

# October

## INN ACTIVITIES

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
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|   |  |  |   |   | 1<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 Games<br>1:30 Bingo<br>3:00 Terry Helstrom & October Fest Celebration   | 2<br>    |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
|   |  |  |   |   | National Homemade Cookie Day   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 3<br>Church of Jesus Christ of LDS - Sacramento   | 4<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 History Notes<br>1:30 Bingo<br>3:00 Jared Brown                                 | 5<br>10:15 Scenic Ride<br>1:30 Craft                               | 6<br>10:00 Exercise = Core<br>11:00 Sing-a-long<br>1:30 Places around the world   | 7<br>10:15 Morning Walk<br>11:00 Chair Exercise<br>1:30 Make A Treat<br>2:30 Movie & Treat                                  | 8<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 Games<br>1:30 Bingo   | 9<br>  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 10<br>Church of Jesus Christ of LDS - Sacramento<br><br>National Decorate a Cake Day  | 11<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 History Notes<br>1:30 Bingo<br>3:00 Fun Fitness<br><br>Columbus Day            | 12<br>10:00 "Chicken Soup for the Soul"<br>1:30 Craft              | 13<br>10:00 Exercise = Core<br>11:00 Sing-a-long<br>1:30 Places around the world  | 14<br>10:15 Morning Walk<br>11:00 Wyldwood<br>1:30 Make A Treat<br>2:30 Movie & Treat<br><br>National Dessert Day           | 15<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 Games<br>1:30 Bingo  | 16<br> |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 17<br>Church of Jesus Christ of LDS - Sacramento  | 18<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 History Notes<br>1:30 Bingo<br>3:00 Music w/ Casey<br><br>National Cupcake Day | 19<br>10:15 Scenic Ride<br>1:30 Make a Treat<br>2:30 Movie & Treat | 20<br>10:00 Exercise = Core<br>11:00 Sing-a-long<br>1:30 Places around the world  | 21<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:00 Memory Games<br>1:30 Craft<br><br>National Pumpkin Cheesecake Day | 22<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 Games<br>1:30 Bingo<br>3:00 Old Time Combo<br><br>National Nut Dat   | 23<br> |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 24<br>Church of Jesus Christ of LDS - Sacramento  | 25<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 History Notes<br>1:30 Bingo<br>3:00 Movie<br><br>National Mincemeat Day        | 26<br>10:30 Stories and Treat<br>1:30 Craft<br>3:00 Stampede       | 27<br>10:00 Exercise = Core<br>11:00 Sing-a-long<br>1:30 Places around the world<br><br>—National Tell a Story Day<br>—National Black Cat Day | 28<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:00 Memory Games<br>1:30 Make A Treat<br>2:30 Movie & Treat           | 29<br>10:15 Morning Walk<br>10:30 Chair Exercise<br>11:30 Games<br>1:30 Bingo<br>3:00 Halloween Party & Birthday Bash  | 30<br> |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 31<br>  |    |  |   |   | <p>September</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> |   | S | M | T | W | T | F | S |   |   |   | 1 | 2 | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |  |  |
| S   |  |  |   |   | M  | T   | W | T | F | S |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
|   |  |  | 1   | 2   | 3  | 4   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 5   | 6  | 7  | 8   | 9   | 10   | 11  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 12  | 13   | 14   | 15  | 16  | 17   | 18  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 19  | 20   | 21   | 22  | 23  | 24   | 25  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 26  | 27   | 28   | 29  | 30  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| <p>November</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table> |  | S  | M   | T   | W  | T   | F | S |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |    |    |    |    |    |    |    |  |  |
| S   | M  | T  | W   | T   | F  | S   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
|   | 1  | 2  | 3   | 4   | 5  | 6   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 7   | 8  | 9  | 10  | 11  | 12   | 13  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 14  | 15   | 16   | 17  | 18  | 19   | 20  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 21  | 22   | 23   | 24  | 25  | 26   | 27  |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |
| 28  | 29   | 30   |   |   |  |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |