Whitefish at the Lakes
A Lifespark Community

OCTOBER

Memory Care

Building Strength, Purpose and Belonging

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Breakfast/Oshibori 9:30 Exercise 10:30 Devotions 11:00 Music 12:00 Lunch/Oshibori 1:00 Positive Affirmations 2:00 Ice Cream Social 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Wheel of Fortune 7:00 Ice Cream Social	**2** 8:30 Breakfast/Oshibori 9:30 Exercise 10:00 Weekly Bus Outing 10:30 Devotions 11:00 Music 12:00 Lunch/Oshibori 1:00 Picture Books 2:00 Short Stories 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Wheel of Fortune 7:00 Hand Massage	**3** 8:30 Breakfast/Oshibori 9:30 Exercise 10:30 Devotions 11:00 Music 12:00 Lunch/Oshibori 1:00 Puzzles 2:00 Happy Hour 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Wheel of Fortune 7:00 Evening Stretch	**4** 8:30 Breakfast/Oshibori 9:30 Exercise 10:30 Devotions 11:00 Music 12:00 Lunch/Oshibori 1:00 Manicures 2:00 BINGO 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Wheel of Fortune 7:00 Shoulder Massage	**5** 8:30 Breakfast/Oshibori 9:30 Exercise 10:30 Hymn Sing 11:00 Devotions 12:00 Lunch/Oshibori 1:00 Creative Coloring 2:00 Craft 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Wheel of Fortune 7:00 Hand Massage	**6** 8:30 Breakfast/Oshibori 9:30 Exercise 10:30 Devotions 11:00 Music 12:00 Lunch/Oshibori 1:00 PicLink Game 2:00 Name That Tune 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Friday night at the Movies	**7** 8:30 Breakfast/Oshibori 9:30 Exercise 10:30 Devotions 11:00 Music 12:00 Lunch/Oshibori 1:00 Positive Affirmations 2:00 Ice Cream Social 3:00 Walk & Wheels 4:00 1:1 Visits 5:00 Dinner / Oshibori 6:00 Wheel of Fortune 7:00 Ice Cream Social
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