October 2026

Shepherd of the Valley Poland Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2:00 - Nail Care [FL3] 5:30 - Quarter Bingo! [FL3] 6:30 - Apple Cider Social [FL3]	2 10:30 - Exercise with Charlotte! [FL3] 11:00 - Fall Craft 2:00 - Balloon Volleyball [NMDR]	3 2:00 - BINGO! [FL3] Simchat Torah Begins
4 National Golf Lover's Day Head to FL3 with a friend and check out the putting green; play a few games and relax in the sitting area!	5 10:30 - Exercise [FL3] 11:00 - Dollar Tree & Lunch at Chili's 2:00 - Kings in The Corner [Independent Activity]	6 10:00 - Bible Study [FL3] 2:00 - Donnie Abrahams Performing [CH]	7 10:30 - Exercise Bingo [FL3] 11:00 - Mid-week Meditation 11:15 - Healthy Food Craft [FL3] 2:00 - Church Service [CH]	8 10:00 - Bridge of Hope [CH] 2:00 - Reminiscing with Cheyann [FL2] 5:30 - Quarter Bingo [FL3] 6:30 - Drizzilicious Snack	9 10:30 - Exercise with Charlotte! [FL3] 11:00 - Music Trivia [FL3] 2:00 - Scary Berry Smoothies! [FL3] 2:30 - Spooky Volleyball [NMDR]	10 2:00 - BINGO! [FL3]
11 Relax and unwind! Take the day to yourself or find a friend to spend some time with!	12 10:30 - Exercise [FL3] 11:00 - Poetry Discussion 1:30 - Movie in Main Dining Room! Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	13 10:00 - Bible Study [FL3] 2:00 - Quarter Bingo [NMDR]	14 10:00 - Board Of Elections [Leroy's Lounge] 11:15 - Word Puzzles [FL3] 2:00 - Church Service [CH]	15 2:00 - Nail Care [FL3] 5:30 - Quarter Bingo [FL3] 6:30 - Dirty Sodas!	Pink Out Day- Wear Pink 16 10:30 - Exercise with Charlotte! [FL3] 11:00 - Craft w/ Charlotte 2:00 - Pink Out Bingo [NMDR]	17 2:00 - BINGO! [FL3]
18 1:30 - Movie on FL3! Feel free to tell us your favorite genre [ex: romance, comedy, etc.] and we will find a movie to fit what you like! Please let Cheyann know by Saturday 8/17!	Travel to Ireland with us! 19 10:30 - Exercise [FL3] 11:00 - Ireland Trivia 2:00 - Come get your passport and catch your plane to Ireland! [MDR]	20 10:00 - Bible Study [FL3] 2:00 - K-9 Kruisers Dog Show [CH]	21 10:30 - Exercise [FL3] 11:00 - Mid-week Meditation 11:15 - Short Stories with Cheyann 2:00 - Church Service [CH]	22 2:00 - Pumpkin Painting! 5:30 - Quarter Bingo [FL3] 6:30 - Halloween Cookies	23 10:30 - Exercise with Charlotte! [FL3] 11:00 - National iPod day! Listen to music w/Charlotte! 2:00 - Resident Council	24 2:00 - BINGO! [FL3]
25 Halloween Spirit Week starts tomorrow! Prepare by watching a Halloween Classic, reading a scary book, or sitting by the TV on your floor, reminisce about what Halloween was like when you were a child!	Wear your favorite fall or Halloween outfit! 26 10:30 - Exercise [FL3] 11:00 - Picnic at Mill Creek Park [Weather Permitting] 2:00 - Dominos [Resident Lead]	Witches & Wizards Day 27 10:00 - Bible Study [FL3] 11:15 - Come to the Hat shop and pick out your Witches Hat [FL3] 2:00 - Halloween Prize Bingo! [FL3]	Wear Black & Orange Day 28 10:30 - Exercise [FL3] 11:00 - Mid-week Meditation 11:15 - Halloween Trivia [FL3] 2:00 - Church Service [CH]	Wear a themed headband 29 1:30 - Movie on FL3; Hocus Pocus 5:30 Quarter Bingo [FL3] 6:30- Ice Cream Sandwiches	Dress Up Day! Wear a costume or put on your nicest outfit! 30 10:30 - Exercise with Charlotte! [FL3] 2:00 - Halloween Bash! Wear your Halloween Costume!	31 2:00 - BINGO! [FL3] Halloween

We Practice Person Centered Care Philosophy – Programs are planned by the residents with assistance from staff as needed. All activities are subject to change.