Personal Care

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 08:00- Coffee & Chat 1000- Morning Stretches 1:00- **BINGO** 2:00- **Make Fall tablescape** 3:00- Monopoly Fun! 4:00- General Store Open	2 **1000- Morning Music** **1:00- BINGO** **2:00- Name that Tune** **3:00- Fall Color Therapy** **6:00- Netflix movie**
3 11:30- **Live Stream Church Service** 1:30- Gospel Sing- A- Longs 2:30- Live Stream Church Service (Redemption Road) 3:30-Religious Movie	4 0800- Coffee & Chat 1000- 1:1 1:00- **BINGO** 2:00- 3:00 **Design your tote bag** 4:00- Book Club Meet	5 0800- Coffee & Chat 1000- Errands with Brenda 100- **Craft with Chelsea** 2:00- Walking Group 3:00- **Sweet Tea on the Porch**	6 08:00- Coffee & Chat 1000- JP YOGA 1:00- **BINGO** 2:00- **Cooking Class Baked Apples** 3:00 Enjoying our treats 4:00-	7 0800- Coffee & Chat 1000- Morning Devotions 1:00 JOY RIDE (subject to change) 2:00- Movie & Popcorn **4:30- Bookmobile**	8 08:00- Coffee & Chat 1000- Morning Stretches 1:00- **BINGO** 2:00- Nail Care 3:00- **Haney's Apple Cider Social on the Porch**	9 **1000- Morning Music** **1:00- BINGO** **2:00- Name that Tune** **3:00- Color Therapy Class** **6:00- Netflix movie**
10 11:30- **Live Stream Church Service** 1:30- Gospel Music Hour 2:30- **Live Stream Church Service (Redemption Road)** 3:30- Religious Movie	11 0800- Coffee & Chat 1000- 1:1 1:00 - **BINGO** 2:00- **Fall Candle making** 4:00- Rook Card Game	12 0800- Coffee & Chat 10:00-Errands with Brenda 1:00- **ART WITH TOM** 2:00- Walking Group 3:00- **Sweet Tea on the Porch**	13 0800- Coffee & Chat 10:00- JP YOGA 1:00- BINGO 2:00- **ART WITH TOM** 3:00-500 **Cooking Class Mini Pumpkin Cakes**	14 0800- Coffee & Chat 1000- Morning Devotions 1:00- JOY RIDE (subject to change) 2:00- Movie & Popcorn	15 08:00-Coffee & Chat 1000- Start Halloween Decorating 1:00- **BINGO** 2:00- Nail Care 3:00- **Monopoly Fun (2 hours)**	16 **1000- Morning Music** **1:00- BINGO** **2:00- Name that Tune** **3:00- Art with Nora** **6:00- Netflix movie**
17 11:30- **Live Stream Church Service** 1:30- Gospel Sing- A- Longs 2:30- **Live Stream Church Service (Redemption Road)** 3:30- Religious Movie	18 0800- Coffee & Chat 1000- 1:1 1:00- **BINGO** 3:00- **Clay Pot Gnomes** 4:00- Book Club Meet	19 0800- Coffee & Chat 10:00-Errands with Brenda 1pm- Craft with Chelsea 2:00- Walking Group 3:00- **Sweet Tea on the Porch**	20 0800- Coffee & Chat 1000- JP YOGA 1:30- **Town Hall Meeting** 2:30- **Cooking Class decorate sugar cookies** 3:30- Lets Eat our treats 4:00-	21 0800- Coffee & Chat 1000- Morning Devotions 1:00- JOY RIDE (subject to change) 2:00- Movie & Popcorn **4:30- Bookmobile**	22 *****Chili Cookoff (staff pay $5 entry fee) RESIDENTS can enter ALSO** 08:00- Coffee & Chat 1000- Morning Stretches 1:00- **Bingo** **2:00- CHILI COOKOFF** **WEAR PINK DAY!**	23 **1000- Morning Music** **1:00- BINGO** **2:00- Name that Tune** **3:00- Fall Color Therapy** **6:00- Netflix movie**
24 11:30- **Live Stream Church Service** 1:30- Gaither Music Hour 2:30- **Live Stream Church Service (Redemption Road)** 3:30- Religious Movie	25 0800- Coffee & Chat 1000-1:1 1:00- **BINGO** 3:00- Halloween Craft 4:00- Halloween Music Trivia	26 0800- Coffee & Chat 10:00-Errands with Brenda 1:00- Puzzle Fun 2:00- Walking Group 3:00- **Sweet Tea on the Porch**	27 0800- Coffee & Chat 1000- JP YOGA **1p-3p FALL FESTIVAL FUN**	28 0800- Coffee & Chat 10:00- Morning Devotions 1:00- Pumpkin Chunkin Game 2:00- Movie & Popcorn **RESIDENT HALLOWEEN PARTY**	29 0800- Coffee & Chat 1000- Morning Stretches 1:00- **Bingo** **6p-8p COMMUNITY TRUNK OR TREATS** **EMPLOYEE COSTUME CONTEST (residents vote on best Costume)**	30 **1000- Morning Music** **1:00- BINGO** **2:00- Name that Tune** **3:00- Halloween Color Therapy** **6:00- Netflix Halloween movie**
31 11:30- **Live Stream Church Service** 1:30- Gospel Sing- A- Longs 2:30- **Live Stream Church Service (Redemption Road)** 3:30- Religious Movie Halloween	**October 1st** **PUMPKIN DECORATING CONTEST/RESIDENT DOOR DECORATING CONTEST** **ALL RESIDENTS AND FAMILIES TO PARTICIPATE. DEADLINE IS FOR SUBMISSION IS 10/15.ALL PUMPKINS AND DOORS WILL BE POSTED ONLINE.** **JUDGEING WILL BE ONLINE VIA FACEBOOK @ BLUEGRASS SENIOR WEB PAGE , WINNERS TO BE ANNOUCED 10/29/2021.** All Activities will be held in the Dining Area until further notice due to COVID-19. Maintain 6 to 9 ft. between other residents, wash hands before and after activities, and must wear provided mask. Residents will be placed in activities group with 3 or less at a 6 to 9 ft. distance apart. One on One activities will be conducted daily in room or directly with Activity Director.					

Bluegrass Senior Living 145 Tower Circle, Somerset KY 42503: 606-679-4578: Activity Director: Brenda Bullock LPN, AD