

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Awareness Week! Oct. 12th– Oct. 18th Sunday– Gray= Brain Cancer Monday– Dark Blue= Colon Cancer Tuesday– Red= Blood Cancer Wednesday– Pink= Breast Cancer Thursday– Orange= Leukemia & Kidney Cancer Friday– Teal & White= Cervical Cancer Saturday– Lavender= All Cancers	Halloween Spirit Day! October 21st Witches & Warlock Day Everyone dresses up as a witch or wizard for the whole day!	Halloween Spirit Week! Oct. 26th– Oct. 31st Sunday– Colorful Sunday Monday– Decades Day Tuesday– Halloween Shirt Wednesday– Dress like a Pumpkin Thursday– Hippie Day Friday– Halloween Costumes	9:30 Energizing Chair Cardio Blast 1 10:00 Serenity Spa Day: Nail Pampering Session 1:00 Uplifting Worship Service with Pastor Time 2:00 Golden Glow Pampering Session 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 2 10:00 Price is Right Showdown 11:00 Skip-Bo Card Game Social 1:00 Sensory Memory Tiles 2:00 Storytelling Circle: Tales from the Past 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 3 10:00 Pumpkin Coloring Extravaganza 1:00 Bingo Bash Extravaganza 2:00 Memory Care Word Search Adventure 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Sole to Soul Mindful Strolls 4 10:00 Morning Movie Matinee and Popcorn 1:00 Bubble Blowing Bonanza 1:30 Circle Ball Toss 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll
Sole to Soul Mindful Strolls 5 10:00 Morning Movie Matinee and Popcorn 1:00 Worship Service with Pastor David 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 6 10:00 Festive Fall Scarecrow Craft 11:00 Favorite Card Game 1:00 Festive Holiday Coloring Celebration 2:00 Interactive Story Time with Suzette 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 7 10:30 Memory Lane Scavenger Hunt 1:00 Autumn Harvest Wreath Craft 2:00 Melody and Mocktails 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 8 10:00 Serenity Spa Day: Nail Pampering Session 1:00 Uplifting Worship Service with Pastor Time 2:00 Golden Glow Pampering Session 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 9 10:00 Illuminated Bottle Scarecrow Craft 11:00 Price is Right Extravaganza 1:00 A Gentle Word Guessing Game 2:00 Suzette's Storytelling Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 10 10:00 Spooky Spider Snack with Erica 11:00 Suzette's Memory Match Challenge 1:00 Bingo Bash Extravaganza 2:00 Suzette's Matching Memory Challenge 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Sole to Soul Mindful Strolls 11 10:00 Morning Movie Matinee and Popcorn 1:00 Circle Ball Toss 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll
Wear Gray for Brain Cancer Awareness 12 Sole to Soul Mindful Strolls 10:00 Morning Movie Matinee and Popcorn 1:00 Worship Service with Pastor David 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Wear Dark Blue for Colon Cancer Awareness 13 9:30 Energizing Chair Cardio Blast 10:00 Creative Coffee Cup Decorating 11:00 Math Game 1:00 Creative Card Crafting 2:00 Expressive Painting Adventure 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Wear Red for Blood Cancer Awareness 14 9:30 Energizing Chair Cardio Blast 10:00 Radiant Personalized Lotion Hand Massage Session 1:00 Autumn Gourd Decorating Workshop 2:00 Melody and Mocktails 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Wear Pink for Breast Cancer Awareness 15 9:30 Energizing Chair Cardio Blast 10:00 Serenity Spa Day: Nail Pampering Session 1:00 Uplifting Worship Service with Pastor Time 2:00 Golden Glow Pampering Session 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Wear Orange for Leukemia and Kidney Cancer 16 9:30 Energizing Chair Cardio Blast 10:00 Autumn Leaf Mosaic Art 11:00 Gentle Ball Toss 1:00 Storytelling with Suzette 2:00 Classic Card Game 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Wear Teal and White for Cervical Cancer 17 9:30 Energizing Chair Cardio Blast 10:00 Spooky Halloween Cookie Decorating with Marjorie 11:00 Parachute Beach Ball Bounce 1:00 Bingo Bash Extravaganza 2:00 Suzette's Interactive Story Relaxation 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Wear Lavender for All Cancers 18 Sole to Soul Mindful Strolls 10:00 Morning Movie Matinee and Popcorn 1:00 Circle Ball Toss 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll
Sole to Soul Mindful Strolls 19 10:00 Morning Movie Matinee and Popcorn 1:00 Worship Service with Pastor David 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 20 10:00 Whimsical Wonderland Picture Frame Design 11:00 Lucky Duck Catch 1:00 Parachute Beach Ball Bounce 2:00 Soothing Story Time with Suzette 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Spirit Day! Witchy and Wizardly Mystical Day 21 9:30 Energizing Chair Cardio Blast 10:30 Pumpkin Patch Adventure 1:00 Colorful Memory Painting 2:00 Melody and Mocktails 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 22 10:00 Serenity Spa Day: Nail Pampering Session 1:00 Uplifting Worship Service with Pastor Time 2:00 Golden Glow Pampering Session 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 23 10:00 Autumn Cookie Decorating with Trish 11:00 Memory Lane Dice Roll 1:00 Autumn Gnome Craft 2:00 Tranquil Tales: Relaxation and Storytelling Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	9:30 Energizing Chair Cardio Blast 24 10:00 Autumn Tales on the Outdoor Patio 11:00 Thanksgiving Gratitude Cards 1:00 Bingo Bash Extravaganza 2:00 Autumn-Inspired Coloring Art Session 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Sole to Soul Mindful Strolls 25 10:00 Morning Movie Matinee and Popcorn 1:00 Matching Memory Puzzle 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll
Halloween Spirit Week: Colorful Sunday 26 Sole to Soul Mindful Strolls 1:00 Worship Service with Pastor David 2:30 Story Time Circle 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Halloween Spirit Week: Decades Day 27 9:30 Energizing Chair Cardio Blast 10:00 Bean Bag Toss Challenge 11:00 Brain Teaser Puzzle Bonanza 1:00 Autumn Sensory Memory Box 2:00 Soothing Stories with Suzette 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Halloween Spirit Week: Halloween Shirts 28 9:30 Energizing Chair Cardio Blast 10:30 Memory Lane Scavenger Hunt 2:00 Melody and Mocktails 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Halloween Spirit Week: Dress like a Pumpkin 29 9:30 Energizing Chair Cardio Blast 10:00 Serenity Spa Day: Nail Pampering Session 1:00 Uplifting Worship Service with Pastor Time 2:00 Birthday Celebration Extravaganza 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Halloween Spirit Week: Hippie Day 30 9:30 Energizing Chair Cardio Blast 10:00 Spooky Tissue Paper Ghost Craft 11:00 Autumn and Halloween Art Workshop 2:00 Cozy Halloween Classics Story Hour 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	Halloween Spirit Week: Halloween Costumes 31 9:30 Energizing Chair Cardio Blast 10:00 Spooktacular Halloween Costume Party 11:00 Halloween Pumpkin Hunt Adventure 1:00 Bingo Bash Extravaganza 2:00 Spooktacular Halloween Cookie Decorating with Hygeia 3:00 Musical Decades Memory Lane Sole to Soul Mindful Stroll	
Body Community Entertainment Mind Outing Spirit October Birthdays! Terry D. – 14th Fay P. – 27th				October 2025 WHITE CLIFFS SENIOR LIVING A WATERMARK RETIREMENT COMMUNITY™		