

Upper Levels of Care – Activity Calendar – October 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1		2		3		4		5	
				8am Breakfast Smoothies-Canteen 9am News & Views-SC2 1pm RT Prize Day Bingo		10am YMCA Fitness Class-SC2 11am Qi Gong-Th 1pm Bingo-CC 1pm News & Views-SC3		10am TRIP: Glen Echo Park & Picnic 11am Technology Interaction		9am Finger Fitness-CC 10am Halloween Decorating-CC 1pm Tim's Creations Exhibit-CC		1:30pm Billiards -Sh4 1pm Bingo-CC 4pm Bar Night (Wings)-DI 6pm Movie-Th	
6		7		8		9		10		11		12	
9am Catholic Mass-RC 10am Protestant Service-Th 6pm Movie-Th		10am Roving Book-Mobile-SC3 11am Qi Gong-Th 11:30am Buttery Popcorn-CCL 1:30pm- Movie-Th 2:30pm Outdoor Gardening-SC2		1:30pm Documentary-Th 3pm Terrace Gardening-SC3 6pm RT Boo Night & Poker Run-CC		10am YMCA Fitness Class-SC2 11am Qi Gong-Th 1pm Bingo-CC 1pm Arts & Crafts-SC2		10am TRIP: Rathskeller Restaurant 10:45am PAL's Visits 11am Technology Interaction		9am Fun & Fitness-SC3 1pm Football Throw & Catch- Game Area		1pm Bingo-CC 1:30pm Can You List-AL 4pm Bar Night (Ribs)-DI 6pm Movie-Th	
U.S. Navy Birthday 13		Indigenous Peoples' Day 14		15		Employee Breakfast 16		17		18		19	
9am Catholic Mass-MR 10am Protestant Service-Th 6pm Movie-Th		*Federal Holiday * 11am Qi Gong-Th 1:30pm- Movie-Th		9am Board Game Challenge-SC2 11am Birthday Celebration 2:30pm Outdoor Gardening-SC3		10am YMCA Fitness Class-SC2 1030am Trivia Time-SC2 11am Qi Gong-Th 1pm Bingo-CC 2pm Terrace Gardening		9:30pm Golf Cart Scenic Rides 1pm Michelle's Korean Cooking-CC		11:30am Lunchtime Crew 1pm Jenga Challenge-SC3		2pm Ice Cream Treats 4pm Bar Night (Pizza)-DI 6pm Movie-Th	
20		21		22		23		24		25		26	
9am Catholic Mass-RC 10am Protestant Service-Th 6pm Movie-Th		9am News & Views-SC3 11:30am Popcorn-CCL 1:30pm- Movie-Th		9am Spelling "B"-SC2 9:30am Halt & Relax-SC3 1pm RT Bingo-CC		10am Video Head Games-SC3 11am Qi Gong-Th 1pm Bingo-CC 10am Corn Hole Challenge-SC2 Terrace		9am Town Hall-CC 10am TRIP: Super-Walmart 6pm Movie-Th		9am Famous Faces & Places-SC2 1pm Golf Cart Scenic Rides		1pm Bingo-CC 4pm Bar Night (Wings)-DI 6pm Movie-Th	
27		28		29		30		Halloween 31					
9am Catholic Mass-RC 10am Protestant Service-Th 6pm Movie-Th		11am Qi Gong-Th 1:30pm- Movie-Th End of Season Garden Clean-up-TBA		9am News & Views-SC2 11:30am Lunchtime Crew		10am YMCA Fitness-SC2 2pm Walk & Wheels		11am Halloween Trick or Treat Pin Up for Vets – Dining Hall/Healthcare Houses					