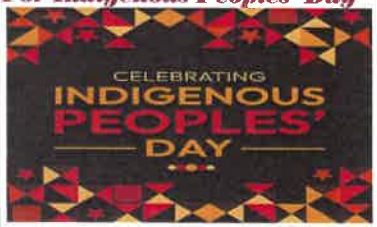
October 2026

Adult Day Health Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 Coffee & Daily Chronicles 8:30 Searching For October Puzzle 9:00 Chair Zumba 10:00 Bible Study (English & Spanish) 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Twister Fun 4:15 Music Appreciation	***Flea Market Today*** 2 8:00 Coffee & Daily Chronicles 8:30 Amazing Billiards Maze 9:00 October IQ Trivia/Discussion 10:00 Bingo 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Music, Fun, and Dance 3:30 "Top" "Dog" Word Rhyme 4:15 Balloon Toss
5 8:00 Coffee & Table Talk Tidbits 8:30 Kate Winslet Word Search 9:00 Motion & Momentum 10:00 Fall Tree Sponge Painting 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Battleship Challenge 3:30 October Pondering Prompts 4:15 Chicken Soup For The Soul	6 8:00 Coffee & Daily Chronicles 9:00 "SWEPT" Category Challenge 10:00 World Dance & Beat Program with Melanie from A Magi Dance 12:15 Table Games / Siesta Time 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Sing Along / Rhythm Band 4:15 Arm Chair Travel	7 8:00 Coffee & Daily Chronicles 9:00 Thera-band Stretches 10:00 Sorting / Coloring / Garden Time / Manicures / Dominoes / Cards 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Pokeno 3:30 Noodle Ball 4:15 Karaoke Fun	8 8:00 Coffee & Daily Chronicles 8:30 Women Entrepreneurs Puzzle 9:00 Chair Zumba 10:00 Bible Study (English & Spanish) 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Name That Tune 4:15 Bean Bag Tossing Game	9 8:00 Coffee & Daily Chronicles 8:30 Mixed Up Firefighter Words 9:00 Where Am I? 10:00 Bingo 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Music, Fun, and Dance 3:30 Shake Loose Memories 4:15 Balloon Toss
Daycare Is Closed Today For Indigenous Peoples' Day 12 	***American Bandstand Day - Wear 50's Attire*** 13 8:00 Coffee & Daily Chronicles 9:00 All About American Bandstand 10:00 Bible Study (English & Spanish) 12:15 Table Games / Siesta Time 1:45 Afternoon Snack Chat 2:15 Bandstand & Cruisin' Classics with Vic Solo 3:30 Name 5 (1950's Edition) 4:15 Life in the 1950's Discussion	14 8:00 Coffee & Daily Chronicles 9:00 Sit and Be Fit 10:00 Sorting / Coloring / Garden Time / Manicures / Dominoes/Cards 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:00 Senior Social 3:30 Sing Along / Rhythm Band 4:15 Noodle Ball	***First United Methodist Church of St. Cloud Visits For Music*** 15 8:00 Coffee & Daily Chronicles 9:00 Chair Zumba 9:45 Nutrition Education 10:30 Music w/ The Good News Group 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Chickens In The Bucket Toss 4:15 Karaoke Fun	***Celebrating Owl Month*** 16 8:00 Coffee & Daily Chronicles 8:30 Owl Species Word Search 9:00 Life Long Learning - Owls 10:00 Bingo 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Music, Fun, and Dance 3:30 Matching Owls Puzzle 4:15 Owl Documentary
19 8:00 Coffee & Table Talk Tidbits 8:30 Going Scouting Word Match 9:00 Chair Yoga 10:00 Toss Like A Boss 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Can You Picture This? 4:15 Karaoke Fun	20 8:00 Coffee & Daily Chronicles 9:00 "CHIME" Category Challenge 10:00 Bible Study (English & Spanish) 12:15 Table Games / Siesta Time 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Idiom Builders: Team Word Challenge 4:15 Balloon Toss	***Italian American Heritage Day*** 21 ***Flu Shot Clinic Available 9a-12p*** 8:00 Coffee & Daily Chronicles 8:30 Celebrating Italy Search & Solve 9:00 Thera-band Stretches 10:00 What Am I? 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Volleyball 3:30 Italian Dinner Detective Game 4:15 Arm Chair Travel to Italy	***Think Pink Day (Wear Pink) Mammogram Bus Visits*** 22 8:00 Coffee & Daily Chronicles 8:30 Think Pink Word Search 9:00 Chair Zumba 10:00 Cards / Dominoes 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Bunco 3:30 Sing Along / Rhythm Band 4:15 Name 5 Trivia	***World Series Starts Today - Wear Favorite Baseball Attire*** 23 8:00 Coffee & Daily Chronicles 8:30 Home Run Word Match Game 9:00 You Be The Umpire Trivia 10:00 Bean Bag Baseball Game 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Baseball Collage Detective 4:15 Bases Loaded With Laughs
National Pumpkin Day 26 8:00 Coffee & Table Talk Tidbits 8:30 Matching Pumpkin Pie Puzzle 9:00 Motion & Momentum 10:00 Pumpkin Craft 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Bingo 3:30 Remembering The Pumpkin Patch 4:15 Would You Rather?	27 8:00 Coffee & Daily Chronicles 9:00 Music and Memories 10:00 Bible Study (English & Spanish) 12:15 Table Games / Siesta Time 1:45 Afternoon Snack Chat 2:15 Bowling 3:30 Shake Loose Memories 4:15 Karaoke Fun	***Monthly Birthday Party*** 28 8:00 Coffee & Daily Chronicles 8:30 Famous October Birthdays 9:00 Sit and Be Fit 10:00 Sorting / Coloring / Garden Time/ Manicures / Dominoes/Cards 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Birthday Party/Music by Wilmer 3:30 Twister Fun 4:15 Chicken Soup For The Soul	29 8:00 Coffee & Daily Chronicles 8:30 Edgar Allan Poe Word Search 9:00 Chair Zumba 10:00 Bingo 12:15 Table Games / Siesta 1:45 Afternoon Snack Chat 2:15 Battleship Challenge 3:30 October Pondering Prompts 4:15 Ball Toss	***Halloween Party*** 30 8:00 Coffee & Daily Chronicles 8:30 Thrillers & Scary Movies Puzzle 9:30 Halloween Party at Congregate 12:15 Movie Matinee / Siesta 1:45 Afternoon Snack Chat 2:15 Halloween Cover All Bingo 3:30 Through The Web Toss 4:15 Halloween Rhyme Time

Osceola Council on Aging