

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 North Shore Memory Care				1 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 10:30 Kick Boxing with Chirs 1:30 Kim's Book Nook 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Ring Toss	2 9:30 Daily Chronicle 9:45 Chair Yoga with Chris 1:30 Louis Faro Performs 3:00 Mindful Meditation 3:30 Namaste Sensory Grounding 6:00 Tic-Tac-Toe	3 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 11:00 Concentration Puzzles 1:30 Tim Plays Guitar & Sings 4:00 Evening Gather 6:00 Balloon Ball Simchat Torah Begins
4 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Cranium Crunches 6:00 Sunday Night Movie with Popcorn	5 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 1:30 EZ Does It Trivia 2:00 EverFit with Chris 3:15 October Fun Facts 6:00 Bowling	6 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 1:30 Afternoon Gather 2:00 Tuesday Matinee in the Dorian Theater 3:30 October Cranium Crunches Fun Quiz 6:00 Tic-Tac-Toe	7 9:30 Daily Chronicle OR Bible Study with Tim 9:45 Chair Yoga with Chris 1:30 Scenic Drive 2:00 Art & Crafts with August 3:00 Everfit with Chris 6:00 What Am I? Trivia of the Month	8 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 10:30 Kick Boxing with Chirs 1:30 Kim's Book Nook 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Ring Toss	9 9:30 Daily Chronicle 10:00 Entertainment with "The Timeless Treasures" 1:30 Bingo 3:00 Mindful Meditation 3:30 (Sensory Grounding) Namaste 6:00 Tic-Tac-Toe	10 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 11:00 Dexterity Games 1:30 Scenic Drive 4:00 Sensory Stories 6:00 Balloon Ball
11 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 3:00 Puzzle club 4:00 Dexterity Games 6:00 Sunday Night Movie with Popcorn	12 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 1:30 October Poems and Elegant Color Pages 2:00 EverFit with Chris 3:00 FETCH Pet Therapy 3:30 Mini Golf (Indoor Putting) 6:00 Bowling Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 1:30 Afternoon Gather 2:00 Gus Russell Plays Piano 3:30 EZ Does IT Trivia 6:00 Tic-Tac-Toe	14 9:30 Daily Chronicle OR Bible Study with Tim 9:45 Chair Yoga with Chris 1:30 Scenic Drive 2:00 Art & Crafts with August 3:00 Everfit with Chris 6:00 Cornhole	15 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 10:30 Kick Boxing with Chirs 1:30 October Adult Color Pages 2:00 Sara Scofield Performs 3:00 Everfit with Chris 6:00 Ring Toss	16 9:30 Daily Chronicle 9:45 Chair Yoga with Chris 1:30 Noodle Ballon Ball 2:30 Armchair Travelogue 3:00 Mindful Meditation 3:30 (Sensory Grounding) Namaste	17 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 11:00 Wacky Words Puzzles 1:30 Tim Plays Guitar & Sings 4:00 Evening Gather 6:00 Balloon Ball
18 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 1:30 Family Bingo 4:00 Name that Tune 6:00 Sunday Night Movie with Popcorn	19 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 1:30 October IQ Fun Quiz 2:00 Entertainment with Timothy Patrick 3:30 Banana Grams 6:00 Bowling	20 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 10:30 Chair Chi with Chris 1:30 Afternoon Gather 2:00 Tuesday Matinee in the Dorian Theater 3:30 Banana Gram Word Game 6:00 Tic-Tac-Toe	21 9:30 Daily Chronicle OR Bible Study with Tim 9:45 Chair Yoga with Chris 1:30 Scenic Drive 2:00 Art & Crafts with August 3:00 Everfit with Chris 6:00 Where Am I? Trivia of the Month	22 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 10:30 Kick Boxing with Chirs 1:30 Kim's Book Nook 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Ring Toss	23 9:30 Daily Chronicle 9:45 Chair Yoga with Chris 1:30 Bingo 3:00 Mindful Meditation 3:30 (Sensory Grounding) Namaste 6:00 Tic-Tac-Toe	24 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 11:00 Concentration Puzzles 1:30 Scenic Drive 4:00 Sensory Stories 6:00 Balloon Ball
25 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 1:30 Sunday Bingo 4:00 Oldies Trivia 6:00 Sunday Night Movie with Popcorn	26 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 1:30 Waterford Indoor Walk 2:00 Tim and Kay Biggs Sing Play guitar & Harmonica 3:30 Armchair Travelogue 6:00 Bowling	27 9:30 Daily Chronicle 10:00 Cardio Drum with Paz 10:30 Chair chi with Chris 1:30 October Adult Color Pages 2:00 Reader's Theater 3:30 Namaste (Puzzle Time) 6:00 Tic-Tac-Toe	28 9:30 Daily Chronicle OR Bible Study with Tim 9:45 Chair Yoga with Chris 1:30 Scenic Drive 2:00 Apple Cider Social 3:00 Everfit with Chris 6:00 Who Am I? Trivia of the Month	29 9:30 Daily Chronicle 10:00 Sit & Stretch 10:30 Kick Boxing with Chirs 1:30 Kim's Book Nook 2:30 Happy Hour with Treats 3:00 Everfit with Chris 6:00 Ring Toss	30 9:30 Daily Chronicle 9:45 Chair Yoga with Chris 1:30 Hit the Target Win a Prize! 3:00 Mindful Meditation 3:30 (Sensory Grounding) Namaste 6:00 Tic-Tac-Toe	31 9:30 Coffee & Conversation 10:00 Morning Meditation and Yoga 11:00 Halloween Color Pencil Blending 1:30 Tim Plays Guitar & Sings 4:00 Evening Gather 6:00 Balloon Ball Halloween

Please Note: Thurs-Sun 1 Life Associate is on Duty- Activities Will Rotate between the Shores. All activities are Subject to Change.