

Bill & Jude's

Sunday 10/4	Monday 10/5 Rachael off	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9 Rachael off	Saturday 10/10
<u>11:15</u> Coffee and Newspaper	<u>10:30</u> Hair Styles	<u>11:15</u> Yoga on YouTube	<u>10:30</u> Sing-a-long with Susie-Q-YouTube	<u>11:15</u> Exercise with Laura K.	<u>11:15</u> Good Morning Stretch	<u>9:30</u> Coffee Cake & Pumpkin Coffee with Rachael
<u>2:30</u> Horoscope Fun	<u>2:30</u> Jig-saw Puzzles	<u>2:30</u> Classic TV Show	<u>2:30</u> Window Box Craft with Laura K & Rachael	<u>2:30</u> Hymn-Sing- along with Stormmy (YouTube)	<u>2:30</u> The Tallest Trees on Earth - 4K Nature Documentary Film	<u>2:30</u> Finish the Lyrics (Blue Activity Book)
<u>4:15</u>	<u>4:15</u> Monday Manicures	<u>3:45</u> Story Telling with Rachael	<u>4:15</u> Fall Trivia with Katie	<u>4:15</u> Afternoon Movie	<u>3:30</u> Happy Hour	<u>4:15</u>
<u>7:00</u> 4K Autumn in New England- YouTube	<u>7:00</u> Dancing with the Stars	<u>7:00</u> America's Funniest Home Videos	<u>7:00</u> Telling Jokes	<u>7:00</u> Evening Stretch	<u>7:00</u> Movie Night	<u>7:00</u> Lawrence Welk Channel 8

Activities are provided by Shahbazim within the residence. Please check with Shahbaz for any changes.

Activities contact: Rachael Black- rachael.black@rph.org Well Being Engagement Guide

Laura Koon- laura.koon@rph.org

October - 2020



Helene's

Sunday 10/4	Monday 10/5 Rachael off	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9 Rachael off	Saturday 10/10
<u>11:15</u> Coffee & Current Events	<u>10:30</u> Exercise with Laura K.	<u>10:30</u> Exercise with Rachael	<u>11:15</u> Sing-a-long with Rachael	<u>11:15</u> Tell us about a time...with Jasmine	<u>10:30</u> Good Morning Stretch	<u>11:15</u> Yoga on YouTube
<u>2:30</u> Fun with Horoscopes	<u>1:45</u> Bowling with LaTonya	<u>2:30</u> Classic TV Show	<u>1:45</u> Fall Trivia with Tonya	<u>1:45</u> Pool & Air hockey with Laura K.	<u>2:00</u> The Tallest Trees on Earth - 4K Nature Documentary Film	<u>2:30</u> Painting Craft with Laura K.
<u>4:15</u> Afternoon Stretch	<u>4:15</u> Monday Manicures	<u>4:15</u> Jig-saw puzzles	<u>4:15</u> Fall Coloring with LeKeisha	<u>4:15</u> Afternoon Movie	<u>3:30</u> Happy Hour	<u>5:45</u> Supper Time Trivia with Rachael
<u>7:00</u> 4K Autumn in New England- YouTube	<u>7:00</u> Dancing with the Stars	<u>7:00</u> America's Funniest Home Videos	<u>6:45</u> Evening Stories with Rachael	<u>7:00</u> Finish the Lyrics (Blue Activity Book)	<u>7:00</u> Movie Night	<u>7:00</u> Lawrence Welk Channel 8

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Laura Koon- laura.koon@rph.org

October- 2020



Leo's House

Sunday 10/4	Monday 10/5 Rachael Off	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9 Rachael Off	Saturday 10/10
<u>11:15</u> Hymn Sing on YouTube	<u>11:30</u> Coffee and Current Events	<u>11:15</u> Yoga on YouTube	<u>11:15</u> Hair Styles	<u>11:15</u> Exercise with Rachael	<u>11:15</u> Good Morning Stretch	<u>11:15</u> Coffee Cake & Pumpkin Coffee with Rachael
<u>2:30</u> Afternoon Trivia	<u>1:45</u> Jig-saw Puzzles	<u>2:30</u> Autumn Reminisce with Rachael	<u>1:45</u> Finish the Lyrics (Blue Activity Book)	<u>2:15</u> Afternoon Movie	<u>2:00</u> The Tallest Trees on Earth - 4K Nature Documentary Film	<u>2:30</u> Fun with Horoscopes
<u>4:15</u> Afternoon Stretch	<u>4:15</u> Monday Manicures	<u>4:15</u> Tell us about a time...	<u>4:15</u> Fall Coloring with Rachael	<u>4:15</u> Bingo with Rachael & Laura K.	3:30 Happy Hour	<u>4:15</u> Dear Abby... (Large Activity Book)
<u>7:00</u> 4K Autumn in New England- YouTube	<u>7:00</u> Dancing with the Stars	<u>7:00</u> America's Funniest Home Videos	<u>7:00</u> Evening Stretch	<u>7:00</u> Telling Jokes	<u>7:00</u> Movie Night	<u>7:00</u> Lawrence Welk Channel 8

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October - 2020



Nancy's House

Sunday 10/4	Monday 10/5 Rachael off	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9 Rachael off	Saturday 10/10
<u>11:15</u> Hymn Sing	<u>11:30</u> Yoga on YouTube	<u>11:15</u> Necklaces with Rachael	<u>11:15</u> Fun with Laura K.	<u>11:15</u> Good Morning Stretch	<u>11:15</u> Hair Styles	<u>11:15</u> Horoscope Fun
<u>2:30</u> Afternoon Trivia	<u>2:30</u> Jig-saw Puzzles	<u>2:30</u> Afternoon Movie	<u>2:45</u> Fall Trivia with Lovely	<u>2:30</u> Sing-a-long with Rachael	<u>2:00</u> The Tallest Trees on Earth - 4K Nature Documentary Film	<u>2:30</u> Afternoon Stretch
<u>4:15</u> Afternoon Stretch	<u>4:15</u> Monday Manicures	<u>4:15</u> Tell us about a time...	<u>4:15</u> Fall Coloring with Laura K.	<u>4:15</u> Afternoon Movie	<u>3:30</u> Happy Hour	<u>3:30</u> Coffee Cake & Pumpkin Coffee with Rachael
<u>7:00</u> 4K Autumn in New England- YouTube	<u>7:00</u> Dancing with the Stars	<u>7:00</u> America's Funniest Home Videos	<u>7:00</u> Finish the Lyrics (Blue Activity Book)	<u>7:00</u> Telling Jokes	<u>7:00</u> Movie Night	<u>7:00</u> Lawrence Welk Channel 8

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