

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022

Harmony House Life Enrichment Activities

												10:00 Rosary (CH) 10:00 Virtual Rosary (CH2) 10:30 Beach ball Exercise 11:00 Trivia/ games 1:30 Crafts 3:00 Saturday Matinee Movie
2 10:30 Sunday Service 1:30 Music with Jenna 3:00 Travel Video	3 10:00 Forever Fit Exercise/ Walking Program 10:30 Exercise the Mind 11:00 Stories with Naomi 1:00 Activity of Choice 1:30 Dance Movement with Jeannine 3:00 Activity of choice	4 10:00 Forever Fit Exercise/ walking program 11:00 Reminiscing 1:00 Music Sing along with Alan Baseman 2:00 No Board-em Here Games 2:30 Activity of Choice 3: 30 Sunday Service re-broadcast <small>Yom Kippur Begins</small>	5 10:00 Forever Fit Exercise/ Walking program 11:00 Devotion 2:00 Bingo 3:00 Activity of choice	6 10:00 Forever Fit Exercise/ Walking program 10:30 Exercise the Mind 11:00 Activity of choice 1:30 Music with Seth accompanied on piano by Mary Hildenbrand 2:30 Therapy Dog Visit 3:00 Reminiscing	7 10:30 Music with Jenna 1:30 Fun Food 2:30 In the Garden or Family Feud 2:00 Octoberfest Trio (FA)	8 10:00 Saturday Social 11:00 Trivia games 1.30 Crafts 2.30 Saturday Matinee Movie						
9 10:30 Sunday Service 2:00 Bingo 3:00 Travel Video 7:00 Men in Harmony (CH) <small>Sukkot Begins</small>	10 10:00 Forever Fit Exercise/ Walking Program 10:30 Exercise the Mind 11:00 Stories with Naomi 1:00 Activity of Choice 1:30 Dance Movement with Jeannine 3:00 Activity of choice <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	11 10:00 Forever Fit Exercise/ Walking program 11:00 Eldergrow 1:00 Music Sing along with Alan Baseman 2:00 No Board-em Here Games 2:30 Activity of Choice 3:00 Painting with Denise 3: 30 Sunday Service re-broadcast	12 10:00 Forever Fit Exercise/ Walking program 11:00 Wildlife Program 2:00 Bingo 3:00 Activity of choice	13 10:00 Forever Fit Exercise/ Walking program 10:30 Exercise the Mind 11:00 Activity of choice 1:30 Arts and Crafts 2:30 Therapy Dog Visit 3:00 Reminiscing	14 10:30 Music with Jenna 1:30 Fun Food 2:30 In the Garden or Family Feud	15 10:30 Beach ball Exercise 11:00 Trivia/ games 1:30 Crafts 3:00 Saturday Matinee Movie						
16 10:30 Sunday Service 1:30 Music with Jenna 3:00 Travel Video 2:30 Amici Opera Co Verdi's "Oberto"	17 10:00 Forever Fit Exercise/ Walking Program 10:30 Exercise the Mind 11:00 Stories with Naomi 1:00 Activity of Choice 1:30 Dance Movement with Jeannine 3:00 Activity of choice <small>Simchat Torah Begins</small>	18 10:00 Forever Fit Exercise/ walking program 11:00 Reminiscing 1:00 Music Sing along with Alan Baseman 2:00 No Board-em Here Games 2:30 Activity of Choice 3: 30 Sunday Service re-broadcast	19 10:00 Forever Fit Exercise/ Walking program 11:00 Devotion 2:00 Bingo 3:00 Activity of choice	20 10:00 Forever Fit Exercise/ Walking program 10:30 Exercise the Mind 11:00 Activity of choice 1:30 Music with Seth accompanied on piano by Mary Hildenbrand 2:30 Therapy Dog Visit 3:00 Reminiscing	21 10:30 Music with Jenna 1:30 Fun Food 2:30 In the Garden or Family Feud	22 10:00 Saturday Social 11:00 Trivia games 1.30 Crafts 2.30 Saturday Matinee Movie						
23 10:30 Sunday Service 2:00 Bingo 3:00 Travel Video	24 10:00 Forever Fit Exercise/ Walking Program 10:30 Exercise the Mind 11:00 Stories with Naomi 1:00 Activity of Choice 1:30 Dance Movement with Jeannine 3:00 Activity of choice <small>Diwali (Hindi)</small>	25 10:00 Forever Fit Exercise/ Walking program 11:00 Eldergrow 1:00 Music Sing along with Alan Baseman 2:00 No Board-em Here Games 2:30 Activity of Choice 3: 30 Sunday Service re-broadcast	26 10:00 Forever Fit Exercise / Walking program 10:30 Catholic Mass 2:00 Bingo 3:00 Activity of choice	27 10:00 Forever Fit Exercise/ Walking program 10:30 Exercise the Mind 1:30 Arts and Crafts 2:30 Therapy Dog Visit 3:00 Reminiscing 2:00 Herb Kauffman Lecture (CH)	28 10:30 Music with Jenna 1:30 Fun Food 2:30 In the Garden or Family Feud	29 10:30 Beach ball Exercise 11:00 Trivia/ games 1:30 Crafts 3:00 Saturday Matinee Movie						
30 10:30 Sunday Service 1:30 Music with Jenna 3:00 Travel Video	31 10:00 Forever Fit Exercise/ Walking Program 10:30 Exercise the Mind 11:00 Stories with Naomi 1:00 Activity of Choice 1:30 Dance Movement with Jeannine 2:00 Halloween Costume Party (FA) 3:00 Activity of choice <small>Halloween</small>	 <p>All programs subject to change. If you have any questions, please contact Carol Withers at 215 368 4438 Extension 44174</p>										