

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pink Week! Oct. 13-17 for Breast Cancer Awareness	News of the Day 1 Balloon Tennis Puzzles Make Jiffy Mix Muffins Lunch Spiritual Sing-a-long <i>Jiffy Mix Day</i>	Today's History 2 Morning Stretch History of Make-up Connect Four Lunch Bean Bag Toss Scrapbooking	Morning Chat 3 Stretch & Flex Who Am I? Word Games Lunch Smile Craft Corn Hole <i>World Smile Day</i>
News of the Day 6 Morning Music Travelogue: Germany Stretch & Flex Lunch Spa Sessions Noodle Craft <i>Noodle Day</i>	Morning Chat 7 Stretch & Flex Fire Prevention Week Word Games Lunch Make Chocolate Covered Pretzels <i>Chocolate Pretzel Day</i>	News of the Day 8 Balloon Tennis Puzzles Lunch Spiritual Sing-a-long Flutternutter Snack <i>Flutternutter Day</i>	Today's History 9 Morning Stretch Curious Events Desi Arnaz Lunch Bean Bag Toss Mad Scientist	Morning Chat 10 Stretch & Flex Thank a Firefighter Scattegories Lunch Puzzles Decorate Cupcakes <i>Egg Day</i>
News of the Day 13 Morning Music Columbus Day Stretch & Flex Lunch Spa Sessions Craft Time Pink Week	Morning Chat 14 Stretch & Flex Movie Monsters Jeopardy Lunch Outing to Burger Farms	News of the Day 15 Balloon Tennis Lucille Ball Puzzles Lunch Spiritual Sing-a-long <i>I Love Lucy Day</i>	Today's History 16 Morning Stretch Favorite Foods Connect Four Lunch Bean Bag Toss Scrapbooking <i>World Food Day</i>	Morning Chat 17 Stretch & Flex What Am I? Word Games Lunch Karaoke Pumpkin Painting <i>Sponsored by Assisting Hands & the Ashton</i>
News of the Day 20 Morning Music Learn about Sloths Stretch & Flex Lunch Spa Sessions Fun with Paint <i>Sloth Day</i>	Morning Chat 21 Stretch & Flex Famous Chefs Trivia Time Lunch Apple Taste Test <i>Apple Day</i>	News of the Day 22 Balloon Tennis Puzzles Lunch Spiritual Sing-a-long Learn about Nuts & Taste Test <i>Nut Day</i>	Today's History 23 Morning Stretch Name that Sound Mahatma Gandhi Lunch Bean Bag Toss Card Making <i>Boston Cream Pie Day</i>	Morning Chat 24 Stretch & Flex Learn about Bats Scattegories Lunch Puzzles Corn Hole <i>Bologna Day</i>
News of the Day 27 Morning Music Trivia Time Stretch & Flex Lunch Spa Sessions Halloween Craft	Morning Chat 28 Stretch & Flex History of Animation Pumpkin Carols Lunch History of Candy Bars & Taste Test <i>Chocolate Day</i>	News of the Day 29 Balloon Tennis Puzzles Make No-Bake Cookies Lunch Spiritual Sing-a-long <i>National Stroke Day</i>	Today's History 30 Morning Stretch All About Candy Corn David Copperfield Lunch Bean Bag Toss Cooking Club: Trail Mix <i>Candy Corn Day</i>	Morning Chat 31 Stretch & Flex History of Halloween Halloween Trivia Lunch Halloween Party <i>Happy Halloween!</i>

The Activity Calendar is subject to change based on the participants at Margaret's Heart Senior Day Center.