



OCTOBER 2023

ASSISTED LIVING

Contact: Jasmine Vargas 715-459-7634

jasmine.vargas@aegistherapies.com

		MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	08:45an 10:00an 11:00an 01:30pn	1 1:1 Wellness Visit @RO 1 Mail Call @BGR 1 Mobility - Walk with Aegis @BGR 1 Coffee social & Daily Chronicle reading @BGR 1 Lucky Dog @BGR 1 Master Minds - Brain Fitness @BGR	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:00am Walk with Aegis - Seated Cardio @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Board Games @BGR 03:00pm Social Wellness @BGR		08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:00am Walk with Aegis - Chair Pilates @BGR 10:30am Church w/Pastor Milt @BGR 01:30pm Bingo @BGR	4	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:00am Walk with Aegis - Rowing fitness @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BGR 03:00pm Cognitive Enhancement Class @BGR	5	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:00am Walk with Aegis - Arthritis Tai Chi @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 02:00pm National Noodle Day @BGR 02:15pm Happy Hour @BAR	6	11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	7
11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	08:30am 08:45am 10:30am 11:00am	IS Day 1:1 Wellness Visit @RO Mail Call @BGR Fall Fighter - Balance @BGR Coffee social & Daily Chronicle reading @BGR Indigenous People's Day @ALD Master Minds - Brain Fitness @BGR	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Fit Flex - Cardio Kickboxing @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Fingernail Care @BGR 03:00pm Social Wellness @BGR	10	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Church w/Pastor Milt @BGR 01:30pm Bingo @BGR 03:00pm Ancient Arts - Chair Yoga @BGR	11	08:45am Mail Call @BGR 12:30pm Coffee social & Daily Chronicle reading @BGR 01:30pm Spooky Pops Art Project @ALD 03:00pm Fit Flex - Weights & Plates @BGR 06:00pm Live Entertainment - Roger Ellis- Hippie show @ALD	12	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Freestyle exercise @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 02:00pm Wizard of OZ party @BGR 02:15pm Happy Hour @BAR	13	11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	14
11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	08:45an 10:30an 11:00an 01:30pn	1 1:1 Wellness Visit @RO 1 Mail Call @BGR 1 Fall Fighter - Balance @BGR 1 Coffee social & Daily Chronicle reading @BGR 1 Lucky Dog @BGR 1 Master Minds - Brain Fitness @BGR	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Fit Flex - Cardio Kickboxing @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Board Games @BGR 03:00pm Social Wellness @BGR	17	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Church w/Pastor Milt @BGR 01:30pm Bingo @BGR 03:00pm Ancient Arts - Chair Yoga @BGR	18	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Fit Flex - Weights & Plates @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BGR 03:00pm Cognitive Enhancement Class @BGR	19	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Freestyle exercise @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 02:00pm National Chef's Day @BGR 02:15pm Happy Hour @BAR	20	11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	21
11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	08:45an 10:30an 11:00an 01:30pn	1 1:1 Wellness Visit @RO 1 Mail Call @BGR 1 Fall Fighter - Balance @BGR 1 Coffee social & Daily Chronicle reading @BGR 1 Lucky Dog @BGR 1 Master Minds - Brain Fitness @BGR	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Fit Flex - Cardio Kickboxing @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Live Entertainment - Lowell's Center Senior Singers @ALD 03:00pm Social Wellness @BGR		08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Church W/Pastor Milt @BGR 01:30pm Bingo @BGR 03:00pm Ancient Arts - Chair Yoga @BGR	25	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Fit Flex - Weights & Plates @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BGR 03:00pm Cognitive Enhancement Class @BGR	26	08:30am 1:1 Wellness Visit @RO 08:45am Mail Call @BGR 10:30am Freestyle exercise @BGR 11:00am Coffee social & Daily Chronicle reading @BGR 02:00pm Halloween Party @ALD 02:15pm Happy Hour @BAR 06:00pm Trunk or Treat @BGR	27	11:00am Coffee social & Daily Chronicle reading @BGR 01:30pm Arts & Crafts @BAR 03:00pm Board Games @THE 06:00pm Movie @THE	28
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