

Community
Friendship
Fun for Every Season!

Oktoberfest
Fall Harvest
Pumpkin Day
and More!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 27 CLOSED 	Sep 28	Sep 29	Sep 30	Oct 1 8:00 Breakfast, Coffee & Social 9:00 Welcome October! Daily Chronicles 10:00 Exercise with Paul 11:00 Armchair Travel to GERMANY ★ 1:00 Bingo \$\$\$ 2:00 Football Challenge 3:00 Snack / Riddio Me This! 4:00 Relaxation / Music Therapy	Oct 2 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Friday! 11:00 Painting with a Twist: Autumn Sunset 1:00 Musical Bingo \$\$\$ 2:00 Karaoke Time 3:00 Snack / Happy Hour 4:00 Friday Sing-Along Social	Oct 3 CLOSED
Oct 4 CLOSED 	Oct 5 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Monday Stretching 11:00 Arts & Crafts (Seasonal): Fall Leaf Wreath ★ 1:00 Bingo \$\$\$ 2:00 Cornhole Challenge 3:00 Snack / Family Feud 4:00 Relaxation / Music Therapy	Oct 6 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Canvas Art: Harvest Pumpkin Patch ★ 1:00 Pokemo \$\$\$ 2:00 Balloon Volleyball 3:00 Snack / Memory Matching 4:00 Relaxation / Music Therapy	Oct 7 BEAR-ABLE DAY 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / Bear-able Day Welcome! 10:00 Noodle Exercise 11:00 Bear-able Day: Stuffed Animal Show & Share 1:00 Bingo \$\$\$ 2:00 Target Golf Olympics 3:00 Ice Cream Social 4:00 Relaxation / Music Therapy	Oct 8 OKTOBERFEST CELEBRATION LIVE MUSIC with VALERY 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / Oktoberfest Welcome! 10:00 Drum Circle Exercise 11:00 TLC Oktoberfest Celebration: Pretzels & German Musical Chairs ★ 1:00 Oktoberfest Bingo \$\$\$ 2:00 LIVE MUSIC with VALERY 🎵 3:00 Snack / German Trivia ★ 4:00 Relaxation / Music Therapy	Oct 9 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Friday! 11:00 Scavenger Hunt: Falling for October 1:00 Bingo \$\$\$ 2:00 Karaoke Time 3:00 Snack / Happy Hour 4:00 Guess That Song Challenge	Oct 10 CLOSED
Oct 11 CLOSED 	Oct 12 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Monday Stretching 11:00 Ladder Toss Tournament 1:00 Musical Bingo \$\$\$ 2:00 Ladder Toss 3:00 Snack / Story Time 4:00 Relaxation / Music Therapy	Oct 13 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Watercolor Bookmark Making 1:00 Bingo \$\$\$ 2:00 Bowling Competition 3:00 Snack / True or False Circle 4:00 Relaxation / Music Therapy	Oct 14 LIVE MUSIC with NOLAN 🎵 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Bands Stretching Exercise 11:00 Show 'n Tell: Favorite Fall Memory 1:00 Fall Bingo \$\$\$ 2:00 LIVE MUSIC with NOLAN 🎵 3:00 Ice Cream Social 4:00 Relaxation / Music Therapy	Oct 15 TLC FALL HARVEST FESTIVAL 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / Fall Harvest Festival Welcome! 10:00 Exercise with Paul 11:00 TLC Fall Harvest Festival: Apple Cider Tasting & Hayride-Style Games ★ 1:00 Harvest Bingo \$\$\$ 2:00 Bocce Ball Tournament 3:00 Snack / Harvest Trivia 4:00 Relaxation / Music Therapy	Oct 16 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Friday! 11:00 Riddle Me This: Spooky Riddles 1:00 Bingo \$\$\$ 2:00 Karaoke Time 3:00 Snack / Happy Hour 4:00 TLC Karaoke Hour	Oct 17 CLOSED
Oct 18 CLOSED 	Oct 19 PUMPKIN CARVING 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / Pumpkin Carving Welcome! 10:00 Monday Stretching 11:00 Pumpkin Carving ★ 1:00 Pokemo \$\$\$ 2:00 Ghost Bag Toss 3:00 Snack / Guess the Song 4:00 Relaxation / Music Therapy	Oct 20 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Geography Challenge: 50 States 1:00 Bingo \$\$\$ 2:00 Hula Hoop Games 3:00 Snack / Name That Tune! 4:00 Relaxation / Music Therapy	Oct 21 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Scarf Stretching Exercise 11:00 Pumpkin Craft: Fall Centerpiece 1:00 Musical Bingo \$\$\$ 2:00 Parachute Fun 3:00 Snack / TLC Spa Afternoon 4:00 Relaxation / Music Therapy	Oct 22 CRAZY HAIR DAY 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / Crazy Hair Day! 10:00 Drum Circle Exercise 11:00 Crazy Hair Tlay: Wacky Wig Parade & Photos ★ 1:00 Bingo \$\$\$ 2:00 FLARTS Challenge 3:00 Snack / Wacky Trivia ★ 4:00 Relaxation / Music Therapy	Oct 23 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Zumba Friday! 11:00 Game Show Fun: Price is Right Style 1:00 Double Bingo \$\$\$ 2:00 Karaoke Time 3:00 Snack / Happy Hour 4:00 Autumn Sing-Along Circle	Oct 24 CLOSED
Oct 25 CLOSED 	Oct 26 NATIONAL PUMPKIN DAY 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / National Pumpkin Day! 10:00 Monday Stretching 11:00 National Pumpkin Day: Pumpkin Trivia & Tasting ★ 1:00 Bingo \$\$\$ 2:00 Shuffleboard Challenge 3:00 Snack / Fall Riddles 4:00 Relaxation / Music Therapy	Oct 27 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Tuesday Yoga 11:00 Scrabble: Spooky Word Edition 1:00 Pokemo \$\$\$ 2:00 Skill Ball Competition 3:00 Snack / Story Time 4:00 Relaxation / Music Therapy	Oct 28 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Yarn Stick Art 1:00 Bingo \$\$\$ 2:00 Balloon Bash 3:00 Ice Cream Social 4:00 Relaxation / Music Therapy	Oct 29 NATIONAL CAT DAY 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / National Cat Day! 10:00 Exercise with Paul 11:00 National Cat Day: Photos, Trivia & Furry Friend Visit ★ 1:00 Musical Bingo \$\$\$ 2:00 Soccer Tournament 3:00 Snack / Cat Trivia 4:00 Relaxation / Music Therapy	Oct 30 TLC HALLOWEEN PARTY LIVE MUSIC with CARMELO 🎵 8:00 Breakfast, Coffee & Social 9:00 Daily Chronicles / TLC Halloween Party Welcome! 10:00 Zumba Friday! 11:00 TLC Halloween Party: Costume Parade & Spooky Games 1:00 Halloween Bingo \$\$\$ 2:00 LIVE MUSIC with CARMELO 🎵 3:00 Snack / Happy Hour 4:00 Halloween Sing-Along Send-Off	Oct 31 CLOSED

Special Events

Wed, Oct 7 — Bear-able Day
 Thu, Oct 8 — Oktoberfest Celebration / Live Music with Valery
 Wed, Oct 14 — Live Music with Nolan
 Thu, Oct 15 — TLC Fall Harvest Festival
 Mon, Oct 19 — Pumpkin Carving ★ NEW

Thu, Oct 22 — Crazy Hair Day ★ NEW
 Mon, Oct 26 — National Pumpkin Day ★ NEW
 Thu, Oct 29 — National Cat Day ★ NEW
 Fri, Oct 30 — TLC Halloween Party / Live Music with Carmelo

Birthdays

Sun, Oct 4 — Beth C.
 Mon, Oct 12 — Juanita N.
 Sun, Oct 18 — Rafael R.
 Tue, Oct 20 — Eneida L.
 Sun, Oct 25 — Cynthia S.

Birthdays are celebrated on or near each member's actual date; families or staff often provide a cake that day.

Calendar Key

★ NEW = New activity not previously on TLC calendars
 🎵 = Live music performance

*Activities are subject to change based on daily participation.

♥ Fall Brings Out the Best in Us!