

October 2018  
HEALTH CENTER

| Sunday                                                                                                                                    | Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                  | Friday                                                                                                                                                | Saturday                                                                                                                                                                                           |                                                                                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                          | <b>1</b><br>9:30 AM O.A.R.<br>10:00 AM TRIVIA WITH ADMIRA<br>2:00 PM READING & DISCUSSION<br>2:30 PM NAILS WITH HAZEL<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV                                   | <b>2</b><br>9:30 AM O.A.R.<br>10:30 AM CURRENT EVENTS<br>2:00 PM TRAVEL VIDEO<br>2:00 PM TRAVEL WITH GERRI ML<br>3:00 PM O.A.R.<br>3:15 PM CATHOLIC ROSARY SERVICE<br>4:00 PM MUSIC<br>6:30 PM ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV                            | <b>3</b><br>9:30 AM O.A.R.<br>10:30 AM SOCIAL<br>2:00 PM BINGO<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV<br>7:00 PM NATURE ON IPTV                                              | <b>4</b><br>10:00 AM PIANO MUSIC AND DEVOTIONS ML<br>11:30 AM LUNCH CLUB ML<br>1:30 PM NAILS WITH HAZEL and JAMIE<br>2:00 PM SPELLING BEE ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                         | <b>5</b><br>10:00 AM BAKING<br>2:00 PM LET'S REMEMBER HC<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                            | <b>6</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM GAMES HC<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>5:30 PM MUSIC, 6PM GOSPEL MUSIC, 7PM L. WELK ALL ON CHANNEL 11                              |                                                                                                                                                                                         |
|                                                                                                                                           | <b>7</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM OPEN COMMUNION SERVICE GRACE LUTHERAN CHURCH<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:00 PM MOVIE                                                                                            | <b>8</b><br>9:30 AM O.A.R.<br>10:00 AM TRIVIA WITH ADMIRA<br>2:00 PM READING & DISCUSSION<br>2:30 PM NAILS WITH HAZEL<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV                                                    | <b>9</b><br>9:30 AM O.A.R.<br>10:00 AM SOCIAL DRUMMING RR<br>2:00 PM TRAVEL VIDEO<br>3:00 PM O.A.R.<br>3:15 PM CATHOLIC SERVICE CHAPEL<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV               | <b>10</b><br>9:00 AM - 11:00 AM EYE GLASSES ADJUSTMENT 2ND FLOOR<br>9:30 AM O.A.R.<br>10:30 AM SOCIAL<br>2:00 PM BINGO<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV<br>7:00 PM NATURE ON IPTV | <b>11</b><br>10:00 AM PIANO MUSIC AND DEVOTIONS ML<br>2:00 PM BIRTHDAY RECEPTION<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV | <b>12</b><br>10:00 AM COFFEE<br>2:00 PM ACTIVE GAMES<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                                                                             | <b>13</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM DESSERTS BY THE DECADE ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>5:30 PM MUSIC, 6PM GOSPEL MUSIC, 7PM L. WELK ALL ON CHANNEL 11 |
| <b>14</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM CINDY & FRIENDS PET VISIT ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:00 PM MOVIE | <b>15</b><br>9:30 AM O.A.R.<br>10:00 AM TRIVIA WITH ADMIRA<br>1:30 PM PET VISIT WITH AVA HC<br>2:00 PM READING & DISCUSSION<br>2:30 PM NAILS WITH HAZEL<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV | <b>16</b><br>9:30 AM O.A.R.<br>10:30 AM MEET AND GREET ML<br>2:00 PM MUSIC BY MIKE LOZANO ML<br>3:00 PM O.A.R.<br>3:15 PM CATHOLIC SERVICE CHAPEL<br>3:15 PM IMMANUEL METHODIST 2ND FL LOUNGE<br>4:00 PM MUSIC<br>6:30 PM ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV | <b>17</b><br>9:00 AM - 10:30 AM CARD SHOP 2ND FL #282<br>9:30 AM O.A.R.<br>10:30 AM SOCIAL<br>2:00 PM BINGO<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV<br>7:00 PM NATURE ON IPTV | <b>18</b><br>10:00 AM PIANO MUSIC AND DEVOTIONS ML<br>11:30 AM LUNCH CLUB ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV                                                                  | <b>19</b><br>10:00 AM BAKING<br>2:00 PM LETS REMEMBER HC<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                            | <b>20</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM TAKE A SENTIMENTAL JOURNEY W/ DEB ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>5:30 PM MUSIC, 6PM GOSPEL MUSIC, 7PM L. WELK ALL ON CHANNEL 11 |                                                                                                                                                                                         |
| <b>21</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM MERRYMAKER BILL CONNET ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:00 PM MOVIE    | <b>22</b><br>9:30 AM O.A.R.<br>10:30 AM RESIDENT COUNCIL<br>2:00 PM READING & DISCUSSION<br>2:30 PM NAILS WITH HAZEL<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV                                    | <b>23</b><br>9:30 AM O.A.R.<br>10:30 AM CURRENT EVENTS<br>2:00 PM AUXILIARY HALLOWEEN ML<br>3:00 PM O.A.R.<br>3:15 PM CATHOLIC SERVICE CHAPEL<br>4:00 PM MUSIC<br>6:30 PM ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV                                                 | <b>24</b><br>9:30 AM O.A.R.<br>10:30 AM SOCIAL<br>2:00 PM BINGO<br>3:00 PM OAR<br>3:30 PM staff meeting<br>4:00 PM MUSIC<br>6:30 PM HC ACTIVITY<br>6:30 PM WHEEL OF FORTUNE ON TV<br>7:00 PM NATURE ON IPTV                    | <b>25</b><br>10:00 AM PIANO MUSIC AND DEVOTIONS ML<br>1:30 PM NAILS WITH HAZEL and JAMIE<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                                                                             | <b>26</b><br>10:00 AM COFFEE<br>2:00 PM ACTIVE GAMES<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                                | <b>27</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM GAMES ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>5:30 PM MUSIC, 6PM GOSPEL MUSIC, 7PM L. WELK ALL ON CHANNEL 11                             |                                                                                                                                                                                         |
| <b>28</b><br>9:30 AM O.A.R.<br>11:00 AM MUSIC<br>2:00 PM OLD WIFE'S TALES ML<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:00 PM MOVIE          | <b>29</b><br>9:30 AM O.A.R.<br>10:00 AM TRIVIA WITH ADMIRA<br>2:00 PM SING WITH MR ZINGG ML<br>2:30 PM NAILS WITH HAZEL<br>3:00 PM O.A.R.<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                                                        | <b>30</b><br>9:30 AM O.A.R.<br>10:30 AM CURRENT EVENTS<br>2:00 PM URBANDALE SENIOR SINGERS ML<br>3:00 PM O.A.R.<br>3:15 PM CATHOLIC SERVICE CHAPEL<br>4:00 PM MUSIC<br>6:30 PM WHEEL OF FORTUNE ON TV                                                                | <b>31</b><br>10:00 AM WESTMINSTER PRESCHOOL REC ROOM<br>2:00 PM BINGO<br>3:00 PM OAR<br>4:00 PM MUSIC<br>6:30 PM WESTMINSTER AND CALV IN STAFF TRICK-OR-TREAT ML                                                               | <b>October 2018<br/>HEALTH CENTER</b><br>                                                                                                            |                                                                                                                                                       |                                                                                                                                                                                                    |                                                                                                                                                                                         |