

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2025

			9:00 Morning Walk 9:30 Dance Blast with Emily 10:30 PUBLIX 1:00 Relax and color in Activity Room 2:00 Game Time in Activity Room 2:30 Afternoon Movie Yom Kippur Begins	9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Game Time with Debbie in Activity Room 1:30 Balloon Game 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Balloon Tennis Game in Activity Room 1:00 Sequence game in Activity Room 2:00 BINGO in activity room 3:00 Happy Hour Music: My Brother's Band	9:30 Light stretching/morning walk 10:00 Craft with Kim in Activity room 11:00 Game Time in Activity Room 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie	9:30 Sit and Fit 10:00 Game time in Activity Room 11:00 Watercolor with Val in Activity Room 1:00 Afternoon Walk 2:00 Fall Craft time with Debbie 3:00 Rummikub in Activity Room	9:30 Drumming with Tina 10:00 Coffee and Crosswords in Ice Cream Parlor 11:00 Courtyard Conversations 2:00 Game of choice in Activity Room 3:00 Mini Manicures with Tina in Activity Room	9:00 Morning Walk 9:30 Yoga Blast with Emily 10:30 WALGREENS 1:00 Game in Activity Room 2:00 Crafting with Tina in Activity Room 3:00 Mini Manicures with Tina in Activity Room	9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 FLU SHOTS in Library (must sign up in advance) 10:00 Communion in theater 10:30 Craft with Debbie: Activity Room 1:30 Rummikub Social in Ice Cream Parlor 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Cornhole in Activity Room 1:00 Shuffleboard in parlor 2:00 BINGO in activity room 3:00 Happy Hour Music: David Rivers	9:30 Light stretching/morning walk 10:00 Balloon Games in Activity Room 11:00 Music: Karin and Charles Perform in living room 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie	9:30 Sit and Fit 10:00 Vet to Vet Café in Parlor 11:00 Creating w/ Clay: Activity Room 1:00 Brain Games- Activity Room 2:30 Candy corn-Popcorn and a Movie in movie theater 	9:30 Drumming with Tina 10:00 Watercolor Pens/relax and color in Activity Room 11:00 Town Hall Meeting in movie theater 2:00 Pokeno in Activity Room 3:00 Monthly Birthday Party in theater: music and cake	9:00 Morning Walk 9:30 Dance Blast with Emily 10:30 POST OFFICE 11:30 -LUNCH BUNCH: must sign up in advance 2:00 Beading Bracelets in Activity Room 3:00 Game Time -Activity Room 3:30 Yappy Hour/ Humane Society	9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Game Time with Debbie in Activity Room 1:30 Balloon Game 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Games with Kim in Activity Room 1:00 Sequence Game in Activity Room 2:00 BINGO in activity room 3:00 Happy Hour Music: Piano for the People	9:30 Light stretching/morning walk 10:00 Craft with Kim in Activity Room 11:00 Game Time in Activity Room 2:30 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie	9:30 Sit and Fit 10:00 Trivia in Activity Room 11:00 Fall Craft time with Debbie 1:00 Afternoon Walk 1:30 Rummikub- Activity Room 2:30 Afternoon Movie	9:30 Exercise with Tina 10:00 Games in Activity Room 2:00- 4:00 FALL FESTIVAL PETTING ZOO in the courtyard 	9:00 Morning Walk 9:30 Yoga Blast with Emily 10:30 PUBLIX 1:00 Game in Activity Room 2:00 Shuffleboard in Ice Cream Parlor 3:00 Afternoon Movie	9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Craft with Debbie: Activity Room 1:30 Rummikub Social in Ice Cream Parlor 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Zumba w/ Teri 11:00 Cornhole in Activity Room 1:00 Shuffleboard in parlor 2:00 BINGO in activity room 3:00 Happy Hour Music: Piano by Mitchell Cote	9:30 Light stretching/morning walk 10:00 Balloon Game in Activity Room 11:00 Game Time in Activity Room 2:00 Afternoon Movie
9:30 Sit and Fit 10:30 Coffee Club/ parlor 10:30 Music and Non-Denominational church service/ movie theater 2:00 BINGO 3:00 Afternoon Movie	9:30 Sit and Fit 10:00 Trivia in Activity Room 11:00 Watercolor with Val in Activity Room 1:00 Afternoon Walk 2:00 Pokeno in Activity Room 3:00 Rummikub in Activity Room	9:30 Exercise class with Tina 10:00 Game Time with Tina in Activity Room 11:00 Craft time with Tina 2:00 Fall Craft with Tina in Activity Room 2:30 Afternoon Movie	9:00 Morning Walk 9:30 Dance Blast with Emily 10:30 FIVE BELOW 1:00 Game in Activity Room 2:00 Relax and Color in Activity Room 2:30 Afternoon Movie	9:15 Muscle Memory: Build Your Brain and Body with Lynda 10:00 Communion in theater 10:30 Craft with Debbie: Decorate Pumpkins 1:30 Rummikub Social in Ice Cream Parlor 2:30 Afternoon Movie	9:30 Morning Walk 10:30 Halloween Zumba w/ Teri 11:00 Find the Pumpkin Game for Prizes! In living room 1:00 Sequence Game in Activity Rm 2:00 BINGO in activity room 3:00 Happy Hour Halloween Celebration: Dennis Fano  Halloween	 Grand Oaks ASSISTED LIVING BY THE VNA JENSEN BEACH

***** Please check the daily activity sheet for any changes that may have been made to this monthly calendar.