

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

SCU

Activities Calendar

The Gardens at Fair Oaks Assisted Living

<p>9:30 Fun & fitness 10:15 News & Views 10:30 Reminisce Group: Things to do in October 10:45 Bible Study w/ Chaplain Fasil 1:30 Musical Memories 2:00 Wellness Program with Rima 2:30 Down time/Snack 3:00 Finish the Phrase 3:30 Relaxation Hour 6:00 Soft Music</p>	<p>1 9:30 Balance Fitness 10:15 Weather, Date and Upcoming Events 10:30 🎵 Name that Tune 11:00 Morning Trivia 1:30 Outdoor walk ☀️ 2:00 Wellness Program with Rima 2:30 Down time/Snack 2:30 🚗 Scenic Drive 3:00 Bowling 4:00 Aromatherapy 6:00 Soft Music</p>	<p>2 9:30 Chair Yoga 10:00 Piano w/ Dr. Laura Hills 10:30 Reminisce Program 11:00 Finish the Phrase 1:30 🎵 Personalized Playlists 2:00 Wellness Program with Rima 2:30 Down time/Snack 3:00 Can you Picture This? (ac) 3:30 Book Nook w/ Sharon 6:00 Soft Music</p>	<p>3 9:30 Movin' & Groovin' 10:15 News & Views 10:30 October IQ (Trivia) 11:00 Chicken Soup: Positive Messages 1:30 Afternoon Walk 2:00 Wellness Program with Rima 2:30 Ice Cream Social 3:00 Pictionary Game 3:30 Crafty Corner: Collages 4:00 Relaxation Techniques 6:00 Soft Music</p>	<p>4 9:30 News & Views 10:15 Weather, Date and Upcoming Events 10:30 Newspaper Articles 11:00 🚗 Lunch Bunch: iHop 11:00 Would you Rather 1:30 Gazebo Chat ☀️ 2:00 Wellness Program with Rima 2:30 Swanky Jazz Music and Mocktail Tasting 3:30 \$BINGO Group/Sensory Group 6:00 Evening Movie</p>	<p>5 9:30 Disney on Ice at Eagle Bank Arena (SIA) 🚗 9:30 Morning Fitness 10:00 News & Views 10:30 Ladder Ball 1:30 Gazebo Chat 2:00 Mandala Coloring 2:30 Afternoon Tea 2:30 🎵 Piano Tunes 3:30 Junk Drawer Detective (ac) 6:00 Soft Music</p>
<p>7 9:30 Chair Yoga 10:00 Television Ministry 11:00 † Hymn Sing 2:00 Down Time/Snack 2:30 Name that Tune 3:00 Outdoor Trivia ☀️ 3:30 Reminiscing about Autumn 6:00 Soft Music</p>	<p>8 9:30 Fun & Fitness 10:15 Weather, Date and Upcoming Events 10:30 Columbus Day Trivia 10:45 Bible Study w/ Chaplain Fasil 1:30 Short Stories, OP ☀️ 2:00 Wellness Program 2:30 Sail on By for a Party – Columbus Day Cocktails (ac) 4:00 Columbus Day Coloring Pages 6:00 Soft Music</p>	<p>9 9:30 Balance Fitness 10:15 Weather, Date and Upcoming Events 10:30 Chair Soccer 1:30 Afternoon walk ☀️ 2:00 Wellness Program with Rima 2:30 Down time/Snack 2:30 🚗 Scenic Drive 3:00 Spelling Bee 3:30 Basketball Game 6:00 Soft Music</p>	<p>10 9:30 Chair Yoga 10:15 News & Views 10:30 🎵 Name that Tune 11:00 A-B-C Trivia 1:30 Chicken Coop Feeding, Gazebo ☀️ 2:00 Wellness Program with Rima 2:30 Downtime/Snack 2:30 🎵 Musical Memories 3:30 Book Nook with Sharon 4:00 Simulated Pet Therapy 6:00 Soft Music</p>	<p>11 9:30 Movin' & Groovin' 10:15 News & Views 10:30 Morning Discuss and Recall Group 1:30 Afternoon Walk 2:00 Wellness Program with Rima 2:30 Ice Cream Social 3:30 Yarn Wrapped Leaves Craft (ac) 6:00 Soft Music</p>	<p>12 9:30 Fun & fitness 10:15 Weather, Date and Upcoming Events 10:30 Newspaper Articles 11:00 🚗 Picnic Lunch Outing 1:30 Balloon Volley 2:00 Wellness Program with Rima 2:30 🎵 Root beer Float Social with Music by Blair PettyJohn 3:30 Fly Ball 6:00 Evening Movie</p>
<p>14 9:30 Stretch it Out 10:00 Television Ministry 11:00 † Hymn Sing ☀️ 1:30 Piano Music 2:30 Halloween Door Knob Cards (ac) 3:30 Travelogue 6:00 Soft Music</p>	<p>15 9:30 Fun & Fitness 10:15 Weather, Date and Upcoming Events 10:45 Bible Study w/ Chaplain Fasil 1:30 Afternoon Walk 2:00 Wellness Program with Rima 2:30 Down time/Snack 3:00 States Game 3:30 🎵 Old Dominion Duo Music Performance 6:00 Soft Music</p>	<p>16 9:30 Balance Fitness 10:15 Weather, Date and Upcoming Events 10:30 Balloon Volleyball 1:30 Afternoon walk ☀️ 2:00 Wellness Program with Rima 2:30 Down time/Snack 2:30 Scenic Drive 🚗 3:00 Halloween Pennant Banner Craft (ac) 4:00 Relax & Chat 6:00 Soft Music</p>	<p>17 9:30 Movin' & Groovin' Exercise Class 10:15 News & Views 10:30 Name that Tune 11:00 Trivial Pursuit 1:30 Gazebo Book Nook 2:00 Wellness Program with Rima 2:30 Downtime/Snack 3:30 Book Nook with Sharon 4:00 Afternoon Walk 6:00 Soft Music</p>		



SCU
Activities
Calendar
The Gardens at
Fair Oaks
Assisted


Calendar Icons
 **Outing**
 **Musical Program**
 **Spiritual Program**
 **Outdoor Activity**

Location Key
2nd Floor – Living Room
AF - All Floors
CR - Card Room
FP - Front Porch
FR - Family Room
GP - Gathering Place
GB - Greenbriar
MIL – Meet in Lobby
OP - Outside Patio
PDR - Private Dining Room
SIA – Sign up in Advance

Any additions or changes to the calendar will be posted on the daily schedule.
Each activity runs for a minimum of 30 minutes.



18
 9:30 Movin' & Groovin'
 10:15 News & Views
 10:30  Sing A Long
 11:00 Rhyme Time
 1:30 Relax & Chat
 2:00 Wellness Program
 2:30  **Ice Cream Social & LIVE! Music with Norm Voss**
 3:30 Frisbee Hoop Game
 4:00 Relax & Chat
 6:00 Soft Music


19
 9:30 News & Views
 10:00  **Music Appreciation w/ Laura**
 10:30 Inflatable Ring Toss
 11:00  **Lunch Bunch: Red Robbin**
 1:30 Discuss & Recall
 2:00 Wellness Program
 2:30 Volleyball Game
 3:30 Sensory Group
 6:00 Evening Movie

20
 9:30 Movin' & Groovin'
 Exercise Routine
 10:30 Sing A Long
 11:00 Spelling Bee
 1:30 Adult Coloring Pages
 2:30 **Afternoon Tea**
 3:00 Puzzles and Ponderings
 3:30  Name that Tune
 4:00 Name Five Game
 6:00 Soft Music


21
 9:30 Chair Yoga
 10:00 Television Ministry
 11:00 † Hymn Sing
 1:30 Outdoor Relax and Chat ☀
 2:00 Downtime/Snack
 2:30 Name that Tune
 3:30 Noodle Ball Game
 6:00 Soft Music

22
 9:30 Fun & Fitness
 10:15 News & Views
 10:30 Who, What, When Trivia Game
 10:45 **Bible Study w/ Chaplain Fasil**
 1:30 Balloon Volley
 2:00 Wellness Program with Rima
 2:30 **Jell-O Cup Pumpkin Food Craft (ac)**
 3:30  Personalized Playlists
 4:00 Puzzles and Ponderings
 6:00 Soft Music

23
 9:30 Balance Fitness
 10:15 News & Views
 10:30 **Remembering the Pumpkin Patch (ac)**
 10:30  Personalized Playlists (music)
 1:30 Afternoon walk ☀
 2:00 Wellness Program
 2:30 Down time/Snack
 2:30 **Cox Farm: Pumpkin Picking** 
 3:00 Frisbee Hoop Game
 6:00 Soft Music

24
 9:30 Chair Yoga
 10:15 News & Views
 10:30 **Kitchen Corner: Sweet Pumpkin Shake (ac)**
 11:00  Sing A Long
 1:30 Relax & Chat
 2:00 Wellness Program with Rima
 2:30 Downtime/Snack
 3:00 Chair Soccer
 3:30 Fill in the Blank (ac)
 6:00 Soft Music

25
 9:30 Movin' & Groovin'
 10:15 Weather, Date and Upcoming Events
 10:30 Math problems
 11:00 Finish the Phrase
 1:30 Afternoon Walk ☀
 2:00 Wellness Program with Rima
 2:30 Ice Cream Social
 3:30 **A Festival of Gourds Short Story (ac)**
 6:00 Soft Music


26
 9:30 News & Views
 10:00  **Music Appreciation w/ Dr. Hills**
 10:30 Morning Exercise
 11:00  **Picnic Lunch**
 11:00 Rhyme Time
 1:30 Balloon Volley
 2:00 Wellness Program with Rima
 2:30 **October Birthday Party Social!**
 3:30 Can you Picture this? (ac)
 6:00 Evening Movie

27
 9:30 Morning Fitness
 10:00 News & Views
 10:30 Ladder Ball ☀
 1:30 Gazebo Chat ☀
 2:00 Magnetic Fishing Game
 2:30 **Afternoon Tea**
 2:30 Table Games
 3:30 Junk Drawer Detective (ac)
 6:00 Soft Music

28
 9:30 Chair Yoga
 10:00 Television Ministry
 11:00 Outdoor Relax & Chat ☀
 1:30 Pictionary Game
 2:00 Down Time/Snack
 2:30 Finish the Phrase
 3:00 Balloon Volleyball
 3:30 Travelogue
 6:00 Soft Music

29
 9:30 Fun & Fitness
 10:15 News & Views
 10:30 Spelling Bee
 10:45 **Bible Study w/ Chaplain Fasil**
 1:30 Balloon Volley
 2:00 Wellness Program with Rima
 2:30 Downtime/Snack
 3:30 Junk Drawer Detective (ac), GP
 3:30  Personalized Playlists
 4:00 Basketball Game
 6:00 Soft Music

30
 9:30 Balance Fitness
 10:15 News & Views
 10:30 **Resident Council Meeting, GP**
 10:30  Personalized Playlists (music)
 1:30 Afternoon walk ☀
 2:00 Wellness Program with Rima
 2:30 Down time/Snack
 2:30  **Scenic Drive**
 3:00 Table Ball Game
 3:30 **Frankenstein and Freda Trick-or-Treat Bags (ac)**
 6:00 Soft Music

31
 9:30 **"Witch" Warm Up? Exercise Routine (ac)**
 10:15  **Halloween Sing A Long**
 10:30 **Trick-Or-Treat!**
 1:30 **Discuss and Recall: Hallowed Halloween (ac)**
 2:00 Wellness Program with Rima
 2:30 **Halloween Monster Mash Bash Social**
 3:30 **2-in-1 Crafty Pumpkin Puzzle (ac)**
 6:00 Soft Music
Halloween

