# October 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | **1** National Hair Day<br>Breakfast at Glenner's (S)<br>**Participant Council Meeting** (S)<br>Hilarious Hair (S)<br>Scarf Dance & OT/PT (P)<br>Current Events (I)<br>Hydration Cart<br>**Healing Baskets** (C)<br>Lunch<br>Cornhole (P)<br>Poker/UNO (E/I)<br>Snack<br>Book Club:Short Stories (I)<br>Movie of Choice (E)<br>Outdoor Walk (P) | **2** Guardian Angels Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>Make a Messenger (C)<br>Lunch<br>Golf (P)<br>**Glenner Guardian Angels** (E)<br>BINGO (S)<br>Snack<br>Magazine Treasure Hunt (C/I)<br>Charades (S)<br>Outdoor Walk (P) | **3** Happy B-day "Chubby Checker!"<br>Breakfast at Glenner's (S)<br>Sit and Stretch (P)<br>Who is Ernest Evans? (I)<br>Hydration Cart<br>Tainted Talent (S)<br>Lunch<br>Touchdown Throwdown: (P)<br>Creative Writing: Letters to Army (C)<br>Snack<br>Movie of Choice (E)<br>SPA and Relaxation (S)<br>Outdoor Walk (P)<br>Chubby Checker Quiz (I/E)<br>Poker/UNO (E/I) | **4** National Taco Day<br>Breakfast at Glenner's (S)<br>Fitness Club (P)<br>Current Events (I)<br>Hydration Cart<br>Taco Tasting (S)<br>Lunch<br>Cornhole (P)<br>Arts and Crafts (C)<br>BINGO (S)<br>Snack<br>Family Feud (S)<br>Movie of Choice (E)<br>Water our Garden (P)<br>Tantalizing Tacos (I/E) |
| **7** Boost Your Brain Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>North County Times (I/E)<br>Hydration Cart<br>Cranium Crunches (C/I)<br>Lunch<br>Cornhole (P)<br>Word Play (I)<br>Snack<br>Movie of Choice (E)<br>Poker/UNO (E/I)<br>Brain Boosting Bites (S)<br>Outdoor Walk (P) | **8** National Fluffernutter Day<br>Breakfast at Glenner's (S)<br>Chair Yoga (P)<br>Current Events (I)<br>Hydration Cart<br>Sandwich Swallow (S)<br>Lunch<br>Table Roll (P)<br>Arts and Crafts (C)<br>Snack<br>Book Club:Short Stories (I)<br>Tasty Trivia (I/E)<br>Movie of Choice (E)<br>BINGO (S)<br>Outdoor Walk (P) | **9** Emergency Nurses Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>Spoil the Supporter (S/I)<br>Lunch<br>Golf (P)<br>Karaoke (C/S)<br>Table Games (I/E)<br>Snack<br>Magazine Treasure Hunt (C/I)<br>Charades (S)<br>Outdoor Walk (P)<br>Signs & Symbols (I/E) | **10** Double 10th Day<br>Breakfast at Glenner's (S)<br>Sit and Stretch (P)<br>Current Events (I)<br>Hydration Cart<br>Ten Trivia (I/E)<br>Lunch<br>Musical Balloon (P)<br>Creative Writing: Letters to Marines (C)<br>A Perfect "Ten" (S/I)<br>Snack<br>Poker/UNO (E/I)<br>Movie of Choice (E)<br>Outdoor Walk (P)<br>**Twenty "Ten" Words** (S/I) | **11** National Sausage Pizza Day<br>Breakfast at Glenner's (S)<br>Fitness Club (P)<br>Current Events (I)<br>Hydration Cart<br>***Stories for Seniors with Walter*** (I)<br>Lunch<br>Nerf Shoot-Out (P/I)<br>Arts and Crafts (C)<br>Pizza Pizazz (S)<br>Snack<br>BINGO (S)<br>Movie of Choice (E)<br>Aromatherapy (S)<br>Water our Garden (P) |
| **14** Movie Monsters Monday<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>North County Times (I/E)<br>Hydration Cart<br>Monster Mash Bash (S/C)<br>Lunch<br>Cornhole (P)<br>Word Play (I)<br>Snack<br>Monster Movie Monday (E)<br>Arts & Crafts (C)<br>Music and Massage (S)<br>Outdoor Walk (P) | **15** Happy Anniversary, I ❤ Lucy!<br>Breakfast at Glenner's (S)<br>Scarf Dance & OT/PT (P)<br>Current Events (I)<br>Hydration Cart<br>Karaoke:Billboard Hits from 1950's (C)<br>Lunch<br>Cornhole (P)<br>Arts and Crafts (C)<br>Snack<br>Movie of Choice (E)<br>BINGO (S)<br>Outdoor Walk (P)<br>I ❤ Lucy Trivia (S/I) | **16** National Fossil Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>In the News! (I)<br>Hydration Cart<br>**Fossil Fun** (E/I)<br>Lunch<br>Football Toss (P)<br>Popcorn Reading/Table Games (I/E)<br>Magazine Treasure Hunt (C/I)<br>Snack<br>**Garden Club: Fall Seeds** (E/C)<br>Charades (S)<br>Outdoor Walk (P) | **17** National Pasta Day<br>Breakfast at Glenner's (S)<br>Sit and Stretch (P)<br>Current Events (I)<br>Hydration Cart<br>Pasta Trivia (E/I)<br>Lunch<br>Arts & Crafts w/ Pasta (S/C)<br>Nerf Shoot-Out (P/I)<br>Creative Writing: Letters to Navy (C)<br>Snack<br>BINGO (S)<br>Movie of Choice (E)<br>SPA and Relaxation (S)<br>Outdoor Walk (P) | **18** National Meatloaf Appreciation<br>Breakfast at Glenner's (S)<br>Fitness Club (P)<br>Current Events (I)<br>Hydration Cart<br>Meatloaf Middle School (S/I)<br>Lunch<br>***Piano with Vincent*** (P/S)<br>Family Feud (S)<br>Tabletop Curling Game (P/I)<br>Snack<br>Arts and Crafts (C)<br>Poker/UNO (E/I)<br>Movie of Choice (E)<br>Water our Garden (P) |
| **21** International Nacho Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>North County Times (I/E)<br>Hydration Cart<br>***Monday School with Deacon Tay*** (E)<br>Lunch<br>Cornhole (P)<br>Toppings Talk (I)<br>Snack<br>Movie of Choice (E)<br>Niagara Nachos (C)<br>UNO (S)<br>Outdoor Walk (P) | **22** Smart is Cool Day<br>Breakfast at Glenner's (S)<br>Chair Yoga (P)<br>Current Events (I)<br>Hydration Cart<br>Smart En Vogue (S/I)<br>Lunch<br>Table Roll (P)<br>Arts and Crafts (C)<br>Snack<br>Book Club:Short Stories (I)<br>Smart Sing-a-long (S)<br>Movie of Choice (E)<br>BINGO (S)<br>Outdoor Walk (P) | **23** National Mole Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>In the News! (I/S)<br>Hydration Cart<br>Facts Fascination (S/I)<br>Lunch<br>Karaoke (S)<br>Tabletop Curling Game (P/I)<br>Popcorn Reading/Table Games (I/E)<br>Snack<br>Atoms, Mass, Moles, Oh My! (I/E)<br>Magazine Treasure Hunt (C/I)<br>Charades (S)<br>Outdoor Walk (P) | **24** A Composed Day<br>Breakfast at Glenner's (S)<br>Sit and Stretch (P)<br>Current Events & Who Was It? (I)<br>Hydration Cart<br>Music & Study Trivia (I/S)<br>Lunch<br>Arts & Crafts (C)<br>***Helen Woodward PET Therapy*** (S)<br>Letters to Community Heroes (C)<br>Football Toss (P)<br>Snack<br>Musings with Mendelssohn (S/E)<br>Outdoor Walk (P)<br>Movie of Choice (E) | **25** Frankenstein Friday<br>Breakfast at Glenner's (S)<br>Fitness Club (P)<br>Current Events (I)<br>Hydration Cart<br>Flamboyant Franks (C/I)<br>Lunch<br>Bowling (P)<br>Frankenstein's Family Feuds (S/I)<br>Festive Franks (C)<br>Snack<br>Poker/UNO (E/I)<br>Freaky Friday Fashion (I/C)<br>Movie of Choice (E)<br>Water our Garden (P) |
| **28** Anniversary Statue of Liberty<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>North County Times (I/E)<br>Hydration Cart<br>Creative Crowns (C)<br>Lunch<br>Cornhole (P)<br>Word Play (I)<br>Snack<br>Movie of Choice (E)<br>Statue Stats Trivia (I/E)<br>UNO (S)<br>Outdoor Walk (P) | **29** National Cat Day<br>Breakfast at Glenner's (S)<br>Exercise & OT/PT (P)<br>North County Times (I/E)<br>Hydration Cart<br>**Tuesday Travel to Cat Island** (I/E)<br>Lunch<br>***Piano with Nina*** (S)<br>Word Play (I)<br>Snack<br>Movie of Choice (E)<br>Catty Cats (I/C)<br>BINGO (S)<br>Outdoor Walk (P) | **30** National Candy Corn Day<br>Breakfast at Glenner's (S)<br>Fitness Club (P)<br>Current Events (I)<br>Hydration Cart<br>Candy Corn Craze (S/C)<br>Lunch<br>Cornhole (P)<br>Arts and Crafts (C)<br>Creative Corn (S/C)<br>Snack<br>Poker/UNO (S/I)<br>Candy Clues (I/E)<br>Water our Garden (P)<br>Movie of Choice (E) | **31** Fall Harvest Festival<br>Breakfast at Glenner's (S)<br>Fitness Club (P)<br>Current Events (I)<br>Hydration Cart<br>**Costume Contest** (S/C)<br>Lunch<br>Cornhole (P)<br>Arts and Crafts (C)<br>BINGO (S)<br>Snack<br>Family Feud (S)<br>Movie of Choice (E)<br>Water our Garden (P)<br>Harvest Hilarity (S/C) | **Activities Subject to Change**<br>BYGONE DAYS PRODUCTIONS |

## Birthdays!

October 6th - Carolyn A.
October 8th - "Tony" R.
October 16th - Belen M.
October 30th - Ron B.

(S) = Social | (P) = Physical | (I) = Intellectual
(C) = Creative | (E) = Education

GEORGE G. GLENNER
ALZHEIMER'S FAMILY CENTERS, INC.®

ENCINITAS CENTER
335 Saxony Rd. | Encinitas, CA 92024

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## Special Events

Thursday, October 31st: Fall Harvest Festival

Thank you, Coast Catering for the nachos donation.