

OCTOBER



| Sun | Mon | Tue | Wed | Thur | Fri | Sat |
|---|---|---|---|--|--|---|
| <p>1. <i>National Homemade Cookies Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p> | <p>2.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne & Shirley Hour</p> | <p>3.</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 Andy Griffith Hour</p> | <p>4. <i>National Taco Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p> | <p>5.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p> | <p>6. <i>National Noodle Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p> | <p>7. <i>National Frappe Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p> |
| <p>8. <i>National Pierogi Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p> | <p>9. <i>National Hospice & Palliative Care Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along</p> | <p>10. <i>World Mental Health Day</i></p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social</p> | <p>11. <i>National Sausage Pizza Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia</p> | <p>12. <i>National pulled Pork Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p> | <p>13. <i>Metastatic Breast Cancer Awareness</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p> | <p>14. <i>National Dessert Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p> |
| <p>15.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p> | <p>16. <i>National Boss's Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne & Shirley Hour</p> | <p>17.</p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 Andy Griffith Hour</p> | <p>18. <i>National Chocolate Cupcake Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia 4:00 The Partridge Family Hour</p> | <p>19.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p> | <p>20.</p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p> | <p>21. <i>National Apple Day</i> 19 <i>Let's Laugh Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social</p> |
| <p>22. <i>National Nut Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p> | <p>23. <i>National Paralegal Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along</p> | <p>24. <i>United Nations Day</i></p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts</p> | <p>25. <i>National I care About You Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Karaoke Sing Along 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Daily Chronicle/Trivia</p> | <p>26. <i>National Pumpkin Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Manicures and Hand Massages 11:00 Refreshments 1:00 Music and Meditation 2:00 Shooting Hoops 2:45 Afternoon Social 3:15 Word Game 4:00 Brady Bunch Hour</p> | <p>27. <i>Global Champagne Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Sing Along 4:00 Gilligan's Island Hour</p> | <p>28. <i>National Chocolate Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 1:00 Music and Meditation 2:00 Physical Fun 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 I love Lucy Hour</p> |
| <p>29. <i>National Cat Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Table Tennis 2:45 Afternoon Social 3:15 Word Game</p> | <p>30. <i>National Candy Corn Day</i></p> <p>9:30 Laps of Love 10:00 Chair Exercise 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Famous Quotes 1:00 Music and Meditation 2:00 Bowling with Friends 2:45 Afternoon Social 3:15 Sing Along 4:00 Laverne & Shirley Hour</p> | <p>31. <i>Halloween</i></p> <p>9:30 Laps of Love 10:00 Parachuting Fun 10:30 Daily Chronicle/Trivia 11:00 Refreshments 11:30 Brain Teasers 1:00 Music and Meditation 2:00 Cornhole 2:45 Afternoon Social 3:15 Arts & Crafts 4:00 Andy Griffith Hour</p> |  | <p>Residents are hydrated frequently throughout the day</p> <p>*ACTIVITIES ARE SUBJECT TO CHANGE*</p> |  | <p><i>Fox TRAIL Senior Living</i> 69 Burton Avenue South River NJ 08882</p> |