

October 2025 Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Community Entertainment Mind Outing Spirit	HAPPY BIRTHDAY!!! Mary H. – 4th		National Pumpkin Spice Day (MC) 1 9:00 Watermark Walking Club 10:00 Bake & Sip: Pumpkin Edition (MC) 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' Energy Burst - Wild Wednesday (MC) 2:00 Witching Hour Home Decor	9:40 Walking Club (MC) 2 10:15 Taoist YOGA w/ Stew 11:00 Autumn BINGO 2:00 Melodies w/ Sweet Lou (MC) 3:00 General Movement w/ Sheila (MC) 4:30 Energy Burst - Thankful Thursdays (MC)	9:00 Watermark Walking Club 3 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' Energy Burst - Funky Fridays (MC) 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn "Hocus Pocus" (TR)	10:15 Taoist YOGA w/ Stew (WU) 4 Energy Burst - Saturday Night Fever (MC) 2:00 Sing Along w/ John Ferris
Energy Burst - Music In The Air (MC) 5 Poppin' Nostalgic Movie Matinee (MC)	9:00 Watermark Walking Club 6 10:00 Dose of Daily Delight (MC) 10:00 Noodle Ball Exercises (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride	9:40 Walking Club (MC) 7 10:15 Taoist YOGA w/ Stew 1:30 Drum Fit w/ Ken Staub (MC) 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 8 10:00 Dose of Daily Delight (MC) 10:30 Nurse Bob! Entertainment 11:30 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 An Eye for Art with Jack	9:40 Walking Club (MC) 9 10:15 Taoist YOGA w/ Stew 11:00 Walk the Grounds & Learn the Plants 2:00 Autumn Music & Sing-Alongs 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 10 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn (TR)	10:15 Taoist YOGA w/ Stew (WU) 11 11:00 Paintings w/ Bobby Energy Burst - Saturday Night Fever (MC)
Energy Burst - Music In The Air (MC) 12 Poppin' Nostalgic Movie Matinee (MC)	Indigenous Peoples' Day 13 9:00 Watermark Walking Club 10:00 Dose of Daily Delight (MC) 10:00 Noodle Ball Exercises 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Kiara: Live Violin Player	9:40 Walking Club (MC) 14 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 15 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 An Eye for Art with Jack	9:40 Walking Club (MC) 16 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC) 3:00 BINGO	9:00 Watermark Walking Club 17 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Sound Healing w/ Joanna (MC)	10:15 Taoist YOGA w/ Stew (WU) 18 Energy Burst - Saturday Night Fever (MC)
Energy Burst - Music In The Air (MC) 19 Poppin' Nostalgic Movie Matinee (MC) 2:00 Melodies w/ Sweet Lou (MC)	9:00 Watermark Walking Club 20 10:00 Dose of Daily Delight (MC) 10:30 Music Therapy - Movement to Music with Ken S. (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 3:00 Mystery Bus Ride	An Eye for Art (MC) 21 9:40 Walking Club (MC) 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 22 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 An Eye for Art with Jack	9:40 Walking Club (MC) 23 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 24 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Kiara: Live Violin Player (TR)	10:15 Taoist YOGA w/ Stew (WU) 25 Energy Burst - Saturday Night Fever (MC) 2:00 Music with Tom
Energy Burst - Music In The Air (MC) 26 Poppin' Nostalgic Movie Matinee (MC)	9:00 Watermark Walking Club 27 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 3:00 Aura Alchemy Tea Tasting	9:40 Walking Club (MC) 28 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC)	9:00 Watermark Walking Club 29 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 An Eye for Art with Jack	9:40 Walking Club (MC) 30 10:15 Taoist YOGA w/ Stew 2:30 General Movement w/ Sheila (MC) 3:00 BINGO	9:00 Watermark Walking Club 31 10:00 Dose of Daily Delight (MC) 11:00 Fit to Stretch w/ Sheila (MC) 11:30 These Boots Keep Walkin' 2:00 Mystery Bus Ride (MC) 3:00 Movie Night and Popcorn (TR)	