

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					All Saints Day 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Virtual Travel Hour & Snacks	Happy Birthday Pat M! 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Simple Spa Hour 5:30 Netflix Adventure Movies
One Health Day 3 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: LOCKE & KEY Season One	National Candy Day 4 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Regular Football Season Games 5:30 Board Games	Election Day 5 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Popcorn Tasting with Abraham 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	National Basketball Day 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Choose Your Own Adventure 2:30 Snack & Hydrate 3:00 Happy Hour with Tony B. 5:30 Classic Card Games	Chocolate with Almonds Day 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Spot the Difference - YouTube 1:00 Loteria & Margaritas with Ericka 2:30 Snack & Hydrate 3:00 Let's Make Pie with Amina 5:30 Thankful Thursday Movies	Domino Day 8 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Veteran Appreciation Ceremony (BP 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	World Freedom Day 9 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 Netflix Adventure Movies
Area Code Day 10 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: LOCKE & KEY Season One	Veterans Day 11 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Regular Football Season Games 5:30 Board Games	National French Dip Day 12 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	World Kindness Day 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Choose Your Own Adventure 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Classic Card Games	American Teddy Bear Day 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Spot the Difference - YouTube 2:00 Afternoon Brain Boosters 2:30 Snack & Hydrate 3:00 Let's Make Pie with Amina 5:30 Thankful Thursday Movies	National Bundt Day 15 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	National Button Day 16 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Simple Spa Hour 5:30 Netflix Adventure Movies
Homemade Bread Day 17 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: LOCKE & KEY Season One	Mickey Mouse Day 18 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Regular Football Season Games 5:30 Board Games	World Toilet Day 19 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 2:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	Peanut Butter Fudge Day 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Conversation Cards with Monica 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Classic Card Games	World Hello Day 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Spot the Difference - YouTube 2:00 Afternoon Brain Boosters 2:30 Snack & Hydrate 3:00 Let's Make Pie with Amina 5:30 Thankful Thursday Movies	Humane Society Day 22 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	National Espresso Day 23 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 Netflix Adventure Movies
Stir Up Sunday 24 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: LOCKE & KEY Season One	International Hat Day 25 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Spot The Difference- YouTube 1:00 Steel Feathers Yoga with Gee 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:00 Regular Football Season Games 5:30 Board Games	National Milk Day 26 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Sing Along Songs 1:00 Book Read Aloud with Amina 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Classic Movie and Snacks	National Jukebox Day 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Choose Your Own Adventure 2:30 Snack & Hydrate 3:00 Jukebox Karaoke with HS Staff 5:30 Classic Card Games	Happy Thanksgiving 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 11:00 Annual Thanksgiving Luncheon 1:00 Afternoon Brain Boosters 2:30 Snack & Hydrate 3:00 Let's Make Pie with Carol 5:30 Thankful Thursday Movies	Black Friday 29 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Music Appreciation - Flute Music 10:30 Brain Teasers and Trivia 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	Blue Beanie Day 30 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Nail Care with Carol 5:30 Netflix Adventure Movies

October 2024 Heritage Springs Memory Care Events

Activities are subject to change based on the interests and requests of our residents.