

# The Homestead at Rochester The Moors Assisted Living

## Life Enrichment Calendar

### October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Each Activity is color coded to meet each one of the domains listed below:</p> <p>Physical                      Emotional  Social    Intellectual/Cognitive  Spiritual                      Occupational</p>	<p><b>CM</b> - Community Room  <b>AR1</b> - Activity Room in AL  <b>BL</b> - Bistro/Lobby (Across from the concierge desk)  <b>MR</b> - Meditation Room</p> <p><b>All activities take place in AR1 unless noted.</b></p>	<p style="text-align: right;"><b>1</b></p> <p>10:00am Coffee &amp; Trivia  10:30am Stretching  2:00pm BINGO</p>	<p style="text-align: right;"><b>2</b></p> <p>10:00am Exercise  1:00 Cards or Dice  1:30 Treat Cart</p>	<p style="text-align: right;"><b>3</b></p> <p>10:00am Coffee &amp; Fun  10:30am Stretching  1:00 Cards or Dice</p>	<p style="text-align: right;"><b>4</b></p> <p>10:00am Exercise  1:00 Cards or Dice</p>	<p style="text-align: right;"><b>5</b></p> <p>Independent Leisure  <u>Supplies are always available:</u>  Books, Cards, Games, Movies &amp; Word Games</p>
<p style="text-align: right;"><b>6</b></p> <p>3:00pm Midwest Bible Baptist Church Service (MR)</p>	<p style="text-align: right;"><b>7</b></p> <p>Activity Packets will be Delivered Room to Room!</p>	<p style="text-align: right;"><b>8</b></p> <p>10:00am Coffee &amp; Trivia  10:30am Stretching  2:00pm BINGO</p>	<p style="text-align: right;"><b>9</b></p> <p>10:00am Exercise  1:00 Cards or Dice  1:30 Baking Club</p>	<p style="text-align: right;"><b>10</b></p> <p>9:00am-1:00pm COVID/FLU Vaccine Clinic (CM)  10:00am Coffee &amp; Fun  10:30am Stretching  1:00 Cards or Dice  2:00pm-3:00pm-VOTING (CM)</p>	<p style="text-align: right;"><b>11</b></p> <p>10:00am Exercise  1:30pm Harriet &amp; Friends (CM)</p>	<p style="text-align: right;"><b>12</b></p> <p>Independent Leisure  <u>Supplies are always available:</u>  Books, Cards, Games, Movies &amp; Word Games</p>
<p style="text-align: right;"><b>13</b></p> <p>Independent Leisure  <u>Supplies are always available:</u>  Books, Cards, Games, Movies &amp; Word Games</p>	<p style="text-align: right;"><b>14</b></p> <p>Activity Packets will be Delivered Room to Room!</p>	<p style="text-align: right;"><b>15</b></p> <p>10:00am Coffee &amp; Trivia  10:30am Stretching  2:00pm BINGO</p>	<p style="text-align: right;"><b>16</b></p> <p>10:00am Exercise  1:00 Cards or Dice  1:30 Treat Cart  3:00pm Music Therapy (MR)</p>	<p style="text-align: right;"><b>17</b></p> <p>10:00am Coffee &amp; Fun  10:30am Stretching  1:00 Cards or Dice</p>	<p style="text-align: right;"><b>18</b></p> <p>10:00am Exercise  1:00 Cards or Dice</p>	<p style="text-align: right;"><b>19</b></p> <p>Independent Leisure  <u>Supplies are always available:</u>  Books, Cards, Games, Movies &amp; Word Games</p>
<p style="text-align: right;"><b>20</b></p> <p>3:00pm Midwest Bible Baptist Church Service (MR)</p>	<p style="text-align: right;"><b>21</b></p> <p>Activity Packets will be Delivered Room to Room!</p>	<p style="text-align: right;"><b>22</b></p> <p>10:00am Coffee &amp; Trivia  10:30am Stretching  2:00pm BINGO</p>	<p style="text-align: right;"><b>23</b></p> <p>10:00am Exercise  1:00 Cards or Dice  1:30 Baking Club</p>	<p style="text-align: right;"><b>24</b></p> <p>10:00am Coffee &amp; Fun  10:30am Stretching  1:00 Cards or Dice</p>	<p style="text-align: right;"><b>25</b></p> <p>10:00am Exercise  1:00 Cards or Dice</p>	<p style="text-align: right;"><b>26</b></p> <p>Independent Leisure  <u>Supplies are always available:</u>  Books, Cards, Games, Movies &amp; Word Games</p>
<p style="text-align: right;"><b>27</b></p> <p>Independent Leisure  <u>Supplies are always available:</u>  Books, Cards, Games, Movies &amp; Word Games</p>	<p style="text-align: right;"><b>28</b></p> <p>Activity Packets will be Delivered Room to Room!</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00am Coffee &amp; Trivia  10:30am Stretching  2:00pm BINGO</p>	<p style="text-align: right;"><b>30</b></p> <p>10:00am Exercise  1:00 Cards or Dice  1:30 Treat Cart  3:00pm- HAPPY HOUR (BL)</p>	<p style="text-align: right;"><b>31</b></p> <p><b>HALLOWEEN</b>  10:00am Coffee &amp; Fun  10:30am Stretching  1:00 Cards or Dice</p>		<p style="text-align: center;"><b>The Homestead at Rochester</b></p> 

