

Monday

Tuesday

Wednesday

Thursday

Friday



October

5

8:00 Riddle Me This
9:30 Yoga Chair
10:00 Spider Webs
12:30 Fall Stroll
1:00 Karoke
2:15 Chalkboard Challenge

6

8:00 Trivia
9:30 Progressive Muscle Relaxation
10:00 Memory Trays
12:30 Fall Stroll
1:00 Board Games
2:15 Red or Black

7

8:00 Would You Rather
9:30 Drums Alive
10:00 Roll a Pumpkin Game
12:30 Fall Stroll
1:00 Witch Brooms
2:15 T.V. Trivia

8

8:00 Snapple Facts
9:30 Chair Exercises & Stretches
10:00 Popsicle Stick Ghost Windows
12:30 Fall Stroll
1:00 Legos
2:15 Chalkboard Challenge

9

8:00 This or That
9:30 Participants Choice of Exercise
10:00 Bingo
12:30 Fall Stroll
1:00 Lucky 7
2:15 Word Scramble

12

8:00 Riddle Me This
9:30 Chair Yoga
10:00 Paper Plate Cats
12:30 Fall Stroll
1:00 Paper Bag Mummy
2:15 Chalkboard Challenge

13

8:00 Trivia
9:30 Progressive Muscle Relaxation
10:00 Paper Roll Monsters
12:30 Fall Stroll
1:00 Halloween Minute to Win It
2:15 Red or Black

14

8:00 Would You Rather
9:30 Drums Alive
10:00 Pokeno
12:30 Fall Stroll
1:00 Frankenstein Craft
2:15 T.V. Trivia

15

8:00 Snapple Facts
9:30 Color Guard Stretch
10:00 Witch Hats
12:30 Fall Stroll
1:00 Name that Tune
2:15 Chalkboard Challenge

16

8:00 This or That
9:30 Chair Exercises
10:00 Halloween Bingo
12:30 Fall Stroll
1:00 Pick Your Own #Bingo
2:15 Word Scramble

19

8:00 Riddle Me This
9:30 Chair Yoga
10:00 Torn Paper Pumpkin Craft
12:30 Fall Stroll
1:00 Higher Or Lower
2:15 Chalkboard Challenge

20

8:00 Trivia
9:30 Progressive Muscle Relaxation
10:00 T.V. Jeopardy
12:30 Fall Stroll
1:00 Draw Your Own Monsters
2:15 Red or Black

21

8:00 Would You Rather
9:30 Drums Alive
10:00 Coffee Filter Crystal Ball
12:30 Fall Stroll
1:00 Magazine Hunt
2:15 T.V. Trivia

22

8:00 Snapple Facts
9:30 Chair Exercises & Stretches
10:00 Chris Waters
12:30 Fall Stroll
1:00 Play-Doh
2:15 Chalkboard Challenge

23

8:00 This or That
9:30 Spooky Exercises
10:00 Emoji Bingo
12:30 Fall Stroll
1:00 Bird Watching Bingo
2:15 Word Scramble

26

8:00 Riddle Me This
9:30 Chair Yoga
10:00 Cotton Ball Ghosts
12:30 Fall Stroll
1:00 Jack Skellington Craft
2:15 Chalkboard Challenge

27

8:00 Trivia
9:30 Progressive Muscle Relaxation
10:00 Vampire Craft
12:30 Fall Stroll
1:00 Halloween Games
2:15 Red or Black

28

8:00 Would You Rather
9:30 Drums Alive
10:00 Halloween Movie
12:30 Fall Stroll
1:00 Witch Cauldrons
2:15 T.V. Trivia

29

8:00 Snapple Facts
9:30 Color Guard Stretch
10:00 Price Is Right
12:30 Fall Stroll
1:00 Halloween Masks
2:15 Chalkboard Challenge

30

**Halloween Party
Wear Your Costumes**
8:00 This or That
9:30 Chair Exercises
10:00 Halloween Bingo
12:30 Fall Stroll
1:00 Birthday Jingo
2:15 Word Scramble