





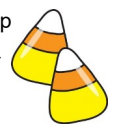




# OCTOBER 2021



## Pomeroy Living Sterling Memory Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				*All activities are subject to change*	1 <b>Flu Vaccine Clinic</b> 10:00-12pm Beacon of Light 11:00am Bowling 2:00-4pm Beacon of light 3:00pm Scategories 4:00pm Roll a scarecrow 	2 10:30am TheraBand Exercise 11:00am Ladder ball 2:00pm Card making 3:00pm Airplane Toss 4:00pm Hand Massages
3 10:30am Kickball 11:00am Coffee & Conversation <b>2:00pm Sunday Entertainment with Vanessa Carr</b> <b>3:00pm Pray the Rosary</b> 4:00pm Magazine Hunt	4 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Floor Hockey 2:00-4pm Beacon of light 3:00pm Pamper Hour 4:00pm Essential oil Hand massages	5 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Parachute Palooza <b>2:00pm Goodlife Christian Church Service</b> <b>3:00pm Arts &amp; Crafts: Ghost Craft</b> 4:00pm Walking Club	6 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Bean bag toss 2:00-4pm Beacon of light 3:00pm Ping Pong 4:00pm Banana grams	7 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Picture Trivia 2:00-4pm Beacon of light <b>3:00pm Cooking Group: Spider Web pretzels</b> 4:00pm Walking Club	8 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Ring Toss 2:00-4pm Beacon of light 3:00pm Boo berry ice cream 4:00pm Ribbon Dancing	9 10:30am TheraBand Exercise 11:00am Tic-Tac- Toss 2:00pm Pumpkin Races 3:00pm Pictionary 4:00pm All that Jazz!
10 10:30am Ribbon Dancing 11:00am Coffee & Conversation 2:00pm Jewelry Making <b>3:00pm Pray the Rosary</b> 4:00pm Reminisce	11 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Kickball 2:00-4pm Beacon of light 3:00pm Pamper Hour 4:00pm Essential oil Hand massages	12 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Balloon Volleyball 2:00-4pm Beacon of light <b>3:00pm Arts &amp; Crafts: Leaf Art</b> 	13 <b>Breast Cancer Awareness Day</b>  10:00am Morning Stretch 10:30am Pink Ribbon Tea <b>11:15am Movin' &amp; Groovin' With Kathleen</b> 2:00-4pm Beacon of light 3:00pm Movie in the Cinema 4:00pm Short end of the stick.	14 <b>Happy Birthday Jeff!</b> 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Duck...Duck...Goose? <b>2:00pm Outing: Cider Mill</b> 3:00pm Musical Memories 4:00pm Walking Club	15 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Bean bag toss 2:00pm Pomeroy Pumpkin Patch! 3:00pm Pumpkin Painting 4:00pm Picture find	16 10:30am TheraBand Exercise 11:00am Shuffle Board 2:00pm Football 3:00pm Spooky Stories by the fire 4:00pm Reminisce
17 <b>Happy Sweetest Day!</b> 10:30am Dating Advise 11:00am Coffee & Conversation 2:00pm Hot chocolate bar <b>3:00pm Pray the Rosary</b> 4:00pm Musical Memories	18 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Headbands 2:00-4pm Beacon of light 3:00pm Pamper Hour 4:00pm Essential oil Hand massages	19 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Sensory Bins <b>2:00pm Goodlife Christian Church Service</b> 3:00pm Creative Coloring 4:00pm Walking Club	20 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Ghost Bowling 2:00-4pm Beacon of light <b>3:00pm Arts &amp; Crafts: Fall Wreaths</b> 4:00pm The golden Oldies	21 10:00am Morning Stretch 10:00-12pm Beacon of Light <b>11:00am Sing along with Bobby G</b> <b>2:00pm October resident birthday party featuring Dan Beaubien</b> 3:00pm Kickball 4:00pm Walking Club	22 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Song & dance <b>2:00pm Cooking Group: Cake pops!</b> 3:00pm Apple Cider Social 4:00pm Comedy Hour	23 10:30am TheraBand Exercise 11:00am Balloon Volleyball 2:00pm Aqua Painting 3:00pm Pumpkin Toss 4:00pm Would you Rather?
24 10:30am Bean bag twister 11:00am Coffee & Conversation 2:00pm Ghost Bowling <b>3:00pm Pray the Rosary</b> 4:00pm Baby watch	25 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Ring Toss <b>2:00pm Happy 106th Birthday Ted!</b> 3:00pm Pamper Hour 4:00pm Essential oil Hand massages	26 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Pictionary 2:00-4pm Beacon of light 3:00pm Candy Wheel 4:00pm Walking Club	27 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Name 10 2:00-4pm Beacon of light 3:00pm Happy Hour! 4:00pm Musical Memories	28 10:00am Morning Stretch <b>10:30am Outing: Fall leaf tour</b> 11:00am Parachute Palooza 2:00-4pm Beacon of light 3:00pm Happy Hour! 4:00pm Walking Club	29 10:00am Morning Stretch 10:00-12pm Beacon of Light 11:00am Minute to win it, Mummy Wrap 2:00pm Halloween Party! 3:00pm Sensory Bins 4:00pm Balloon Toss	30 <b>National Candy Corn Day!</b> 10:30am TheraBand Exercise 11:00am Pass the pumpkin 2:00pm Ribbon Dancing 3:00pm Candy corn match up 4:00pm Conversation corner 
31 <b>Happy Halloween!</b> 10:30am Breakfast Scramble 11:00am Coffee & Conversation 2:00pm Name that Tune! <b>3:00pm Pray the Rosary</b> 4:00pm Kickball 