

SUN	MON	TUE	WED	THUR	FRI	SAT	
All Activities are subject to change.					9:15 Brain & Body Exercise (Channel 16.2) 10:00 Devotions With Chaplin Jim (Dining Room)	9:15 Mindful Moves (Channel 16.2) 2:00 Hand Message (Dining Room)	1:00 Casper Movie (Channel 16.2) 2:00 Activity Cart-Staff Led (Room to Room)
10:30 Church Service (Channel 16.2 or 987) 2:00 Music and Snacks-Nursing Staff Led (Living Room - Care Center)	Happy Birthday Virginia 10:00 Music In Motion (Living Room) 2:00 Manicures (Living Room)	9:15 Simply Stretch (Channel 16.2) 10:00 Catholic Services (Channel 16.2) 2:00 Bingo (Hallways)	Happy Birthday Roscoe 10:00 Ball Toss (Dining Room) 2:00 Spa Day (Room to Room) 6:00 Bible Study (Chapel)	9:15 Brain & Body Exercise (Channel 16.2) 10:00 Devotions With Chaplin Jim (Dining Room) 2:30 Clatterbuck's Combo Band (In House Channel 16.2 or 987)	9:15 Mindful Moves (Channel 16.2) 2:00 A 400 Year History of Religion in America (Channel 16.2)	2:00 Activity Cart-Staff Led (Room to Room)	
10:30 Church Service (Channel 16.2 or 987) 2:00 Music and Snacks-Nursing Staff Led (Living Room - Care Center)	Columbus Day 10:00 Music and Moves (Living Room)	9:15 Simply Stretch (Channel 16.2) 10:00 Catholic Services (Channel 16.2) 2:00 Bingo (Hallways)	2:00 Manicures (Living Room) 6:00 Bible Study (Chapel)	9:15 Brain & Body Exercise (Channel 16.2) 10:00 Devotions With Chaplin Jim (Dining Room) 2:00 Town Hall (Dining Room)	9:15 Mindful Moves (Channel 16.2) 2:00 Lets Paint Pumpkins (Dining Room)	1:00 The Haunted Mansion Movie (Channel 16.2) 2:00 Activity Cart- Staff Led (Room to Room)	
10:30 Church Service (Channel 16.2 or 987) 2:00 Music and Snacks-Nursing Staff Led (Living Room - Care Center)	10:00 Move With Me (Living Room) 2:00 Mindful Monday (Channel 16.2)	9:15 Simply Stretch (Channel 16.2) 10:00 Catholic Services (Channel 16.2) 2:00 Bingo (Hallways)	10:00 Donuts and Coffee (Dining Room) 6:00 Bible Study (Chapel)	9:15 Brain & Body Exercise (Channel 16.2) 10:00 Devotions With Chaplin Jim (Dining Room) 2:00 Exercise In The Tropics (Channel 16.2)	9:15 Mindful Moves (Channel 16.2) 2:00 Funny Friday (Channel 16.2) 2:00 Let Make Halloween Cookies (Dining Room)	Happy Birthday Barbara N 2:00 Activity Cart-Staff Led (Room to Room)	
10:30 Church Service (Channel 16.2 or 987) 2:00 Music and Snacks-Nursing Staff Led (Living Room - Care Center)	10:00 Stretch Your Body (Living Room) 2:00 Color The Season (Room to Room)	9:15 Simply Stretch (Channel 16.2) 10:00 Catholic Services (Channel 16.2) 2:00 Bingo (Hallways)	2:00 Manicures (Living Room) 6:00 Bible Study (Chapel)	9:15 Brain & Body Exercise (Channel 16.2) 10:00 Devotions With Chaplin Jim (Dining Room) 1:15 Brain and Body (Channel 16.2) 2:00 Halloween Party and Games (Dining Room)	9:15 Mindful Moves (Channel 16.2)	Halloween 1:00 Hocus Pocus Movie (Channel 16.2) 2:00 Activity Cart- Staff Led (Room to Room)	

October 2020

Main Street & Cottage Grove

Rita Rivera, Director of Life Enrichment 573-644-6387



**HEISINGER
BLUFFS**

LUTHERAN SENIOR SERVICES