

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Sherwood Oaks Personal Care

October 2026						10:45 Be Fit Exercise 1:20 Afternoon Movie 3:30 Julie Andrews Day and Facts 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		1	10:45 Friday Fitness 2:00 Stretch and Stability 3:30 Charles Schultz Peanuts Day 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		2	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Word Search and Word Challenge Game. Win a Prize! Simchat Torah Begins		3						
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Devotions: Psalm 23		4	10:45 Monday Move and Groove 1:20 Afternoon Movie 3:30 Craft Corner 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		5	10:45 Tuesday Tone-Ups 1:20 Afternoon Movie 3:30 Name That Tune Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		6	10:45 Wednesday Workout 2:00 Stretch and Stability 3:30 Boost Your Brain Health 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		7	10:45 Be Fit Exercise 1:20 Afternoon Movie 3:30 Italian American Heritage Day 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		8	10:45 Friday Fitness 2:00 Stretch and Stability 3:30 Bingo 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		9	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Cranium Crunches Game		10
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 UNO Card Game		11	10:45 Monday Move and Groove 1:20 Afternoon Movie 3:30 Tea with Tina 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)		12	10:00 Hi Neighbor Visits 10:30 ABC Fitness 2:00 Scouting History/Learn Basic Knots 3:15 Yam Slam Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		13	10:45 Wednesday Workout 2:00 Stretch and Stability 3:00 Karaoke with Bill 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		14	10:00 Hi Neighbor 10:30 Be Fit Exercise 11:00 Catholic Mass 2:00 Art Appreciation: Edgar Degas 3:15 Shake Loose a Memory 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		15	10:45 Friday Fitness 1:20 Afternoon Movie 3:15 Chef's Corner 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		16	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Outburst Game		17
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Music from Musicals		18	10:45 Monday Move and Groove 1:20 Afternoon Movie 3:30 Poetry Reading 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		19	10:45 Tuesday Tone-Ups 2:00 One Hour Mystery Movie 3:15 Oktoberfest Party/Music with Hank 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		20	10:30 Tone-Up Fitness 11:30 All Aboard! Train Themed Lunch-Card Room 2:00 Stretch and Stability 2:45 Luxury Train Videos 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		21	10:45 Be Fit Exercise 1:20 Afternoon Movie 3:30 Pittsburgh Trivia and Virtual Views 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		22	10:45 Friday Fitness 2:00 Stretch and Stability 3:30 Song Pictionary Game 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		23	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 1:30 Chinese Dancers from Pittsburgh Cultural Trust Organization		24
9:30-11:00 Catholic Communion 1:20 Afternoon Movie 2:00 Chapel 3:30 Waltz Day		25	10:45 Monday Move and Groove 1:20 Afternoon Movie 3:30 Common Superstitions/Poems and Interesting Facts about Bats 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		26	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 2:00 Pumpkin Left-Right Game 3:30 Pumpkin Poetry 6:00 Trick or Treat! Day Room		27	10:45 Wednesday Workout 2:00 Stretch and Stability 3:30 The Halloween Postcard Short Story and Discussion 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		28	10:45 Be Fit Exercise 2:30 Protestant Communion 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		29	10:15 Morning Music with Gene 2:00 Stretch and Stability 3:30 Halloween Bingo 6:15 Gather after Dinner to play Board Games, Puzzles, Conversation		30	10:00 Resident Choice Activities: word search, puzzles, wood craft, color project, TV favorites Day Room 1:20 Afternoon Movie 3:30 Halloween Activities Halloween		31

Activities are subject to change