

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2020

				<p>9a Morning Social/ Current Events 1 9:30a Strength and Balance 10a Pokeno/ Walking Club! 11a Fall Time BBQ on the Patio. Ribs, Chicken wings, Pasta salad. 1p Cornhole/ Table top Ping Pong 1p Salon by Appointment! 2p Hearing Things Game/Trivia 3p Coffee and Donuts/ Help Decorate Our Activities Room 3:30 Bringing Smiles to Your Rooms!</p>	<p>9a Morning Social/ Current Events 2 9:30 Early birds Stretch Class! 10a BINGO 11a Journaling! "Topic" Write a fan letter to your favorite actor/actress. 11:30 Spreading Cheer! 1p Adult Coloring/ Nails 1:30 Library Ebooks 101 with Albany Guardian Society 3p Build it up with Jenga/room visits 6p Poker Night with Greg!</p>	<p>10a Morning Social 3 Come down to activities, and enjoy a nice cup of coffee and conversation! 11a BINGO 1p Uno Card Game 3p Mindful Coloring 6p Movie night in Theater 7p Late night Pokeno!</p>
<p><b>National Food Service Workers Week!</b> 4 10a Morning Social 11a Come join Courtney outside of Activities on the patio for a Yoga Session! 1p Prayer Services held by Pastor Bill on the Patio from First Baptist Church! 7p Philadelphia Eagles vs San Fran 49ers on lounges! Come Watch</p>	<p>9a Morning Social/ Current Events 5 10a BINGO 11a Walking Club. Be sure to wear a jacket outside. Its getting Colder! 11:30 Icebreakers 1p Come with us in the theater and Armchair Travel to Salem with us! 2p Cooking Corner! Seafood 3p Come learn how to use technology! Computer class weekly 7p Late night Trivia</p>	<p>9a Morning Social/ Current Events! 6 9:30aStrength and Balance! 10a Pokeno/ Library book exchange! 11a Trivia/ Book of Questions! 1p Come join Chris outside on the patio for a Yoga Session/ Black Jack Card Game! 2p Wii Fit Game on 2nd floor/In a pickle game! 3p Come down for Manicures! 7p Bingo with resident council Pres.</p>	<p>9a Morning Social/ Current Events! 7 9:30 Range of Motion in hands! 10a BINGO/ Journaling! "Topic" What's the worst thing you've done?" 11a Gizmos and Gadgets with Albany Guardian Society! 11:30 Shuffleboard/ Checkers 1p Crocheting with Pat/ Coffee Hour 2p Monopoly Board Game/Bowling! 3p Watercolor Painting/ UNO! 7p Late night Pokeno!</p>	<p>9a Morning Social/ Current Events! 8 9:30 Strengthening with Dumbbells! 10a Pokeno/ Taboo Game! 11a The Buzz word/ Hearing Things! 11:30a Monster mash Stretch! 1p Lets Carve some Pumpkins! 1p Salon open by Appointment! 2p Baking Pumpkin Seeds! YUM 3p Movie in Theater/ Backgammon 7p Football Discussions/ BINGO!</p>	<p><b>Breast Cancer Awareness Month!</b> 9 9a Morning Social/ Current Events! 9:30a Range of Motion in feet! 10a BINGO/ Walking Club. Be sure to wear your jackets. Its getting Cold! 11a Cribbage/ Play for a cause! 1p Lets wear Pink to Support this event! Pink Shirts, hair, and a walk! 2p War Card Game/ Jeopardy! 3p Build it up with Jenga/room visits 6p poker night with Greg!</p>	<p>10a Morning Social 10 11a Trivia games! 1p Movie in Theater! 2p UNO Card Game! 3p Mindful Coloring! 7p Late night POKENO!</p>
<p><b>National Case manager Week!</b> 11 10 Morning Social 11a Football Toss ups! 1p Come Join Courtney outside of Activities on the patio for a Yoga Session. 3p Closest Point Bets! 7p Minnesota Vikings vs Seattle Seahawks. Come Watch on your lounge!</p>	<p><b>Alzheimer's Week/ Columbus Day!</b> 12 9a Morning Social/ Current Events! 9:30a Leg Band Exercises! 10a BINGO/ Walking Club. Be sure to wear you jackets. Its getting cold! 11a Hearing Things/ Trivia Game! 11:30a Purple Manicures! 1p Salon open by Appointment! 2p Columbus Day Party! 3p Computer Classes! Come learn how to use technology!</p>	<p>9a Morning Social/ Current Events! 13 9:30a Early Birds Stretch Class! 10a Pokeno/ Library Book Exchange! 11a Taboo Game/ Cornhole! 1p Come join Chris outside on the patio for a Yoga Session/ Dancing for a Cure! 2p Wii Mario Carts on 2nd/ door greetings! 3p Stand up funnies 7p Late night Questions!</p>	<p>9a Morning Social/ Current Events! 14 9:30 Upper Body Strengthening! 10a BINGO/ Musical Toss! 11a Journaling! "Topic" Write a letter to someone who believed in you even when you didn't in yourself" 1p Crocheting with Pat/Buzz word 2p Purple Shirts and a Alzheimers walk to remember! 3p Manicure Madness/ War 7p Adult Coloring for thought!</p>	<p><b>Global Hand Washing Day!</b> 15 9a Morning Social/ Current Events! 9:30 Strength and Balance 10a Pokeno/ Purple Platter! 11a Icebreakers/ Hoola Hoop Exercises 11:30 Taboo Game 1p Resident Council 1:30 Aging well. Albany Guardians 3p Prayer in Theater/ Jeopardy! 7p Late night Bingo!</p>	<p>9a Morning Social/ Current Events! 16 9:30 Leg Stretch exercises! 10a BINGO/ Walking Club. Be sure to wear you jackets. Its getting Cold! 11a Cooking Corner. Pumpkin Pie Dip/ Table top Bowling! 1p Farm Scene Pumpkin Painting/ Hearing Things Game! 2p Coffee Hour/ Book of Questions! 3p Black Jack/ Room Visits! 6p Poker night with Greg!</p>	<p>10a Morning Social 17 11a Pokeno 1p Movie in Theater 2p Mindful Coloring 3p How about a game of Chess? 7p Late night Trivia, and open discussions!</p>
<p>10a Morning Social 18 11a Coffee Hour 1p Come Join Cortney outside of Activities on the patio for a Yoga Session. 3p Closest Point Bets! 7p Los Angeles Rams vs San Francisco 49ers. Come watch on your lounge!</p>	<p>9a Morning Social/ Current Events! 19 9:30 Leg Band exercises! 10aBINGO/ Walking Club. Be sure to wear you jackets. Its getting cold! 11a Pumpkin Candle Holders/ Black Jack 1p Sipping Tea and Painting Leaves/Salon open by Appointment! 3p Computer Classes! Come learn how to use technology! 7p Late night Shuffleboard</p>	<p>9a Morning Social/ Current Events! 20 9:30 Range of Motion in hands! 10a Taboo Game/ Book Exchange 11a Journaling"Topic" Famous lines from books or movies/ Yahtzee! 11:30 Hot Cocoa for you! 1p Come join Chris outside on the patio for a Yoga Session/ Trivia 2p Wii Just Dance Game on 2nd/ door greetings! 3p Pedicures in salon/ Jeopardy</p>	<p>9a Morning Social/ Current Events! 21 9:30 Early Bird Stretches 10a BINGO/ Walking Club. Be sure to wear your jackets. Its cold outside! 11a Lets Create a fall themed Leaf Bookmark/ Cornhole! 1p Crocheting with Pat/ Table Top Ping Pong! 2p Backgammon/ Chess 3p Hand Massages/ Music 7p Pokeno Play Off</p>	<p>9a Morning Social/ Current Events! 22 9:30a Strengthening with Dumbbells! 10a Lets Make some homemade Pizza Pies! Come Join us 11a Pizza Tastings/ Soda Pop 11:30 Build it up w/ Jenga 1p Hocus Pocus Movie in Theater 1p Salon by Appointment! 2p Monopoly Board Game! 3p Prayer in Theater/ Pokeno 7p Black Jack Match!</p>	<p>9a Morning Social/ Current Events! 23 9:30a Arm and Leg excersises! 10a BINGO/ Walking Club. Be sure to wear you jackets. Its cold outside! 11a Taboo Game/ Shuffleboard 11:30 Musical Toss 1p OKTOBERFEST! Come walk around the Sentinel and stop at every station for great food, drinks, fun, and much more! 7p Open Discussion/ Trivia</p>	<p>10a Morning Social 24 11a BINGO 1p UNO GAME 2p Mindful Coloring 3p Check Mate! 7p Late night Pokeno!</p>
<p>10a Morning Social 25 11a Coffee Hour/ Open Discussion 1p Come Join Courtney outside of Activities on the patio for a Yoga Session! 3p Closest Point Bets! 7pTampa Bay Buccaneers vs Las Vegas Raiders. Come watch the game on the lounge!</p>	<p><b>National Make a Difference Day</b> 26 9a Morning Social/ Current Events! 9:30a Range of Motion in Feet! 10a BINGO/ Jeopardy 11a Hearing Things/ Buzz Word Game 1p Book of questions/Get well cards 1p Salon open by Appointment! 2p movie in theater/wheel of fortune 3p Computer Classes. Come learn how to use technology!</p>	<p>9a Morning Social/ Current Events! 27 9:30a Shoulder Exercises! 10a Pokeno/ Library Book Exchange! 11a Lets Make a Pinecone Wreath! 11:30 Watercolor Painting 1p Come join Chris outside on the patio for a Yoga Session/Armchair travel to Germany! 2p Cooking Corner Spaetzle! 3p Wii just dance game on 2nd/ door greetings!</p>	<p>9a Morning Social/ Current Events! 28 9:30 Upper Leg Exercises! 10a BINGO/ Walking club. Be sure to wear a jacket. Its getting cold out. 11a Wheel of Fortune/ Jeopardy 11:30 Crosswords 1p Welcome Loom Farm to The Sentinel. Come enjoy a horse and carriage ride down Main Street! 2p Monopoly game 3p Cribbage/Harmonica w/ Milford</p>	<p>9a Morning Social/ Current Events! 29 9:30 The Village Movement with Albany Guardian Society! 10a Pokeno/ Upper Body Balance 11a Stand up Comedy with Our Residents! 1p Happy Hour/ Music! 1p Salon by Appointment! 2p Monster Mash Cornhole 3p Yahtzee/ Shuffleboard 4p Prayer in Theater!</p>	<p>9a Morning Social/ Current Events! 30 9:30 Stretching our Limbs! 10a BINGO/ Journaling. "Topic" What would your perfect day be like? 11a Lets Change into Our Costumes and enjoy the Party! 1p Halloween Costume Party! FOod, drinks, music, and best costume! 3p Trivia/ Coffee hour 7p Movie in Theater!</p>	<p>10a Morning Social 31 11a Pokeno Match 1p War Card Game 2p Checkers Game 3p Uno Card Game 7p Late night Bingo</p>