

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>1</p> <p>10:00 TV Mass 10:30 Move it or Lose It 11:00 Hymn Sing 1:15 Daily Chronicle 1:30 Bird Tales 3:15 Sundae Social 4:00 Walk-about 4:30 60's Sing-along 6:00 Game Time or Movie</p>	<p>2</p> <p>10:00 Furry Friend ~Brandi 10:45 Daily Chronicle 11:15 Sit & Be Fit Exercise 1:30 Stars for our Troops / Vets 3:00 Zumba w/ Carol 3:45 Afternoon Social 4:00 Searching for October 6:00 Game Time or Movie</p>	<p>3</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:15 Roll & Rhyme 3:00 Steps in Time ~ Duo dancing with Michael & Sierra 4:00 Afternoon Social 4:30 Karaoke Time 6:00 Game Time or Movie</p>	<p>4</p> <p>10:15 Daily Chronicle 10:30 Keeping Fit 11:15 Matching Game 1:30 Seasonal Craft 3:15 Afternoon Social 3:30 Furry Friends visit~ Mr. Wilson and Nate 4:15 Clue Trivia 6:00 Game Time or Movie</p>	<p>5</p> <p>10:15 Daily Chronicle 10:30 Morning Stretch 11:00 Stick Fit (FC) 1:15 Sing-along w/ Ukulele J Mass- w/ Father Lee (A) 2:30 Afternoon Social 3:30 World Teachers Day 6:00 Game Time or Movie</p>	<p>6</p> <p>10:15 Daily Chronicle 10:30 Keeping Fit 11:00 World SMILE Day 1:30 Can you Picture this? 2:30 Brian Kane performs (L) 3:15 Friday Floats 4:30 Word Games 6:00 Game Time or Movie</p>	<p>7</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 Manicures, Hand Massages along with some TLC 1:30 Steve Staines ~ Piano Happy Hour 4:15 Reminisce Time 6:00 Game Time or Movie</p> <p>Simchat Torah Begins</p>
<p>8</p> <p>10:00 TV Mass 10:30 Move it or Lose It 11:00 Hymn Sing 1:15 Daily Chronicle 1:30 Watercolors 3:15 Sundae Social 4:00 Move 'n Groove 4:15 Word Games 6:00 Game Time or Movie</p>	<p>9</p> <p>10:00 Furry Friend ~Brandi 10:45 Daily Chronicle 11:15 Sit & Be Fit Exercise 1:30 "I Love America" Jingo 3:00 Zumba w/ Carol 3:45 Afternoon Social 4:00 History- Native Americans 6:00 Game Time or Movie</p> <p>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</p>	<p>10</p> <p>10:15 Daily Chronicle 10:45 Chair Yoga with Nanci 11:45 Name Five 1:30 Sing & Dance w/ Andy (L) 3:15 Afternoon Social 4:00 Sliding Tiles Game 6:00 Game Time or Movie</p>	<p>11</p> <p>10:15 Daily Chronicle 10:30 Keeping Fit 11:15 Can you Picture this? 12:45 Bach Lunch Concert 1:30 Seasonal Art 3:30 Furry Friends visit ~ Mr. Wilson and Nate 4:15 Outdoor Stroll 6:00 Game Time or Movie</p>	<p>12</p> <p>10:15 Daily Chronicle 10:30 Morning Stretch 11:00 Stick Fit (FC) 11:45 Alphabetic Trivia 1:30 John Tinker Trail hike Or Connect It Game 3:15 Afternoon Social 4:00 Karaoke 6:00 Game Time or Movie</p>	<p>13</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 World Egg Day~ chicken or egg games and puzzles 1:30 Betty Ann's Old Stuff 3:15 Afternoon Social 4:00 Fun Facts ~ Chickens 6:00 Game Time or Movie</p>	<p>14</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 Manicures, Hand Massages along with some TLC 1:30 Bingo for Prizes 3:15 Happy Hour 4:15 National Chess Day 6:00 Game Time or Movie</p>
<p>15</p> <p>10:00 TV Mass 10:30 Move it or Lose It 11:00 Hymn Sing 1:15 Daily Chronicle 1:30 Rhyme Time 2:00 Seth plays Guitar 3:15 Sundae Social 4:00 Walk-about 6:00 Game Time or Movie</p>	<p>16</p> <p>10:00 Furry Friend ~Brandi 10:45 Dancing Wellness (A) 11:45 Daily Chronicle 1:30 Music Bingo 3:00 Zumba w/ Carol 3:45 Afternoon Social 4:15 Karaoke- Americana 6:00 Game Time or Movie</p>	<p>17</p> <p>10:15 Daily Chronicle 10:20 Memory Café Trip or AM Stretch 11:00 Bananagrams 1:30 Cigar Box Guitar Band Birthday Party (L) 2:30 Word Games 4:00 Word Games 6:00 Game Time or Movie</p>	<p>18</p> <p>10:15 Daily Chronicle 10:30 Keeping Fit 11:15 Can you Picture this? 1:00 Trip to "The Care Farm" or Lacing and Beading 3:30 Furry Friends visit ~ Mr. Wilson and Nate 4:15 Outdoor Stroll 6:00 Game Time or Movie</p>	<p>19</p> <p>10:15 Daily Chronicle 10:30 Morning Stretch 11:00 Stick Fit (FC) 11:30 Hidden Treasures trip Songwriting w/ Jodi 1:30 Afternoon Social 3:15 Afternoon Social 4:00 Walk-about 4:30 Brain Games 6:00 Game Time or Movie</p>	<p>20</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 Conversation Ball 1:30 Bingo for Prizes 3:15 Friday Floats 4:00 Walk-about 4:30 Newseum 6:00 Game Time or Movie</p>	<p>21</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 Manicures, Hand Massages along with some TLC 1:30 Pumpkin Cheesecake Day~ let's get baking! 3:15 Cheesecake Social 4:00 Walk-about 6:00 Game Time or Movie</p>
<p>22</p> <p>10:00 TV Mass 10:30 Move it or Lose It 11:00 Hymn Sing 1:15 Daily Chronicle 1:30 Card Games 3:15 Sundae Social 4:00 Finish the Saying 6:00 Game Time or Movie</p>	<p>23</p> <p>10:00 Furry Friend ~Brandi 10:45 Daily Chronicle 11:15 Sit & Be Fit Exercise 1:30 Around the House Jingo 3:00 Zumba w/ Carol 3:45 Afternoon Social 4:00 Reminisce Time 6:00 Game Time or Movie</p>	<p>24</p> <p>10:15 Daily Chronicle 10:45 Chair Yoga with Nanci 11:45 Triple Treat Trivia 1:30 Joe Malone presents "Boris Karloff" (A) 3:15 Afternoon Social 4:00 Move 'n Groove 6:00 Game Time or Movie</p>	<p>25</p> <p>10:15 Daily Chronicle 10:30 Alexandria performs (L) 11:45 Name that Sound 11:30 Il Camino ~ lunch trip 1:30 Seasonal Art 3:30 Furry Friends visit ~ Mr. Wilson and Nate 4:15 Conversation Ball 6:00 Game Time or Movie</p>	<p>26</p> <p>10:15 Daily Chronicle 10:30 Keeping Fit 11:00 Brain Games 1:30 Name Five 2:00 John plays Guitar 3:15 Afternoon Social 4:00 Walk-about 4:30 Family Feud Game 6:00 Game Time or Movie</p>	<p>27</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 Match It Game 1:30 Sing & Dance w/ Andy 3:15 Friday Floats 4:00 Afternoon Stroll 4:30 Name that Sound 6:00 Game Time or Movie</p>	<p>28</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:00 Manicures, Hand Massages along with some TLC 1:30 Short Story 2:30 Diane Dexter ~ Piano 3:45 Afternoon Social 4:15 Sing-along 6:00 Game Time or Movie</p>
<p>29</p> <p>10:00 TV Mass 10:30 Move it or Lose It 11:00 Hymn Sing 1:15 Daily Chronicle 1:30 Double Exposure 2:00 Carol plays Guitar 3:15 Sundae Social 4:00 Drumming Circle 6:00 Game Time or Movie</p>	<p>30</p> <p>10:00 Furry Friend ~Brandi 10:45 Daily Chronicle 11:15 Sit & Be Fit Exercise 1:30 Travel with Postcards 3:00 Zumba w/ Carol 3:45 Afternoon Social 4:00 Brain Games 6:00 Game Time or Movie</p>	<p>31</p> <p>10:15 Daily Chronicle 10:30 AM Stretch 11:15 Word Games 1:30 Halloween Jingo 2:30 Halloween Party (L) 3:15 Afternoon Social 4:30 Karaoke Time 6:00 Game Time or Movie</p> <p>Halloween</p>	<h1>October 2023</h1> <h2>Reflections Activity Calendar</h2>			

RIVERCOURT RESIDENCES

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REFLECTIONS

October 2023 Activity Calendar



Location Key:

L- AL Living Room
L-2- Upstairs AL Living Room
A- AL Activity Room
FC- Fitness Center
O- Outdoors



The Music & memory program is
an activity for our Residents
at any time...day or night.

The "Bach Lunch" Concerts...
held at the
Groton Hill Music Center

Memory Café held at the Groton Center

Any calendar changes
or additions
will be posted
on the white board.

Hidden Treasures
is a specialized
Art Appreciation Program
held at the
Fitchburg Art Museum.