

The Hughes Center Activities October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>(1) 10:15 Devotion/Exercise Homemade Cookies Day(Country Kitchen) 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 1:30 Bridge in the Quiet Room 2:15 Snack Time/ Hand Massage Therapy/ Music Therapy/BOO Worksheet 3:00 Worship Service/ Book of Genesis Chapter 28 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(2) 10:00 Devotion/Exercise 10:15 Bingo 2:15 Snack Time/ 24 Jigsaw Puzzles/TV Oldies Hour 3:00 Pumpkin's Picture Painting Art and Craft 4:00 Lets Walk (Aerobic Exercise) /Trivia 6:30 Music Therapy and Relaxation</p>	<p>(3) Destination Station 10:00 Devotion/ Exercise/ Fill in the Halloween Story/The Gift of Bonsai (Reading), Lets Go Walking 11:00 Pet Therapy with Bella 2:15 Snack Time/ Music Therapy/ Halloween Word Search Puzzle 3:00 Hands and Nails Care (Kathy Briner-Compassus Hospice and Pallative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy/ Dice Trivia 6:30 TV Westerns</p>	<p>(4) 10:00 Devotion/Exercise 10:15 Spiritual Movie and Popcorn 2:15 Snack Time/ TV Westerns/ Spelling Words Related to the Month of October/Cross of the Words 3:00 Relaxing Foot Care 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(5) 10:00 Devotion/ Exercise/ 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</p>

<p>(6) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(7) 10:00 Devotion/Exercise 10:15 Balloon Volleyball and Music Therapy 2:15 Snack Time/Homemade Halloween (Reading Club) 3:00 Skeleton Q-Tips Body 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(8) 10:15 Devotion/ Exercise Ball/ Dear Abby/ Monthly Gazette 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 2:15 Snack Time/ Paint By Number/ Music Therapy 3:00 90's Party 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(9) 10:00 Devotion/ Exercise 10:15 Cooking Show with Sharon/Art and Craft Show 2:15 Snack Time/ Patio Hour/Halloween's Art Therapy 3:00 Bingo 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(10) 10:00 Devotion/ Exercise 10:15 Pumpkin's Decoration Contest (Bridget Rochelle, Home Instead Senior Care) 2:15 Snack Time/ October's Easy Does It Trivia 3:00 Hand and Nail Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(11) 10:00 Devotion/Exercise 10:00 The Quilting Club (Lindsey Leggett, Kindred Hospice) 2:15 Snack Time/ Lets Make A Deal TV Game Show/ Day at the Fair Reading/ Fair's Word Search Puzzle 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(12) 10:00 Devotion/ Exercise/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(13) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(14) 10:00 Devotion 10:15 CC's Exercise Program (DVD) 2:00 Cooking with Mrs. Cathi 3:00 Columbus Day Activities (On the Hall) 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(15) 10:00 Devotion/Exercise Finish the Spooky Phrase/Item Locator 11:00 Hymns with Nancy and Friends 1:30 Bridge in the Quiet Room 2:15 Snack Time/Hand Massage Therapy/Music Therapy 3:00 Worship Service/Book of Genesis Chapter 29 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(16) 10:00 Devotion/Exercise 10:15 October's Residents Birthday Party 2:15 Snack Time/24 Pieces Jigsaw Puzzle 3:00 Patio Hour/ Popsicles/Resident's Activity Committee Meeting 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(17) 10:00 Devotion/Exercise 10:15 Fun Fitness with Terry 2:15 Snack Time/ Music Therapy/ Halloween Word Search Puzzle 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</p>	<p>(18) 10:00 Devotion/Exercise 10:00 David Womack's Musical Performance 2:15 Snack Time/ TV Oldies Hour 3:00 Relaxing Foot Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 Music Therapy and Relaxation</p>	<p>(19) 10:00 Devotion/ Exercise/ Unit Games 11:00 Lets Walk Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>

<p>(20) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 The Sound of Music (Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(21) 10:00 Devotion/Exercise 10:15 Chair Exercise (DVD) 2:00 Reading Club 3:00 Balloon Volleyball and Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(22) 10:15 Devotion/ Exercise Ball/ Halloween Art Therapy 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 2:15 Snack Time/ Paint By Number/ Music Therapy 3:00 The Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(23) 10:00 Devotion/ Exercise 10:15 Bingo 2:15 Snack Time/ Patio Hour 3:00 Parachute/ Kick Ball/ Ball Toss/ Sing Along 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation</p>	<p>(24) Destination Station 10:15 Devotion/Exercise/ Small Packages (Reading), A Rivalry Unearthed Drama Skit, Lets Go Walking 2:15 Snack Time/ Music Therapy/ Words that Rhymes with Fall 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(25) 10:00 National Pumpkin Day Activities 2:15 Snack Time/ Lets Make Deal TV Game Show/ Art Therapy 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(26) 10-11:30 Devotion / Exercise/ Cognitive- Trivia and Table Games 1:00 TV Sports/ Rest & Relaxation 2:00 Reminiscence Activity 3:00 Bible Jingo 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(27) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(28) 9:45 Devotion/ Exercise 10:00 Chaminade's Musical Performance 2:15 Snack Time/ TV Oldies 3:00 Patio Hour/Socialization 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(29) 10:15 Devotion/Exercise/Cross Off the Word 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 1:30 Bridge in the Quiet Room 2:15 Snack Time/ Hand Massage Therapy/ Music Therapy 3:00 Worship Service/ Book of Genesis Chapter 30 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(30) 9:45 Devotion/ Exercise 10:00 Halloween Craft 2:15 Snack Time/ 24 Pieces Jigsaw Puzzle 3:00 Bingo 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation</p>	<p>(31) 9:45 Devotion/Exercise 10:00 Creative Art Academy Christian Academy, Halloween Carnival 2:15 Snack Time/ Music Therapy and Relaxation 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns HAPPY HALLOWEEN</p>	<p>HAPPY BIRTHDAY TO ALL OF THE OCTOBER'S RESIDENTS</p> <p>Birthday will be held on the 16th of October in the Atrium at 10:15 a.m.</p>	<p>WE THANK ALL OF OUR PRICELESS VOLUNTEERS FOR THEIR DEDICATED SERVICE TO OUR RESIDENTS!!!</p>

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