

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

# October 2020

Sun and Sea Manor

## A Residential Memory Care Community

						
<p>9:30 Daily Chronicles 4 10:00 Morning Prayer 10:30 Wake-up Workout 11:00 Nature Sounds 1:30 Fun in the Sun 2:00 World Animal Day 3:00 Ice Cream Social 4:00 Sing-A-Long</p>	<p>9:30 Daily Chronicles 5 10:00 Morning Stretches 10:30 Card Matching Game 11:00 Salon Day 1:30 Crafts 2:00 Color by Numbers 3:00 Cheese &amp; Crackers 4:00 Frank Sinatra</p>	<p>9:30 Daily Chronicles 6 10:00 Dancercise 10:30 Tick-Tock Tuesday Game 11:00 Breathing Therapy 1:30 Scrabble Game 2:00 Color a German Flag 3:00 Bread Pudding 4:00 Elvis Presley Hour</p>	<p>9:30 Daily Chronicles 7 10:00 Bounce &amp; Toss 10:30 Little Miss Poker Face 11:00 How Many Orange foods can you list? 1:30 Walk for Fun 2:00 Brain drawing exercise 3:00 Jell-O Cake 4:00 Broadway Musicals</p>	<p>9:30 Daily Chronicles 8 10:00 Stretch &amp; Bend 10:30 Draw a Squirrel 11:00 Nail Salon &amp; Hand Massages 1:30 Afternoon Stroll 2:00 Pine Cone Painting 3:00 Quesadillas 4:00 Ritchie Valens</p>	<p>9:30 Daily Chronicles 9 10:00 Music Movement 10:30 Draw Emotions 11:00 Join dot to dot 1:30 Walking for a Purpose 2:00 Bowling 3:00 Cheese &amp; Crackers 4:00 The Temptations</p>	<p>9:30 Daily Chronicles 10 10:00 Fun &amp; Fit 10:30 Scarecrow Saturday 11:00 Mandalas Pattern 1:30 Bubbles in the Sun 2:00 Smell the Orange 3:00 PB&amp;J Sandwiches 4:00 Diana Ross Music</p> <p><b>Celebrating Alice!</b></p>
<p>9:30 Daily Chronicles 11 10:00 Devotional Time 10:30 Weekend Workout 11:00 Aroma Therapy 1:30 Famous Stars 2:00 Painting Tissue Paper 3:00 Peanut Butter Cookies 4:00 Sing-A-Long</p>	<p>9:30 Daily Chronicles 12 10:00 Seated Exercises 10:30 Smell of Essential Oils 11:00 Nail Care 1:30 Apple Pie Social 2:00 Dice Game 3:00 Cheese &amp; Crackers 4:00 Smooth Jazz</p> <p>Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>9:30 Daily Chronicles 13 10:00 Dancercise 10:30 What Am I? (Animals) 11:00 Dot-to-Dot 1:30 Fun in the Sun 2:00 Crafty Corner 3:00 Quesadillas 4:00 Best of the 80's</p>	<p>9:30 Daily Chronicles 14 10:00 Balloon Therapy 10:30 What's your favorite fruits? 11:00 Fruits Coloring 1:30 Fun in the Sun 2:00 Let's Make Bracelets 3:00 Banana &amp; Yogurt 4:00 The Beatles</p>	<p>9:30 Daily Chronicles 15 10:00 Bounce &amp; Toss 10:30 Checkers 11:00 Nail Care 1:30 Outdoor Poker 2:00 Hydration Hour 3:00 Spiced Carrot Cake 4:00 Dean Martin Hour</p>	<p>9:30 Daily Chronicles 16 10:00 Beach Ball Toss 10:30 Music Memories 11:00 Sensory Box 1:30 Walk the Garden 2:00 Outdoor Tea Party 3:00 JELL-O Cups 4:00 Whitney Houston Music</p>	<p>9:30 Daily Chronicles 17 10:00 Move the Joints 10:30 Show &amp; Tell 11:00 Darts 1:30 Bean Bag Toss 2:00 Karaoke Time 3:00 Cheese &amp; Crackers 4:00 Best of the 70's</p> <p><b>Celebrating- Lorna!</b></p>
<p>9:30 Daily Chronicles 18 10:00 Praise &amp; Worship 10:30 Chair Yoga 11:00 Coloring Therapy 1:30 Nature Walk 2:00 Board Games 3:00 Coffee &amp; Muffins 4:00 Sensory Box</p>	<p>9:30 Daily Chronicles 19 10:00 Noodle Stretch 10:30 Aroma Therapy 11:00 Glamour Nails 1:30 Golfing Day 2:00 WHO AM I? (Classic celebrities) 3:00 Fruit Cups 4:00 Tina Turner Hour</p>	<p>9:30 Daily Chronicles 20 10:00 Wakeup Workout 10:30 Am Social 11:00 Nail Care 1:30 Outside Painting 2:00 Cut out Shapes 3:00 Watermelon Cups 4:00 Toney Bennet Hour</p>	<p>9:30 Daily Chronicle 21 10:00 Jazzercise 10:30 Sensory Items 11:00 Beauty Wellness 1:30 You be the Judge 2:00 Poetry Time 3:00 Muffin Madness 4:00 Oldies but Goodies Music</p>	<p>9:30 Daily Chronicle 22 10:00 Maraca Time 10:30 Draw Handprints 11:00 Nail Care 1:30 Bucket Ball 2:00 Let's Draw 3:00 Cookies &amp; Milk 4:00 Willie Nelson Hour</p>	<p>9:30 Daily Chronicle 23 10:00 Parachute 10:30 Hand tree paint 11:00 Show &amp; Tell 1:30 Sensory Smell 2:00 History of Jazz 3:00 Pudding Social 4:00 50's-60's Rock N Roll</p>	<p>9:30 Daily Chronicle 24 10:00 Shake don't Break 10:30 Golden Girls 11:00 Breathing Therapy 1:30 Healing Garden 2:00 Playing Cards 3:00 PB&amp;J Sandwiches 4:00 Lawrence Welk</p>
<p>9:30 Daily Chronicles 25 10:00 Devotional Time 10:30 Noodles of Fun 11:00 Music Therapy 1:30 Bucket Ball 2:00 Collage Making 3:00 Jell-O Cake 4:00 Worship Music</p>	<p>9:30 Daily Chronicles 26 10:00 Feeling Fit 10:30 Coffee Social 11:00 Beautiful Nails 1:30 Horse Shoe 2:00 Gardening Club 3:00 Lemon Bars &amp; Tea 4:00 Harry Mancini Songs</p>	<p>9:30 Daily Chronicles 27 10:00 Walk Strong 10:30 Music Therapy 11:00 Art Class 1:30 Ring Toss 2:00 Create A card 3:00 Fruit Smoothies 4:00 Motown Music</p>	<p>9:30 Daily Chronicles 28 10:00 Balloon Volleyball 10:30 Charades 11:00 Arts &amp; Craft 1:30 Nature Walk 2:00 Q-Tips Painting 3:00 Juice &amp; Bagels 4:00 Classical Music Time</p>	<p>9:30 Daily Chronicle 29 10:00 Wiggle It Out 10:30 Hoot Knows? Trivia 11:00 Nail Care 1:30 Walk the garden 2:00 Candy Corn Coloring 3:00 Wispy Button Tree 4:00 Classic Oldies but</p>	<p>9:30 Daily Chronicles 30 10:00 Music Movement 10:30 Activity Treat Bags 11:00 Halloween House Kit 1:30 Balloon Pop Game 2:00 Cuties with Celery 3:00 Halloween Custome Food &amp; Dance Contest 4:00 Michael Jackson Hour</p>	<p>9:30 Daily Chronicles 31 10:00 Move to the Beat 10:30 Owl Trivia 11:00 Halloweens Cards 1:30 Residents Choice 2:00 Scarecrow Puzzle 3:00 Chocolate Pudding 4:00 Dance Contest</p> <p>Halloween</p>

\*\*ACTIVITIES ARE SUBJECT TO CHANGE DUE TO RESIDENT PARTICIPATION\*\*

BLOOD PRESSURE & WEIGHT CLINICS BY BRIDGE HOME HEALTH & HOSPICE ARE ON HOLD