00 Weekly Word of Wisdom with Matt Phillips<br/> <b>2:30 Afternoon Piano Music with Nancy</b><br/>           3:15 School Days Game<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie: Resident Choice</p>      | <p>10:00 Morning Exercise<br/>           10:30 Resident Morning News Reading &amp; Coffee Break<br/>           11:00 Ball Toss<br/> <b>2-4 Fall Festival (Outside Weather Permitting)</b><br/>           2:30 Puzzles<br/>           3:15 Bean Bag Toss<br/>           3:45 Skill Stations<br/>           6:30 Lawrence Welk TV</p> |  |
| <p>10:30 TV Church<br/> <b>11:15 Holy Communion with St. Mary's Catholic Church (Brown Activity Room)</b><br/> <b>11:30 Church Service with Antioch Methodist Church (Hayes Activity Room)</b><br/>           1:00 Relax to Soft Music<br/>           2:00 Afternoon Movie<br/>           6:00 TV Sitcom</p>   | <p>10:00 Morning Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Bean Bag Toss<br/>           11:15 Ball Toss<br/> <b>1:15 Afternoon Bingo</b><br/>           2:30 Daily Tasks from the Good Ole Days<br/>           3:00 Good Ole Days Reminiscing<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p>   | <p>10:00 Morning Yoga<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Baking: Apple Muffins<br/> <b>11:15 Sing a Long with Our Assisted Living Neighbors</b><br/>           2:00 Outdoor Stroll &amp; Mail Check<br/> <b>2:30 Fall Craft</b><br/>           3:00 Puzzles/Word Finds<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie &amp; Popcorn</p> | <p>10:00 Keep It Moving: Morning Stretch<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Devotions<br/> <b>11:00 Beach Ball Volleyball</b><br/>           1:30 Men's Military Moment: Movie &amp; Munch<br/>           2:00 Math Challenge<br/> <b>2:30 One on One Music Therapy</b><br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p>  | <p>10:00 Fun &amp; Fitness<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Trivia<br/> <b>11:30 Hymn Sing a Long with Carl H.</b><br/>           1:30 Manicures/Hand Massages<br/>           2:30 Matching Game<br/>           3:45 Harmony Happy Hour<br/> <b>6:15 Harmony Square Family Sing a Long w/ Pie &amp; Cider</b></p>                     | <p>10:00 Chair Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           11:00 Parachute Fitness &amp; Rehydrate<br/>           1:30 Trivia<br/>           2:00 Weekly Word of Wisdom with Matt Phillips<br/>           2:30 School Days Game<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie: Resident Choice</p>                               | <p>10:00 Morning Exercise<br/>           10:30 Resident Morning News Reading &amp; Coffee Break<br/>           11:00 Ball Toss<br/>           2:00 Ice Cream Cone Social<br/>           2:30 Puzzles<br/>           3:15 Bean Bag Toss<br/>           3:45 Skill Stations<br/>           6:30 Lawrence Welk TV</p>                  |  |
| <p>10:30 TV Church<br/> <b>11:15 Holy Communion w/ St. Mary's Catholic Church (Brown Activity Room)</b><br/>           1:00 Relax to Soft Music<br/> <b>1:30 Church Service w/ Hope of Christ Pres. Church (Hayes Activity Room)</b><br/>           2:00 Afternoon Movie<br/>           6:00 TV Sitcom</p>   | <p>10:00 Morning Exercise<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Bean Bag Toss<br/> <b>11:15 Halloween Card Making</b><br/> <b>1:15 Afternoon Bingo</b><br/>           2:30 Daily Tasks from the Good Ole Days<br/>           3:00 Good Ole Days Reminiscing<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie</p>  | <p>10:00 Morning Yoga<br/>           10:30 Rehydrate &amp; Snack<br/>           10:45 Baking: Halloween Treats<br/> <b>11:15 Halloween Craft</b><br/>           2:00 Outdoor Stroll &amp; Mail Check<br/>           3:00 Puzzles/Word Finds<br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie &amp; Popcorn</p>   | <p>10:00 Keep It Moving: Morning Stretch<br/>           10:30 Rehydrate &amp; Snack<br/> <b>10:45 Witch Decoration for Halloween</b><br/>           1:30 Men's Military Moment: Movie &amp; Munch<br/>           2:00 Math Challenge<br/> <b>2:30 Halloween Costume Contest (D)</b><br/> <b>3:15 Halloween Party</b><br/>           3:45 Harmony Happy Hour<br/>           6:30 Movie <small>Halloween</small></p>                 | <h1 style="color: #e67e22;">October 2018</h1> <h2 style="color: #34495e;">Harmony Square</h2>  |  |   |  |