

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------



International Music Day 1 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	Rosh Hashanah 2 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 Birtolo 5:30 Classic Card Games	Techies Day 3 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 Autumn Crafts with Carol 5:00 Scary But Funny Movie	World Animal Day 4 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	Get Funky Day 5 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
--	--	---	---	--

Mad Hatter Day 6 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 Adventure Series: The Midnight Club	World Habitat Day 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Halloween Superstitions & Myths 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 Salmon Day 8 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	World Post Day 9 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	National Cake Decorating Day 10 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 Autumn Crafts with Carol 5:30 Scary But Funny Movie	Yom Kippur 11 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	Free Thought Day 12 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
--	---	--	---	---	---	---

Navy Birthday 13 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 Adventure Series: The Midnight Club	Columbus Day 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Halloween Superstitions & Myths 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	I Love Lucy Day 15 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	National Sports Day 16 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	Spirit Day 17 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 Halloween Crafts with Carol 5:30 Scary But Funny Movie	Thank Your Cleaner Day 18 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	Walk to End Alzheimer's Day 19 8:00 Walk to End ALZ at Town Square 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Simple Spa Hour 4:00 Oktoberfest at AL Dining Room
--	---	---	---	--	---	--

Happy Birthday Frances W! 20 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 Adventure Series: The Midnight Club	Lung Health Day 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Halloween Superstitions & Myths 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	Make a Dog's Day 22 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 Halloween Movie and Snacks	TV Talk Show Host Day 23 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 Mike Jones 5:30 Classic Card Games	United Nations Day 24 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 Halloween Crafts with Carol 5:30 Scary But Funny Movie	World Pasta Day 25 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:30 Brain Teasers and Trivia 11:00 Harvest Fair at Heritage Springs 2:00 Group Coloring Art 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	Hogeye Day 26 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
--	--	--	---	--	--	---

Mother-in-Law Day 2 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 Adventure Series: The Midnight Club	Happy Birthday Mabel! 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:30 Snack & Hydrate 10:30 Halloween Superstitions & Myths 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 Cat Day 29 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 Halloween Movie and Snacks	Haunted Refrigerator Night 30 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 Karaoke with HS Staff 5:30 Classic Card Games	Happy Halloween 31 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 Afternoon Brain Boosters 2:30 Snack & Hydrate 4:00 Halloween Party at AL Dining Rm 5:30 Scary But Funny Movie	
---	--	--	--	---	--

Heritage Springs Memory Care Events **All activities are subject to change by the Life Enrichment Director**