



Health Care Center

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Flagstaff Tabernacle, ALP	2 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:00 Creative Cooking, 2DR 3:00 Bingo & Snacks, 2DR	3 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Jamming W/Joe, ALP	4 10:00 Music Therapy with Meghan, 3DR 11:00 Hot Coffee & Tea 11:15 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:30 Big Screen Movie, ALP Special Event 3:00 Colorful Nails, 1DR	5 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 1:15 Bowling, OC Outings 3:00 Indian Bible Church, 2DR 3:30 Music On The Move W/B, H 123	6 9:30 FIT to Be Strong®, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	7 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR	
8 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR	9 COLUMBUS DAY 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 11:00 Aromatherapy Hand Massage, 3DR 3:00 Bingo & Snacks, 2DR	10 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Octoberfest, ALP Special Event	11 10:00 Music Therapy with Meghan, 3DR 11:00 Hot Coffee & Tea, 3DR 11:00 Hot Coffee & Tea 11:15 News & Views, 3DR 1:30 Game Of Choice Day, 1DR 2:00 Navajo Bible Study, 2DR 3:00 Catholic Mass, MR 3:00 Ice Cream Social, 2DR	12 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 3:00 Indian Bible Church, 2DR 3:30 Music On The Move W/B, H 123	13 9:30 FIT to Be Strong®, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	14 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR	
15 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Salvation Army Church, ALP	16 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:00 Artistic Expressions, 2DR 3:00 Bingo & Snacks, 2DR	17 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Jamming W/Joe, ALP	18 10:00 Music Therapy with Meghan, 3DR 11:00 Hot Coffee & Tea 11:15 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:30 Monster Bash B Day Party, ALP Special Event 3:00 Colorful Nails, 1DR	19 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 1:15 Snow Bowl, OC Outings 3:00 Indian Bible Church, 2DR 3:30 Music On The Move W/B, H 123	20 9:30 FIT to Be Strong®, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	21 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR	
22 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR	23 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 11:00 Aromatherapy Hand Massage, 3DR 2:00 Healthy Happy Hour, 2DR 3:00 Bingo & Snacks, 2DR	24 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Jamming W/Joe, ALP	25 10:00 Music Therapy with Meghan, 3DR 11:00 Hot Coffee & Tea, 3DR 11:00 Hot Coffee & Tea 11:15 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:00 Valiant Veterans®, B Special Event 3:00 Ice Cream Social, 2DR	26 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 10:30 Threshold Choir, H 123 2:00 Resident Council Meeting, 2DR Special Event 3:00 Indian Bible Church, 2DR 3:30 Music On The Move W/B, H 123	27 9:30 FIT to Be Strong®, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	28 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:00 Hot Coffee & Tea, 3DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR	
29 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 Hot Coffee & Tea, 3DR 11:30 News & Views, 3DR 1:00 Episcopal Church, MR	30 9:30 Restorative Exercise, ALP 10:15 News & Views, 3DR 1:30 Hangman, 2DR 3:00 Bingo & Snacks, 2DR	31 HALLOWEEN 9:30 FIT to Stretch®, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 3:00 Jamming W/Joe, ALP	Locations Alpine Room, ALP Bistro, B Computer Room, CR Exercise Room, ER First Hall Dining Room, 1DR Halls One, Two and Three, H 123 Lobby, L Malapais Room, MR Off-Campus, OC Outside, OS Second Hall Dining Room, 2DR Third Hall Dining Room, 3DR			Birthdays Pearl K., 16th	Calendar events are subject to change. The survey results are readily accessible to you and are located in the brown binder near the entrance to The Peaks Health Care Center.