

**ACTIVITY CALENDAR**  
**SUNDAY MONDAY**

**ADULT DAY CARE CENTER OF LAS VEGAS**  
**TUESDAY WEDNESDAY THURSDAY**

**OCTOBER 2020**  
**FRIDAY SATURDAY**



**HAPPY BIRTHDAY**  
 Larconya H. 10/3  
 Maria C. 10/9  
 Melvin W. 10/10  
 Martha L. 10/11

**Breast Cancer Awareness Month**



**Sign Language 1)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Zoom Yoga w/ Nora A&C  
 12:30 Trivia  
 1:30 SIGNING w Martha  
 3:00 Bingo  
**\*HUG YOURSELF DAY**

**Connections 2)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 DANCE  
 12:00 ARTS & CRAFTS  
 1:30 JAZZ POPPING-FINGERS CLAP & MOVEMENT  
 3:00 Bingo  
**\* CONNECTIONS**

**Move/Groove 3)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 MOVE/GROOVE  
 12:00 ARTS & CRAFTS  
 1:30 Comedy Movie  
 3:00 Bingo  
**Gloria Estefan Music Zoom**

**Sunday Funday 4)**  
 9:00 Current Events  
 9:30 Exercise  
 12:00 ARTS & CRAFTS  
 1:30 COMEDY MOVIE MATINEE  
 3:00 Bingo  
**Act of Kindness Day**

**5)**  
 9:00 Current Events  
 9:30 TAI CHI /Yoga  
 10:00 ARTS & CRAFTS  
 12:30 Trivia  
 1:30 Nature walk Day Lets Get Some fresh Air  
 3:00 SPECIAL Bingo

**6)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 CREATIVE POETRY  
 12:30 BRAIN TRIVIA  
 1:30 IDIOMS DAY  
 3:00 Bingo  
**New Cool Card Olympics**

**7)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 A&C  
 12:30 Trivia  
 1:30 MAKING MUSIC  
 3:00 Bingo  
**Make A New Friend Day Exercise w Arturo**

**8)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Zoom Yoga w Nora A&C  
 12:30 Trivia  
 1:30 SIGNING w Martha  
 3:00 Bingo

**9)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 DANCE  
 12:00 ARTS & CRAFTS  
 1:30 MOBILITY EXPRESS  
 3:00 Bingo  
**\* CONNECTIONS\***

**10)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 MOVE/GROOVE  
 12:00 ARTS & CRAFTS  
 1:30 Comedy Movie  
 3:00 Bingo

**11)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Mind over Matter Exercise  
 12:00 ARTS & CRAFTS  
 1:30 FRIENDSHIP MOVIE MATINEE  
 3:00 Bingo  
**NFL Football**

**Flu Shot Clinic 12)**  
 9:00 Current Events  
 9:30 TAI CHI /Yoga  
 10:00 ARTS & CRAFTS  
 12:30 Trivia  
 1:30 JAZZY STROLL  
 3:00 SPECIAL Bingo  
**Columbus Day**

**13)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 CREATIVE POETRY  
 12:30 BRAIN TRIVIA  
 1:30 DARE To CARE DAY  
 3:00 Bingo  
**New Cool Card Olympics**

**14)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 A&C  
 12:30 Trivia  
 1:30 USE IT OR LOSE IT DAY  
 3:00 Bingo  
**Exercise w Arturo**

**15)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Zoom Yoga w/Nora/ A&C  
 12:30 Trivia  
 1:30 SIGNING w Martha  
 3:00Bingo

**16)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 DANCE  
 12:00 ARTS & CRAFTS  
 1:30 JOY FUL NOISE GAME  
 3:00 Bingo  
**\* CONNECTIONS\***

**17)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 MOVE/ GROOVE  
 12:00 ARTS & CRAFTS  
 1:30 Comedy Movie  
 3:00 Bingo

**18)**  
 9:00 Current Events  
 9:30 Exercise  
 12:00 ARTS & CRAFTS  
 1:30 COMEDY MOVIE MATINEE  
 3:00 Bingo  
**NFL Football**

**19)**  
 9:00 Current Events  
 9:30 TAI CHI /Yoga  
 10:00 ARTS & CRAFTS  
 12:30 Trivia  
 1:30 Purple pumpkin Marching  
 3:00 SPECIAL Bingo  
**FACES OF HOPE ART**

**20)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 CREATIVE WRITING  
 12:30 BRAIN TRIVIA  
 1:30 PUMPKIN PAINTING  
 3:00 Bingo

**21)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 A&C  
 12:30 Trivia  
 1:30 NAME GAME  
 3:00 Bingo  
**\*HAPPINESS DAY\***

**22)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Zoom Yoga w/ Nora/ A&C  
 12:30 Trivia  
 1:30 SIGNING w Martha  
 3:00 Bingo

**23)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 DANCE  
**\* MUSIC\* Sing-Along**  
 12:00 ARTS & CRAFTS  
 1:30 NAME THAT TUNE  
 3:00 Bingo  
**\* CONNECTIONS\***

**24)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 MOVE/GROOVE  
 12:00 ARTS & CRAFTS  
 1:30 I Love Lucy Movie  
 3:00 Bingo

**25)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Mind over Matter Exercise  
 12:00 ARTS & CRAFTS  
 1:30 HALLOWEEN COMEDY MOVIE MATINEE  
 3:00 Bingo  
**NFL Football**

**26)**  
 9:00 Current Events  
 9:30 TAI CHI /Yoga  
 10:00 ARTS & CRAFTS  
 12:30 Trivia  
 1:30 COOL WALKING  
 3:00 SPECIAL Bingo  
**\*SMILE DAY\***

**27)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 CREATIVE WRITING  
 12:30 BRAIN TRIVIA  
 1:30 TOE TAPPING MOVEMENTS  
 3:00 Bingo  
**New Cool Card Olympics**

**28)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 A&C  
 12:30 Trivia  
 1:30 Bring The Noise. Bring The Fun  
**Drumming Day**  
 3:00 Bingo  
**Exercise w Arturo**

**29)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 Zoom Yoga w Yoga A&C  
 12:30 Trivia  
 1:30 SINGING w Martha  
 3:00 Bingo

**HALLOWEEN 30)**  
**COSTUME PARTY**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 DANCE  
 12:30 Trivia  
 1:30 TRICK or TREAT  
 3:00 BINGO  
**\* CONNECTIONS\***  
**Pajama Jam**

**31)**  
 9:00 Current Events  
 9:30 Exercise  
 10:00 MOVE/GROOVE  
 12:00 ARTS & CRAFTS  
 1:30 MONSTER MASH MOVIE  
 3:00 Bingo  
**HALLOWEEN DAY**