

# October 2018 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays: 10/02 Sarah Weeks 10/02 Sylvia Richard 10/16 Dean Miller 10/25 Bettye Driskell  Birthday Party will be held on the 17th at 10:15 a.m. in the Atrium	(1) 9:45 Devotion 10:15 Homemade Cookie Day (Cooking Show) (Bridget Rochelle, Home Instead Senior Care) 2:00 Snack Time/Reading Club 3:00 Balloon Volleyball/Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation	(2) 10:00 Devotion Exercise Ball/Fill in the Halloween Story 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters LLC) 2:00 Snack Time/Paint By Number 3:00 The Gaither's Music (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns	(3) 9:45 Devotion 10:15 Bingo 2:00 Snack Time 3:00 Pumpkin's Picture Painting 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation	(4) Destination Station: 10:15 Devotion/ Exercise/ Gabby Loves Gordy(Reading)/ Cross Off The Word Cognitive Stimulation/ Lets Go Walking 2:00 Snack Time/ Patio Hour 3:00 Hands and Nails Care( Kathy Briner, Compassus Hospice and Pallative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns	(5) 10:00 Devotion 10:15 Resident of the Month Celebration 2:00 Snack Time 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation	(6) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns

(7) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Snack Time	(8) 9:45 Devotion 10:15 Balloon Volleyball/Music Therapy 2:00 Cooking with Cathi 3:00 Columbus Day Activities (On the Hall)	(9) 10:00 Devotion Exercise Ball/Dear Abby/The Monthly Gazette /Lets Go Walking 11:00 Hymns with Nancy and Friends(Vickie Hightower, Sitters	(10) 9:45 Devotion 10:00 Master's Gardener Program(Georganna Kennum, Kare In Home Hospice) 10:30 Exercise Program (DVD) 2:00 Snack Time	(11) 10:00 Devotion 10:15 Halloween Hangman/ A Day at the Fair (Reading)/ Fair's Word Search Puzzle 1:30 Pet Therapy with Lila and Piper 2:00 Snack Time/	(12) 10:00 Devotion/ 10:15 The Quilting Club (Lindsey Leggett & Daphne Knight, Kindred Hospice) 2:00 Snack Time 3:00 Relaxing Foot Care	(13) 10:00 Devotion/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Reminiscence
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2:00 Snack Time	the Hall)	Highower, Suters	2:00 Snack Time	2:00 Snack Time/	Care	Reminiscence
3:00 Unit Games	4:00 Lets Walk	LLC)	3:00 Parachute/	Patio Hour	4:00 Lets Walk	Activity
4:00 Aerobic Exercises	(Aerobic Exercise)	2:00 Snack Time/Hand	Kickball/ Ball Toss	3:00 Hands and Nails Care	(Aerobic Exercise)/ Trivia	4:00 Stretching Exercises
6:00 TV News	6:30 Music Therapy and Relaxation	Massage Therapy	4:00 Lets Walk(Aerobic Exercise)	4:00 Lower Limbs Extremities Exercises/ Music Therapy	6:30 Music Therapy and Relaxation	6:30 TV Westerns
	Columbus Day	3:00 Worship Service/Book of Genesis Chapter 3 Bible Discussion	6:30 Music Therapy and Relaxation	6:30 TV Westerns		
		4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia				
		6:30 TV Westerns				

(14)	(15)	(16)	(17)	(18)	(19)	(20)
10:00 TV Church	9:45 Devotion	10:15 Devotion/	9:45 Devotion	10:00 Devotion	9:45 Devotion	10:00 Devotion/
10:30 Family Worship Service (Atrium)	10:15 Pumpkin's Decoration Contest (Andrea Lorenz, Compassus Hospice and Pallative Care)	Exercise Ball /Cross Off The Word Cognitive Stimulation Activity/Fall's Art Therapy	10:00 October's Residents' Birthday Party	10:15 Chaminade's Musical Performance	10:00 Spiritual Movie and Popcorn	Unit Games
11:00 Lg. Group: Flexibility Exercises/ Current Events	2:00 Garden Party with Mrs. Sue Berry	11:00 Hymns with Nancy and Friends	2:00 Snack Time/Words that Rhymes with Fall	2:00 Snack Time/Fun Video	10:30 Men's Club Social	10:30 Belhaven Dance Ministry
2:00 Snack Time	3:00 Halloween Skeleton Craft/Music Therapy	2:00 Snack Time/Paint By Number	3:00 Bingo	3:00 Hands and Nails Care ( Kathy Briner, Compassus Hospice and Pallative Care)	2:00 Snack Time/TV Oldies Hour	11:00 Lets Walk
3:00 Unit Games	4:00 Lets Walk (Aerobic Exercise)	2:00 Snack Time/Paint By Number	4:00 Chair Exercises (DVD), Lets Walk	4:00 Lower Limbs Extremities Exercises/ Music Therapy	3:00 Relaxing Foot Care	1:00 Rest and Relaxation
4:00 Aerobic Exercises	6:30 Music Therapy and Relaxation	3:00 The Gaither's Music (DVD)	6:30 Music Therapy and Relaxation	6:30 TV Westerns	4:00 Lets Walk (Aerobic Exercise)/ Trivia	2:00 Popcorn Social
6:00 TV News		4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia			6:30 Music Therapy and Relaxation	3:00 Bingo
		6:30 TV Westerns				4:00 Stretching Exercises
						6:30 TV Westerns

**National Bosses Day**

(21)	(22)	(23)	(24)	(25)	(26)	(27)
10:00 TV Church	10:00 Devotion	10:00 Devotion/	9:45 Devotion	10:00 Devotion	9:45 Devotion	10:00 Devotion/
10:30 Family Worship Service (Atrium)	10:15 Jeopardy	Exercise Ball/ Item	10:15 Parachute/ Kickball/ Ball Toss	10:15 Fun Fitness with Terry	10:15 The Quilting Club (Lindsey Leggett & Daphne Knight, Kindred	Unit Games
11:00 Lg. Group:	2:00 Snack Time/A Festival of Gourds (Reading	Locator/Halloween Art Therapy	2:00 Snack Time	2:00 Snack Time/TV Westerns		11:00 Lets Walk
			3:00 Bible Jingo (On			1:00 Rest & Relaxation

<b>Flexibility Exercises/</b>	<b>Club)</b>	<b>11:00 Hymns with the Hall</b>	<b>3:00 Hands and Nails Hospice)</b>	<b>2:00 Popcorn</b>
<b>Current Events</b>	<b>3:00 Balloon Volleyball/Music</b>	<b>Nancy and Friends(Vickie Hightower, Sitters LLC)</b>	<b>4:00 Chair Exercises Care (DVD)/Lets Walk</b>	<b>2:00 Snack Time/National</b>
<b>2:00 Snack Time</b>	<b>Therapy</b>	<b>6:30 Music Therapy and Relaxation</b>	<b>4:00 Lower Limbs Extremities Exercises/ Music Therapy</b>	<b>3:00 Pretzel Day</b>
<b>3:00 Unit Games</b>	<b>4:00 Lets Walk (Aerobic Exercise)</b>	<b>2:00 Snack Time/Hand Massage Therapy</b>	<b>6:30 TV Westerns</b>	<b>3:00 Relaxing Foot Care</b>
<b>4:00 Aerobic Exercises</b>	<b>6:30 Music Therapy and Relaxation</b>	<b>3:00 Worship Service/Book of Genesis Chapter 3 Bible Discussion</b>		<b>4:00 Lets Walk (Aerobic Exercise)/ Trivia</b>
<b>6:00 TV News</b>		<b>4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia</b>		<b>6:30 Music Therapy and Relaxation</b>
		<b>6:30 TV Westerns</b>		<b>4:00 Stretching Exercises</b>
				<b>6:30 TV Westerns</b>

<b>(28)</b>	<b>(29)</b>	<b>(30)</b>	<b>(31)</b>
<b>10:00 TV Church</b>	<b>10:00 Devotion</b>	<b>10:00 Devotion/ Exercise Ball</b>	<b>9:45 Devotion</b>
<b>10:30 Family Worship Service (Atrium)</b>	<b>10:15 Cooking with Sharon</b>	<b>/BOO! Worksheet/ Ghost Cup Craft</b>	<b>10:15 Creative Art Christian Academy/ Halloween Carnival</b>
<b>11:00 Lg. Group: Flexibility Exercises/ Current Events</b>	<b>2:00 Snack Time</b>	<b>11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters LLC)</b>	<b>(Andrea Lorenz, Compassus Hospice</b>
<b>2:00 Snack Time</b>	<b>3:00 Candy Corn Craft</b>	<b>2:00 Snack Time/Paint by Number</b>	<b>2:00 Snack Time Medley with Terry</b>
<b>3:00 Unit Games</b>	<b>4:00 Lets Walk (Aerobic Exercise)</b>	<b>3:00 Halloween Cupcakes Decoration (Georganna Keenum, Kare In Home Hospice)</b>	<b>4:00 Chair Exercises (DVD)/Lets Walk</b>
<b>4:00 Aerobic Exercises</b>	<b>6:30 Music Therapy and Relaxation</b>	<b>4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia</b>	<b>6:30 Music Therapy and Relaxation</b>
<b>6:00 TV News</b>		<b>6:30 TV Westerns</b>	

\*\*\*\* Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.