

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living		 CELEBRATIONS ACTIVITIES & EVENTS				
10:15-11:45 Parables of the Bible 1 st , 2 nd & 3 rd fls. 4 1:30 Mailbox- Mad About Ads & Crazy Fads 1 st , 2 nd , & 3 rd fls. 3 Family Worship Center Services on tv Ch. 193 Evening Movie: TBA	10-11 Patio Gardening- Our Last of The Season Harvest 1 st & 2 nd fls. 5 11:30 Traveling Titles 3 rd fl. 1:30-3 Roll & Stroll 1 st , 2 nd & 3 rd fls. 4 Candlelight Meditation 1 st & 2 nd fls.	10 Exercise 2 nd fl. Theatre 6 10:30 Exercise 1 st fl Lounge 11 Stretch & Flex 3 rd fl. 1:30 Mandalas & Music 2 nd & 3 rd fls 2 -3:30 FaceTime/Skype 1 st , 2 nd & 3 rd fls. 4 Leftovers Game Pack Challenge 1 st fl.	10 Exercise 2 nd fl. Activity Side 7 10:30 Exercise 1 st fl Lounge 11 Exercise 3 rd fl. Lounge 1:30 Design Time 3 rd fl. 1:30-3 Art Expression: Masterpiece in Motion 2nd Series 1st & 2nd fls. 4 Frisbee Can Slam 3 rd fl.	10 Science4Fun Fact Pack-Glaciers & Global Warming 1 st , 2 nd & 3 rd fls. 1 10:30-11:45 Nature Scavenger Hunt 1st, 2nd, & 3rd fls. 1:30 Doorway Bingo 3 rd fl. 2:30 Doorway Bingo 2 nd fl. 4 Doorway Bingo 1 st fl.	10-11:30 Doorway Stretch & Flex 1 st , 2 nd , & 3 rd fls. 2 1:30-3:30 FaceTime/Skype 1 st , 2 nd & 3 rd fls. 2 Big Band Favorites 3 rd fl. Lounge 4 Rebus on The Run Puzzlers 1 st & 2 nd fls. 5:30 Movie: Bullit ch. 243	10-11:30 Collectors Corner Traveling Display 1st, 2nd, & 3rd fls. 3 1:30 Distribution of Famous Jailbirds & You Be The Judge 2:30-3:30 Saturday Snack Cart on Wheels 1 st , 2 nd & 3 rd fls 8 Movie: Calamity Jane ch. 243
10:15-11:45 Distribution of Bible Bits 1 st , 2 nd & 3 rd fls. 11 1:30 Mailbox Jeopardy & Jumanji Challenge 1 st , 2 nd , & 3 rd fls. 3 Family Worship Center Services on tv Ch. 193 Evening Movie: TBA	10-11 Patio Gardening- Mums the Word 1 st & 2 nd fls 12 11:30 Traveling Titles 3 rd fl. 1:30-3 Roll & Stroll 1 st , 2 nd & 3 rd fls. 4 Color Wheel Therapy 2 nd & 3 rd fls.	10 Exercise 2 nd fl. Theatre 13 10:30 Exercise 1 st fl Lounge 11 Stretch & Flex 3 rd fl. 1:30 Doorway Mini Manicures & Hand Massages 3 rd fl. 2:30 Doorway Mini Manicures & Hand Massages 2 nd fl. 4 Doorway Mini Manicures & Hand Massages 1 st fl.	10 Exercise 2 nd fl. Activity Side 14 10:30 Exercise 1 st fl Lounge 11 Exercise 3 rd fl. Lounge 1:30-3 Halloween Craft: Door Décor 1st, 2nd & 3rd fls. 4 Let's Write About It- Creating A Progressive Story 1 st , 2 nd & 3 rd fls.	10 Science4Fun Fact Pack-Hydropower vs Solar Energy 1 st , 2 nd & 3 rd fls. 15 10:30-11:45 Roll & Stroll 1 st , 2 nd , & 3 rd fls. 1:30 Doorway Bingo 3 rd fl. 2:30 Doorway Bingo 2 nd fl. 4 Doorway Bingo 1 st fl.	10-11:30 Doorway Stretch & Flex 1 st , 2 nd , & 3 rd fls. 16 1:30-3:30 FaceTime/Skype 1 st , 2 nd & 3 rd fls. 2 Country Classics 3 rd fl. Lounge 4 Crossword Puzzle Challenge 1 st & 2 nd fls. Movie: TBA	10-11:30 Gizmos & Gadgets Coming To You! 1st, 2nd, & 3rd fls. 17 1:30 Distribution of Finishing Lines & Loveable Limericks 1 st , 2 nd & 3 rd fls. 2:30-3:30 Saturday Snack Cart on Wheels 1 st , 2 nd & 3 rd fls Movie: TBA
10:15-11:45 Sermon on The Mount- Bible Verses & Meanings 1 st , 2 nd & 3 rd fls. 18 1:30 Mailbox- Memoirs & Mashups 1 st , 2 nd , & 3 rd fls. 3 Family Worship Center Services on tv Ch. 193 Evening Movie: TBA	10-11 Go Green & Make It Clean Challenge 1st & 2nd fls. 19 11:30 Traveling Titles 3 rd fl. 1:30-3 Roll & Stroll 1 st , 2 nd & 3 rd fls. 4 The Art of Tabletop Zen Gardens 1 st & 2 nd fls.	10 Exercise 2 nd fl. Theatre 20 10:30 Exercise 1 st fl Lounge 11 Stretch & Flex 3 rd fl. 1:30 Mandalas & Music 2 nd & 3 rd fls 2 -3:30 FaceTime/Skype 1 st , 2 nd & 3 rd fls. 4 Most Popular Pages of The Sentinel 1 st fl	10 Exercise 2 nd fl. Activity Side 21 10:30 Exercise 1 st fl Lounge 11 Exercise 3 rd fl. Lounge 1:30 Design Time 1 st fl. 1:30-3 Art Expression: Masterpiece in Motion 2nd & 3rd fls. 4 RC Hallway Racing 1 st fl	10 Brain Games on the Go 1 st , 2 nd , & 3 rd fls. 22 10:30-11:45 Nature Walk: Birding for Beginners & Experts 1 st , 2 nd , & 3 rd fls. 1:30 Doorway Bingo 3 rd fl. 2:30 Doorway Bingo 2 nd fl. 4 Doorway Bingo 1 st fl.	10-11:30 Doorway Yoga 1 st , 2 nd , & 3 rd fls 23 1:15 Traveling Target Practice 2 nd fl Activity Side 2-3:30 October Birthday Celebration on Wheels 1st, 2nd & 3rd fls.. 4 Leisure Cart 1 st , 2 nd , & 3 rd fls. Movie: TBA	10-11:30 Pickles To Penguins & Popular Puns on the Run 1 st , 2 nd , & 3 rd fls. 24 1:30 Distribution of Make & Create Gratitude Journals 1 st , 2 nd & 3 rd fls. 2:30-3:30 Saturday Snack Cart on Wheels 1 st , 2 nd & 3 rd fls Movie: TBA
10:15-11:45 Customize Your Own Autumn Note Cards 1 st , 2 nd & 3 rd fls. 25 1:30 Mailbox Mind Joggers 1 st , 2 nd , & 3 rd fls. 3 Family Worship Center Services on tv Ch. 193 Evening Movie: TBA	10-11 Patio Gardening- Winter Prep 1 st & 2 nd fls. 26 11:30 Traveling Titles 3 rd fl. 1:15 Would You Survive? 1 st fl 2-3:30 Cider & Donut Decorating On The Go 1st, 2nd & 3rd fls. 4 Relax & Rejuvenate: Guided Imagery 2 nd fl Theatre	10 Exercise 2 nd fl. Theatre 27 10:30 Exercise 1 st fl Lounge 11 Stretch & Flex 3 rd fl. 1:30 Doorway Mini Manicures & Hand Massages 3 rd fl. 2:30 Doorway Mini Manicures & Hand Massages 2 nd fl. 4 Doorway Mini Manicures & Hand Massages 1 st fl.	10 Exercise 2 nd fl. Activity Side 28 10:30 Exercise 1 st fl Lounge 11 Exercise 3 rd fl. Lounge 1:30-3 Art Expression: Custom Bead Making 1st, 2nd & 3rd fls. 4 Read All About It! Conspiracy Theories That Belong in Science Fiction 1 st , 2 nd & 3 rd fls.	10 Science4Fun Fact Pack- Nanotechnology 1 st , 2 nd & 3 rd fls. 29 10:30-11:45 Roll & Stroll 1 st , 2 nd , & 3 rd fls. 1:30 Doorway Bingo 3 rd fl. 2:30 Doorway Bingo 2 nd fl. 4 Doorway Bingo 1 st fl.	10-11:30 Doorway Stretch & Flex 1 st , 2 nd , & 3 rd fls. 30 1:30-3:30 FaceTime/Skype 1 st , 2 nd & 3 rd fls. 2 Classical Favorites 3 rd fl. 3 Door Decorating Contest Winners Announced! 4 Solve it! Halloween Murder Mystery Challenge 1st & 2nd fls. Movie: TBA	9:30-11:30 Hidden Meadows' Pet Parade & Safe Trick or Treat (held outdoors weather permitting) 31 10 Distribution of Ghost Stories & Local Legends 1:30 The Sounds of Halloween 2 nd fl Activity Side 2:30-3:30 Howling Halloween Party on Wheels 1st, 2nd & 3rd fls Movie: TBA

Please Note: As a precaution activities will be held in separate areas, doorways, and in rooms. As the guidelines change we will update the calendar accordingly. Please see the daily announcement boards for any changes. Please see a member of the Celebrations (Activity) team to schedule FaceTime, Skype & Zoom, or to request independent activities & supplies.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living	 October 2020		 The Laurels Memory Care	10 FaceTime/Skype 10:30 Exercise 11 Roll & Stroll 1:30 Caption This 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Bingo 2:30 Snack & Chat 3:30 Basketball Hoop Shots 6:30 Design Time	10 Word Puzzles & Ponderings 11 Music Appreciation 1:30 Collector's Corner 2:30 Saturday Snack & Chat 3:30 You Be The Judge 7 Lawrence Welk (tv-PBS)
10 Distribution of Mad About Ads & Crazy Fads 11 Music Appreciation 1 Traveling Titles 2:30 Sunday Snack & Chat 3 Lucky 7 Lotto Game 4 Parables of The Bible 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Target Practice 2:30 Snack & Chat 3:30 Lets Write! A Progressive Story Collaboration 6:30 Easy Listening Music	10 Exercise 10:30 Barbers Cars & Cigars 11 Laughter Therapy: Humor 101 1:30 Armchair Travels 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Design Time	10 Bird Care & Share 10:30 Sit & Be Fit 11 Patio Gardening Last Harvest of The Season 1:30 Art Expression: Acrylic Silhouette Painting 2:30 Snack & Chat 3:30 A To Z 6:30 Table Top Detective	10 FaceTime/Skype 10:30 Exercise 11 Roll & Stroll 1:30 Music, Mandalas & Mini Manicures 2:30 Snack & Chat 3:30 Would You Rather 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Iyengar Yoga 11 Daily Chronicles & Good News In Review 1:30 Bingo 2:30 Harvest Social: Apple Cobbler Crumble 3:30 Experimental Science 6:30 Design Time	10 Distribution of Top Ten & Remember When 11 Music Appreciation 1:30 Trivia Teasers 2:30 Saturday Snack & Chat 7 Lawrence Welk (tv-PBS)
10 Distribution of Bible Bits & Backroad Trips 11 Music Appreciation 1:30 Color Therapy & Puzzle Packs 2:30 Sunday Snack & Chat 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Gone Fishing Game 2:30 Snack & Chat 3:30 The Sentinel 6:30 Easy Listening Music	10 Exercise 10:30 Explore America Tidbits & Trivia 11 High Low Game 1:30 Candle Light Meditation & Kaleidoscope View 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Design Time	10 Bird Care & Share 10:30 Sit & Be Fit 11 Patio Gardening: Mums the Word 1:30 Halloween/Autumn Craft Door Decor 2:30 Snack & Chat 3:30 Outburst 6:30 Table Top Detective	10 FaceTime/Skype 10:30 Exercise 11 Roll & Stroll 1:30 Memoirs & Mashups 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Bingo 2:30 Snack & Chat 3:30 Color Wheel Therapy 6:30 Design Time	10 Word Puzzles & Ponderings 11 Music Appreciation 1:30 Gizmos & Gadgets 2:30 Saturday Snack & Chat 3:30 Loveable Limericks 7 Lawrence Welk (tv-PBS)
10 Distribution of Puzzles & Ponderings Packets 11 Music Appreciation 1 Traveling Titles 2:30 Sunday Snack & Chat 3 Resident Rights Bingo 4 Bible Verses & Hymns 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Air Tails Toss 2:30 Snack & Chat 3:30 Learn German with Frau 6:30 Easy Listening Music	10 Exercise 10:30 Name 5 11 Gratitude Journaling 1:30 Autumn Lotto 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Design Time	10 Bird Care & Share 10:30 Sit & Be Fit 11 Nature Walk: Autumn Scavenger Hunt 1:30 Art Expression: Masterpiece in Motion 2:30 Snack & Chat 3:30 Mind Joggers 6:30 Table Top Detective	10 FaceTime/Skype 10:30 Exercise 11 Roll & Stroll 1:30 Music, Mandalas & Mini Manicures 2:30 Snack & Chat 3:30 Pass The Pigs Game 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Iyengar Yoga 11 Daily Chronicles & Good News In Review 1:30 Bingo 2:30 October Birthday Celebration 3:30 Memories & Mementoes 6:30 Design Time	10 Distribution of Popular Puns & Ponderings 11 Music Appreciation 2:30 Saturday Snack & Chat 3:30 Animal Antics & Funny Photos 7 Lawrence Welk (tv-PBS)
10 Distribution of Uplifting Stories & Old Times to Remember 11 Music Appreciation 1:30 Color Therapy & Puzzle Packs 2:30 Sunday Snack & Chat 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Autumn Note Card Making 2:30 Snack & Chat 3:30 Poetry In Motion 6:30 Easy Listening Music	10 Exercise 10:30 Finishing Lines 11 Black Jack 21 1:30 Go Green Community Project 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Design Time	10 Bird Care & Share 10:30 Sit & Be Fit 11 Nature Walk: Birding for Beginners & Experts 1:30 Art Expression: Wax Paper Faux Stained Glass 2:30 Snack & Chat 3:30 Family Feud Game 6:30 Table Top Detective	10 FaceTime/Skype 10:30 Exercise 11 Roll & Stroll 1:30 Hollywood Ringo Game 2:30 Snack & Chat 3:30 Piano Favorites 6:30 Table Trivia & Old Times	10 Bird Care & Share 10:30 Stretch & Flex 11 Daily Chronicles & Good News In Review 1:30 Bingo 2:30 Snack & Chat 3:30 Solve It! Mini Mystery Challenge 6:30 Design Time	10 Distribution of That's Not Scary 11 Music Appreciation 1:30 Reverse Trick or Treat 2:30 Howling Halloween Celebration 3:30 Famous Ghouls 7 Lawrence Welk (tv-PBS)

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