

livfun

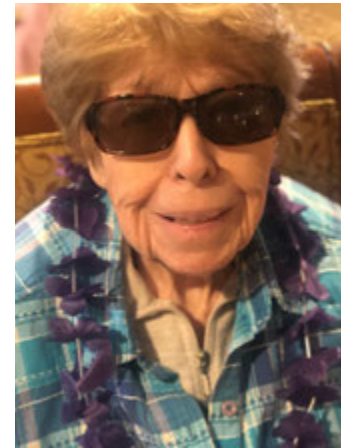
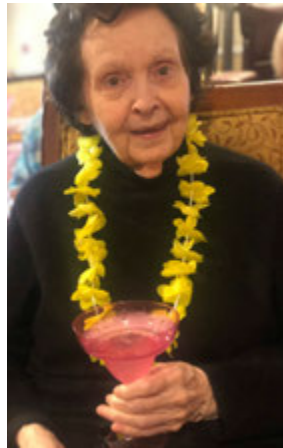
The Linden
AT DEDHAM

OCTOBER 2019 • BUSHELS OF FUN



Luau, Anyone?

On a beautiful Wednesday afternoon, Traditional and Opal Communities gathered in the Living Room for a tropical Luau! Walking into the Living Room, all of us were in awe with all the bright color decorations. Chef Cath made some scrumptious pineapple wrapped in bacon and juicy chicken screwers. Our entertainer, Paul Coronella, played all the classical luau songs that even got some of my residents up and doing the hula dance! To top off a perfect day, Heather made us tangy lime margaritas with a salt rim! What a treat! The day was great but we were all in agreement that the best part of the day was when our Dietary Aide, Mel, got dressed up and danced with all the residents! The food was great, the drinks were delicious, but the company was the best!



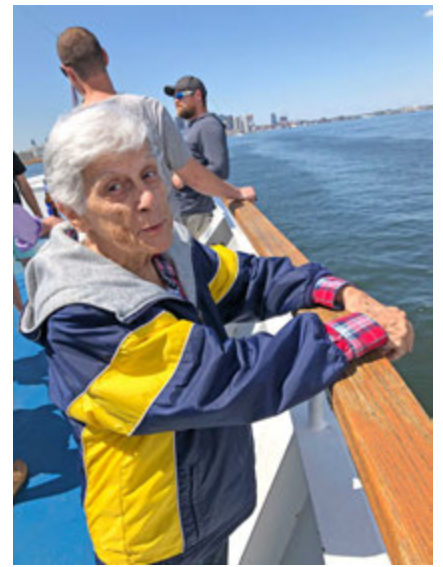
He or She: What Will It Be?

On a beautiful, sunny Tuesday afternoon, The Linden at Dedham gathered excitedly into the Living Room to enjoy a party for our amazing General Manager, Danielle! Danielle is expecting her second baby and we were all starting to make guesses on what the sex of the baby would be. Our only solution we could think of was to, of course, have a party! Heather decorated the room in spurts of pink and blue with balloons, banners, and hanging decor! The residents were in awe with the amazing detail and fun games! But we are all in agreeance that the best game was putting our BOY or GIRL stickers on as we sat anxiously waiting for the big reveal! The best part was when Danielle finally pulled the banner and the blue balloons came out! Everyone cried out with joy. We are all so happy for Danielle and wish her the best of luck! We are so lucky to have you!



By the Sea

What a great day we had on the Spirit of Boston! We all anxiously boarded the van and on a warm Thursday morning looked forward to a fun day on the van! Bruce and Heather made our day even better by making us laugh the entire way up to the cruise! Once we boarded the boat, we were in awe on how big the boat actually was! The views were beautiful in the Boston Harbor and the smiles on the residents' faces were priceless!



THE LINDEN AT DEDHAM

A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

391 Common Street
Dedham, MA 02026
781.407.7711

Staff

General Manager
Danielle Wasnewsky

Sales Advisor
Patricia Sampson

Executive Chef
Cathleen Toland

**Health and Wellness
Director**
Elaine Healy

**Memory Care
Program Manager**
Susan Stolpinski

Office Manager
Jean Lodge

Program Supervisor
Heather Payne

Plant Operations
Derek Zemaitis

Senior Spotlight

Joan M. has been living at The Linden at Dedham for over three years now. Over the years, Joan has become an active member in the community, whether it's playing bingo in the afternoon or getting on the van for a fun outing, you can always count on Joan for a fun time! Joan has always been active in her community even before she was living at The Linden at Dedham, often volunteering her time to the Dedham Council on Aging. Along with her busy schedule, she saves time for her family. Joan states that Linden at Dedham keeps her young and she loves seeing her friends.



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TRAVEL BY LEISURE CARE
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Transportation Monday, 9 a.m.-1 p.m.: Medical Appointments Wednesday, 9:30 a.m.: Local Errands Thursday, 9 a.m.-1 p.m.: Medical Appointments Sunday, 10:30 a.m.: Worship Transportation</p>	<p>Employee Birthdays Elizabeth Hodgdon, 11th Gislhaine Saint Vil, 12th Adelle Pamphile, 15th Elda Revol, 18th Deleine Cherizar, 25th Sharon Brown, 26th</p>	<p>10:00 iPad Training 1 10:00 Morning Yoga, LR 10:45 Healthy Smoothies & Trivia, AR 11:30 Not Your Average Trivia with Pat, LR 2:00 Piano Tunes with Charlie Kanelos, LR 3:00 Bible Study, PDR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR</p>	<p>9:00 Blood Pressure Clinic, MR 2 10:15 Long & Strong, LR 10:45 Long Word Short Word, AR 11:30 Holiday Craft Fair Crafts, AR 2:00 Brain HQ, LR 3:00 Happy Hour Social, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR</p>	<p>10:15 Easy Weights, LR 3 11:00 Singalong with Chris, LR 11:00 Green Thumb Club 11:00 Trip to Salem 2:00 Halloween Cards for Hospitalized Children, AR 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Card Game with Friends, LR</p>	<p>10:15 Televised Exercise Video, MR 4 11:00 Communion & Prayer, MR 11:00 Ted Talks, AR 11:30 Rosary, MR 12:00 Manicures, AR 1:45 Crisp Air Walkers 2:00 Cooking Demos with Chef, AR 3:00 Falling Leaves Frame Craft, AR 3:30 Bingo, AR 6:30 Friday at the Movies, MR</p>	<p>10:15 Sit & Twist, LR 5 10:30 Pet Therapy, MC 11:00 Wii Games, MR 2:00 Origins of Superstitions, AR 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR</p>
<p>10:00 Televised Mass, MR 6 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 11:00 Holiday Craft Fair Meeting, AR 2:00 Book Club, AR 2:00 Fall Scenic Ride through Mendon 3:00 Wine & Cheese Social, LR 3:30 Music Bingo, AR 6:30 "Dean Martin Show," MR</p>	<p>10:15 Easy Aerobics, LR 7 10:45 Left Right Center, LR 11:30 Before They Were Famous, LR 1:45 Crisp Air Walkers 2:00 Music with Paul Coronella, LR 3:00 Zombie Smash Cocktails & Conversations, LR 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR</p>	<p>YOM KIPPUR STARTS AT SUNSET 8 10:00 Yoga Class, LR 10:00 iPad Training 10:45 Healthy Smoothies & Trivia, AR 11:30 Water Pong, AR 2:00 Community Meeting, LR 3:00 Mystery Story Hour, AR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR</p>	<p>10:00 Flu Shot Clinic 9 10:15 Long & Strong, LR 10:45 Long Word Short Word, AR 11:30 Holiday Craft Fair Crafts, AR 2:00 Fall Melodies with Denise Douchette, LR 3:00 Happy Hour Social, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR</p>	<p>Harvest Carnival Day 10 9:30 Shopping Trip to Home Goods 10:15 Forever Fit with Chris, LR 11:00 Singalong with Chris, LR 11:00 Green Thumb Club 12:30 Chili & Cornbread Luncheon, DR 2:00 Carnival Games 3:00 Mummies & Mimosas Social, LR 3:30 Bingo, AR 6:30 Card Game with Friends, LR</p>	<p>10:15 Televised Exercise Video, MR 11 11:00 Communion & Prayer, MR 11:00 Ted Talks, AR 11:30 Rosary, MR 12:00 Manicures, AR 1:45 Crisp Air Walkers 2:00 Scrapbooking the Linden, AR 3:00 Fire Safety Review with Plant Ops Derek 3:30 Bingo, AR 6:30 Friday at the Movies, MR</p>	<p>10:15 Sit & Twist, LR 12 11:00 Wii Games, MR 1:30 BREAST CANCER AWARENESS BAKE SALE 2:00 Pumpkin Seed Toss, LR 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR</p>
<p>10:00 Televised Mass, MR 13 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 11:00 Holiday Craft Fair Meeting, AR 2:00 Book Club, AR 3:00 Wine & Cheese Social, LR 3:30 World Geography Jingo, AR 6:30 "Dean Martin Show," MR</p>	<p>COLUMBUS DAY 14 10:15 Easy Aerobics, LR 10:45 Kings in the Corner, LR 11:30 Finishing Lines & Lyrics, AR 1:45 Crisp Air Walkers 2:00 Mad Science Activity, AR 3:00 Ghostly Giggle Riddles, LR 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR</p>	<p>10:00 iPad Training 15 10:00 Morning Yoga, LR 10:45 Healthy Smoothies & Trivia, AR 11:30 Ready, Aim, Fire!, AR 2:00 Rolling Pin Club, AR 3:00 Bible Study, PDR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR</p>	<p>9:00 Blood Pressure Clinic, MR 16 10:15 Long & Strong, LR 10:45 Long Word Short Word, AR 11:00 Trip to Pumpkin Patch & Lunch 11:30 Holiday Craft Fair Crafts, AR 2:00 Barn Babies, LR 2:00 Brain HQ, LR 3:00 Happy Hour Social, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR</p>	<p>9:30 Shopping Trip to DSW Shoes 17 10:15 Easy Weights, LR 11:00 Singalong with Chris, LR 11:00 Green Thumb Club 2:00 Birthday Bash with Gary Leanus, LR 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Card Game with Friends, LR</p>	<p>10:15 Televised Exercise Video, MR 18 11:00 Communion & Prayer, MR 11:00 Ted Talks, AR 11:30 Rosary, MR 12:00 Manicures, AR 1:30 Country Day School Visits 1:45 Crisp Air Walkers 2:00 Jewelry Making with Country Day 3:00 Countries a to Z, LR 3:30 Bingo, AR 6:30 Friday at the Movies, MR</p>	<p>10:15 Sit & Twist, LR 19 11:00 Wii Games, MR 2:00 Music with Chuck Dee, LR 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR</p>
<p>10:00 Televised Mass, MR 20 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 11:00 Holiday Craft Fair Meeting, AR 11:45 Trip to Paris Cabaret Show 2:00 Book Club, AR 3:00 Wine & Cheese Social, LR 3:30 Resident Rights Bingo, AR 6:30 "Dean Martin Show," MR</p>	<p>10:15 Easy Aerobics, LR 21 10:45 Left Right Center, LR 11:30 Going Steady, AR 1:45 Crisp Air Walkers 2:00 Music with Dan Hart, LR 3:00 School Day Reminiscing, AR 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR</p>	<p>10:00 Yoga Class, LR 22 10:00 iPad Training 10:45 Healthy Smoothies & Trivia, AR 11:30 Tabletop Bowling, AR 2:00 Scarecrow Craft Party, AR 3:00 Autumn Spelling Bee, LR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR</p>	<p>10:15 Long & Strong, LR 23 10:45 Long Word Short Word, AR 11:30 Holiday Craft Fair Crafts, AR 2:00 Brain HQ, LR 2:00 Floral Pumpkin Vases Craft, AR 3:00 Happy Hour Social, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR</p>	<p>9:30 Shopping Trip to Marshalls 24 10:15 Forever Fit with Chris, LR 11:00 Singalong with Chris, LR 11:00 Green Thumb Club 11:30 Lunch Trip to '50s Diner 2:00 Pumpkin Painting Contest, AR 3:00 Giant Crosswords, AR 3:30 Bingo, AR 6:30 Card Game with Friends, LR</p>	<p>10:15 Televised Exercise Video, MR 25 11:00 Communion & Prayer, MR 11:00 Ted Talks, AR 11:30 Rosary, MR 12:00 Manicures, AR 1:45 Crisp Air Walkers 2:00 Buttons & Gems Candy Corn Craft, AR 3:00 Soup Cook-Off Contest, LR 3:30 Bingo, AR 6:30 Friday at the Movies, MR</p>	<p>10:15 Sit & Twist, LR 26 11:00 Wii Games, MR 2:00 Music with Lou Couto, LR 3:00 Word Games, AR 3:30 Bingo, AR 3:30 Movie Matinee, MR 6:30 Neighborhood Chat, LR</p>
<p>10:00 Televised Mass, MR 27 10:30 Posture Perfect, LR 10:30 Donut Sunday, LR 11:00 Holiday Craft Fair Meeting, AR 2:00 Book Club, AR 2:00 Eyes on Owls 3:00 Wine & Cheese Social, LR 3:30 Halloween Jingo, AR 6:30 "Dean Martin Show," MR</p>	<p>10:15 Easy Aerobics, LR 28 10:45 Kings in the Corner, LR 11:30 Finishing Lines & Lyrics, AR 1:45 Crisp Air Walkers 2:00 Autumn Flower Arranging, AR 3:00 Double O Word Game, LR 3:30 Prize Bingo, AR 6:30 Movie & Popcorn, MR 6:30 TRICK OR TREAT NIGHT WITH MAGICIAN JACK RYAN, LR</p>	<p>10:00 iPad Training 29 10:00 Morning Yoga, LR 10:45 Healthy Smoothies & Trivia, AR 11:30 Witches Cornhole, AR 2:00 Rolling Pin Club, AR 3:00 Bible Study, PDR 3:30 Bingo, AR 6:30 Puzzlin' Puzzles, LR</p>	<p>10:15 Long & Strong, LR 30 10:45 Long Word Short Word, AR 11:30 Holiday Craft Fair Crafts, AR 2:00 Brain HQ, LR 2:00 Menu Chat, LR 3:00 Happy Hour Social, LR 3:30 Candy Bar Bingo, AR 6:30 Night at the Movies, MR</p>	<p>HALLOWEEN 31 9:30 Shopping Trip to Dollar Store 10:15 Easy Weights, LR 11:00 Singalong with Chris, LR 11:00 Green Thumb Club 11:30 Lunch Trip to Joe's American Bar & Grille 2:00 Spooktacular Halloween Party with Bill Burke, LR 3:00 Staff & Resident Costume Contest, LR 3:30 Bingo, AR 6:30 Card Game with Friends, LR</p>	<p>Locations Activities Room, AR Country Kitchen, CK Dining Room, DR Living Room, LR Media Room, MR Memory Care, MC Patio, PAT Private Dining Room, PDR Sun Room, SR</p> 	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Employee Birthdays Elizabeth Hodgdon, 11th Gislhaine Saint Vil, 12th Adelle Pamphile, 15th Elda Revol, 18th Deleine Cherizar, 25th Sharon Brown, 26th</p>	<p>Transportation Wednesday, 11:30 a.m.-2 p.m.: Opal Outing</p>	<p>10:00 • Yoga Class, AL 1 10:45 • Healthy Smoothies & Dear Abbey, AL 11:30 • Ghosts in a Jar Craft, AR 1:30 • Sort & Separate, AR 2:00 • Piano Tunes with Charlie Karnelos, AL 3:00 • Do You Know Your Countries?, LR 3:30 • One on One Visits 6:30 • Tuesday Night Bingo, AR</p>	<p>10:15 • PrimeFit Easy Weights, LR 2 11:00 • Long Word Short Word 1:30 • Household Tasks, AR 2:00 • Rolling Pin Club: Monster Madeleine Cookies, DR 3:00 • Tea, Talk & Trivia, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Hand Massages & Music, LR</p>	<p>10:15 • Forever Fit with Chris, AL 3 11:00 • Singalong with Sue, AL 1:30 • Sort & Separate, AR 2:00 • Feel & Find, AR 3:00 • Remember Having This for Lunch?, AR 3:30 • One on One Visits 4:30 • Magazine Scavenger Hunt, AR 6:30 • Movie Night & Popcorn, LR</p>	<p>10:45 • PrimeFit Posture Perfect, LR 4 11:00 • Rosary/Prayer Communion, LR 1:30 • Household Tasks, AR 2:00 • Bingo, AR 3:00 • Toe Tappers, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Bake with Me, DR</p>	<p>10:15 • PrimeFit: Sit & Twist, LR 5 10:45 • Brain HQ, LR 11:30 • M&M Gratitude Game, AR 2:00 • Rosetta Stone with Chris, AR 3:00 • Garden Club, CY 3:30 • Animal Bingo, AR 6:30 • In the Moment, AR</p>
<p>10:00 • Televised Mass, LR 6 10:45 • PrimeFit Posture Perfect, LR 1:30 • Sort & Separate, AR 2:00 • Color My World, AR 3:00 • Guess What's in the Bag, LR 3:30 • Crisp Air Walkers 4:30 • Manicures & Music, LR 6:30 • Let's Explore the World, LR</p>	<p>10:15 • PrimeFit Easy Aerobics, LR 7 10:45 • Penny Ante, AR 1:30 • Household Tasks, AR 2:00 • Music with Paul Coronella, AL 3:00 • "Dean Martin Show," LR 3:30 • Aromatherapy, AR 4:30 • Magazine Scavenger Hunt, AR 6:30 • Singalong, LR</p>	<p>YOM KIPPUR STARTS AT SUNSET 8 10:15 • Forever Fit with Chris, AL 10:45 • Healthy Smoothies & Dear Abbey, AL 1:30 • Sort & Separate, AR 2:00 • Mount Rushmore Clay Models, AR 3:00 • Best Greasy Foods, AR 3:30 • One on One Visits 6:30 • Tuesday Night Bingo, AR</p>	<p>10:15 • PrimeFit Easy Weights, LR 9 11:00 • Long Word Short Word 1:30 • Household Tasks, AR 2:00 • Fall Melodies with Denise Douchette, AL 3:00 • Tea, Talk & Trivia, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Hand Massages & Music, LR</p>	<p>11:00 • Singalong with Sue, AL 10 1:30 • Sort & Separate, AR 2:00 • Carnival Games, AL 3:30 • One on One Visits 4:30 • Magazine Scavenger Hunt, AR 6:30 • Movie Night & Popcorn, LR</p>	<p>10:45 • PrimeFit Posture Perfect, LR 11 11:00 • Rosary/Prayer Communion, LR 1:30 • Household Tasks, AR 2:00 • Bingo, AR 3:00 • Colorful Categories, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Bake with Me, DR</p>	<p>10:15 • PrimeFit: Sit & Twist, LR 12 10:45 • Brain HQ, LR 11:30 • I Declare War, AR 2:00 • Rosetta Stone with Chris, AR 3:00 • Garden Club, CY 3:30 • Halloween Cards for Hospitalized Children, AR 6:30 • In the Moment, AR</p>
<p>10:00 • Televised Mass, LR 13 10:45 • PrimeFit Posture Perfect, LR 1:30 • Sort & Separate, AR 2:00 • Color My World, AR 3:00 • Guess What's in the Bag, LR 3:30 • Crisp Air Walkers 4:30 • Manicures & Music, LR 6:30 • Let's Explore the World, LR</p>	<p>COLUMBUS DAY 14 10:15 • PrimeFit Easy Aerobics, LR 1:30 • Household Tasks, AR 2:00 • Armchair Travel: Statue of Liberty, LR 3:00 • "Dean Martin Show," LR 3:30 • Aromatherapy, AR 4:30 • Magazine Scavenger Hunt, AR 6:30 • Singalong, LR</p>	<p>10:00 • Yoga Class, AL 15 10:45 • Healthy Smoothies & Dear Abbey, AL 11:30 • Paper Fan Apple Crafts, AR 1:30 • Sort & Separate, AR 2:00 • Paper Black Cat Craft, AR 3:00 • Colorful Cereal Party, AR 3:30 • One on One Visits 6:30 • Tuesday Night Bingo, AR</p>	<p>10:15 • PrimeFit Easy Weights, LR 16 11:00 • Long Word Short Word 1:30 • Household Tasks, AR 2:00 • Rolling Pin Club: Bride of Frankenstein Cookies, DR 3:00 • Tea, Talk & Trivia, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Hand Massages & Music, LR</p>	<p>10:15 • Forever Fit with Chris, AL 17 11:00 • Singalong with Sue, AL 1:30 • Sort & Separate, AR 2:00 • Pencil Art, AR 2:00 • Birthday Bash with Gary Leanus, AL 2:00 • Feel & Find, AR 3:30 • One on One Visits 4:30 • Magazine Scavenger Hunt, AR 6:30 • Movie Night & Popcorn, LR</p>	<p>10:45 • PrimeFit Posture Perfect, LR 18 11:00 • Rosary/Prayer Communion, LR 1:30 • Household Tasks, AR 2:00 • Bingo, AR 3:00 • Crazy Things Mothers-in-Law Say, LR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Bake with Me, DR</p>	<p>10:15 • PrimeFit: Sit & Twist, LR 19 10:45 • Brain HQ, LR 1:30 • BREAST CANCER AWARENESS BAKE SALE, AL 2:00 • Music with Chuck Dee, AL 3:00 • Garden Club, CY 3:30 • Black Cat Scavenger Hunt, AR 6:30 • In the Moment, AR</p>
<p>10:00 • Televised Mass, LR 20 10:45 • PrimeFit Posture Perfect, LR 1:30 • Sort & Separate, AR 2:00 • Color My World, AR 3:00 • Guess What's in the Bag, LR 3:30 • Crisp Air Walkers 4:30 • Manicures & Music, LR 6:30 • Let's Explore the World, LR</p>	<p>10:15 • PrimeFit Easy Aerobics, LR 21 10:45 • Penny Ante, AR 1:30 • Household Tasks, AR 2:00 • Music with Dan Hart, AL 3:00 • "Dean Martin Show," LR 3:30 • Aromatherapy, AR 4:30 • Magazine Scavenger Hunt, AR 6:30 • Singalong, LR</p>	<p>10:15 • Forever Fit with Chris, AL 22 10:45 • Healthy Smoothies & Dear Abbey, AL 11:30 • Pipe Cleaner Skeletons Craft, LR 1:30 • Sort & Separate, AR 2:00 • Candy Corn Buttons & Gems Craft, AR 3:00 • Would You Rather Halloween Edition, AR 3:30 • One on One Visits 6:30 • Tuesday Night Bingo, AR</p>	<p>10:15 • PrimeFit Easy Weights, LR 23 11:00 • Long Word Short Word 1:30 • Household Tasks, AR 2:00 • Rolling Pin Club: Cupcake Pumpkins, AR 3:00 • Tea, Talk & Trivia, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Hand Massages & Music, LR</p>	<p>11:00 • Singalong with Sue, AL 24 1:30 • Sort & Separate, AR 2:00 • Pencil Art, AR 2:00 • Feel & Find, AR 3:30 • One on One Visits 4:30 • Magazine Scavenger Hunt, AR 6:30 • Movie Night & Popcorn, LR</p>	<p>10:45 • PrimeFit Posture Perfect, LR 25 11:00 • Rosary/Prayer Communion, LR 1:30 • Household Tasks, AR 2:00 • Bingo, AR 3:00 • Pumpkin Painting Contest, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Bake with Me, DR</p>	<p>10:15 • PrimeFit: Sit & Twist, LR 26 10:45 • Brain HQ, LR 2:00 • Music with Lou Couto, AL 3:00 • Garden Club, CY 3:30 • Pumpkin Ring Toss, LR 6:30 • In the Moment, AR</p>
<p>10:00 • Televised Mass, LR 27 10:45 • PrimeFit Posture Perfect, LR 1:30 • Sort & Separate, AR 2:00 • Color My World, AR 3:00 • Guess What's in the Bag, LR 3:30 • Crisp Air Walkers 4:30 • Manicures & Music, LR 6:30 • Let's Explore the World, LR</p>	<p>10:15 • PrimeFit Easy Aerobics, LR 28 1:30 • Household Tasks, AR 2:00 • Autumn Flower Arranging, AR 3:00 • "Dean Martin Show," LR 3:30 • Aromatherapy, AR 4:30 • Magazine Scavenger Hunt, AR 5:30 • TRICK-OR-TREAT NIGHT WITH MAGICIAN JACK RYAN, AL 6:30 • Singalong, LR</p>	<p>10:00 • Yoga Class, AL 29 10:45 • Healthy Smoothies & Dear Abbey, AL 11:30 • Play Dough Mandalas 1:30 • Sort & Separate, AR 2:00 • Armchair Travel: Trip to Spooky Salem 3:00 • Clothespin Bats, AR 3:30 • One on One Visits 6:30 • Tuesday Night Bingo, AR</p>	<p>10:15 • PrimeFit Easy Weights, LR 30 11:00 • Long Word Short Word 1:30 • Household Tasks, AR 2:00 • Rolling Pin Club: Halloween Hat Treats, AR 3:00 • Tea, Talk & Trivia, AR 3:30 • Aromatherapy, AR 4:30 • Sun Strutters 6:30 • Hand Massages & Music, LR</p>	<p>HALLOWEEN 31 10:15 • Forever Fit with Chris, AL 11:00 • Singalong with Sue, AL 1:30 • Sort & Separate, AR 2:00 • SPOOKTACULAR HALLOWEEN BASH 3:00 • Resident & Staff Costume Contest, AL 3:30 • One on One Visits 4:30 • Magazine Scavenger Hunt, AR 6:30 • Movie Night & Popcorn, LR</p>	<p>Locations Activity Room, AR Assisted Living, AL Court Yard, CY Dining Room, DR Living Room, LR</p>	

opal key

- Physical
- Social
- Experiential
- Emotional & Spiritual
- Creative & Artistic
- Therapeutic
- Sensory