

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# October 2026

St. Elizabeth Adult Day

Memory Care Center

Anchor Dot Painting 5  
Coffee Milk and Lighthouse  
T.V Travel  
National Rhode Island Day  
Things We Only Understand  
In RI



Aromatherapy: Scents Of 6  
Fall  
Craft: Scarecrow Mason Jars  
Music Memory Lane  
Resistance Band Workout

Armchair Travel: Germany 7  
Gentle Seated Exercise  
Indoor Golf and Music  
Oktoberfest Pretzel Making

International Coffee Day 1  
Coffe and Current Events  
Jeopardy Trivia  
List it All Things Autumn

World Smile Day 2  
Get Moving: Bowling  
Morning walking Club  
You Be The Judge



Baking: Pumpkin Muffins 8  
Sticky Ball Toss  
The Magic In Music  
This Day In History

Brain Busters 9  
Hula Hoop Target Toss  
Music Entertainment W/  
Marvin Perry



**Center Closed 12**  
**Columbus Day**

Ancient Superstitions 13  
Baking: Cinnamon Swirl  
Bread  
Balloon Volleyball  
Flex and Stretch

Afternoon Music With 14  
Tuned In Music Therapy  
Fall Leaf Stamping Art  
Weighted Workouts  
Words With Friends



I Love Lucy Day 15  
Music and Dancing With The  
Grace Notes  
Shuffleboard  
Tv Comedy Bingo



World Food Day: Foods 16  
Of The World  
2-12 Dice Game  
Golden Oldies Sing Along  
Rise and Shine Yoga

Caption This 19  
Learn To Draw: Haunted  
Scene  
The Think Quick Game  
Toss and Talk: Reminisce  
Ball

7's Or Doubles 20  
Blank Slate Word Game  
Football Toss  
Pumpkin Painting

Fall Decoupage Cutting 21  
Boards  
Music To My Ears: Aretha  
Franklin  
Sewing With Maria  
Silly Sentences

60's TV Character Guess 22  
Who  
Get Moving: Magnetic Darts  
Sittercise Excercise  
Twister With A Twist

Fact Or Fiction? 23  
Friday Fitness  
MCC Movie Matinee  
Mind Jogger Trivia



Classic Show Jingle 26  
Trivia  
Morning Weekend Recap  
Silver Sneaker Exercise  
Table Toss Hopscotch

Baking: Apple Crumb 27  
Cake  
Pass The Ball Stop The  
Music  
Sit and Be Fit  
Where Did We Learn That?!

20 Dots Challenge 28  
Afternoon Music With Tuned  
In Music Therapy  
Slogan Word Match  
What's In The Bag



Halloween Party 29  
Mummy Wrap Contest  
Spider Basket Toss  
Witch Hat Ring Toss



Creative Writing: My 30  
Halloween Story  
Roll A monster Drawing  
Game  
The Murder Mystery Group  
Challenge

