





	<div>Transitions Calendar</div> <div>October 2019</div>			
<div>  </div> <div> Activity Domain Key Physical (P) Social (S) Cognitive (C) Expressive (E) Sensory (SE) Spiritual (SP) </div>	1 Tuesday 10:00 Dancing with Garrey (P)(S) 11:00 Snack 11:30 You Be The Judge (S) 12:00 Discussion Group: Fall or Autumn (S) 12:30 Lunch (S) 1:00 Walking Club (P) 1:30 Reading Comprehension: Helen Keller (C) 2:00 Art: Happy Witch Made with a Clay Pot (E)	2 Wednesday 10:00 Morning Coffee and Conversation Daily Chronicle (S) 10:15 Game: Name Five (C) 10:30 “The Wizard of Oz” Turns 80: Who was L. Frank Baum? (C) 11:00 Snack (S) 11:30 Art with Crista (E) 11:30 Travelogue: Monaco (S) (C) 12:00 Sports Trivia w/ Thomas (C) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Remembering Dr. Seuss (C) 2:30 Music with April (S)	3 Thursday 10:00 Music with Peg (SE) 10:45 60’s Songs & Stretching (P) 11:00 Snack (S) 11:30 Prep w/ Tracy: Travels Through the Shenandoah (S) (C) 12:15 Shenandoah Valley Fun Facts (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Spotlight in Sports: An American Horse Racing Legend and Track and Field Legends (C) 2:15 Art: Life Collage (E)	4 Friday 10:00 Violin with Anthony (E) 11:00 Snack (S) 11:30 Jeopardy Trivia (C) 12:15 Meditative Movement (P) 12:30 Lunch (S) 1:30 Walking Club (P) 1:45 Celebrating Eleanor Roosevelt’s Birthday w/ Kathryn (C) 2:30 Tai Chi w/ Cynthia (P) (S)
7 Monday 10:00 Coffee & Daily Chronicle (S) 10:15 Balloon Volleyball (P) 10:30 Race Game: Sports (C)(S) 11:00 Snack (S) 11:30 Elizabeth Blackwell Biography (S) 12:00 Medical Mysteries w/ Cora (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 America’s Most Successful Women: Melinda Gates and Ruth Bader Ginsburg (C) 2:00 Art and Music: Halloween Designs w/ Kathryn (E)	8 Tuesday 10:00 Guitar with Steve (S) 11:00 Snack (S) 11:30 Large Card Bingo (S) (C) 12:15 Meditative Movement w/ Susan (P) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 Reading Comprehension: The First Step (C) 2:00 Art: Pumpkins (E)	9 Wednesday 10:00 Coffee & Daily Chronicle (S) 10:15 Game: ABC Trivia (C) 10:30 “The Wizard of Oz” Turns 80: Sowing the Seeds (C) 11:00 Snack (S) 11:30 Traveling through Puerto Rico w/ Candy (C) 12:15 Tito Rodriquez Mix & Movement (SE) (P) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Hand Bell Choir (E) 1:45 Friendship Support Group with Ellie (SP) 2:15 Art: Creating a Fall Tree (E)	10 Thursday 10:00 Music with Peg (SE) 10:45 Chair Exercise (P) 11:00 Snack (S) 11:30 Art with Sally (E) 11:30 Outdoor Patio Social (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Spotlight in Sports: The Buckeye Bullet and American Football Legends (C) 2:15 Guess the State (C)	11 Friday 10:00 Zumba (P) 11:00 Snack (S) 11:30 The Beach Boys Biography & Famous Songs Sing-Along w/ Kathryn (S) (SE) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Painting w/ Thomas (E) 2:30 Tai Chi w/ Cynthia (S) (P)
14 Monday <div> COLUMBUS DAY! IMCC IS CLOSED </div> <div>  </div>	15 Tuesday 10:00 Dancing with Garrey (SE) 11:00 Snack (S) 11:30 Lucille Ball Biography (S) (C) 12:00 I Love Lucy Famous Scenes (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 Reading Comprehension: Abraham Lincoln (C) 2:00 Art: Loveable Halloween Monsters made with Clay Pots (E)	16 Wednesday 10:00 Morning Coffee and Conversation Daily Chronicle (S) 10:15 Music Trivia (C) 10:30 “The Wizard of Oz” Turns 80: Dorothy, Scarecrow, Tin Man, and Lion (C) 11:00 Snack (S) 11:30 Story of Tea: History & Tasting (SE) (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Hand Bell Choir w/ Shirl (E) 2:15 Art: Abstract Art (E)	17 Thursday <div> <i>Insight In Action</i> 9:45 Morning Warm Up (P) 10:00 Music with Peg (SE) 10:45 Daily Chronicle (C) 11:00 Snack (S) 11:30 Art Class with Elba (E) 11:30 National Pasta Day! Noodles From Around the World (S) 12:00 Use Your Noodle Exercises (P) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Spotlight in Sports: The Brown Bomber and American Basketball Legends (C) 2:15 Guess the President w/ Jack (C) </div>	18 Friday 10:00 Music w/Jessica (S) 10:45 Daily Chronicle (C) 11:00 Snack (S) 11:30 Composer’s Club: Billy Joel (SE) 12:00 Exploring Italy w/ Beth (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 The Boo Game w/ Dick (C) 2:00 Classic Rock Hits w/ Dave (C) (SE) 2:30 Tai Chi with Cynthia (P)(SP)
21 Monday 10:00 Coffee & Daily Chronicle (S) 10:15 Balloon Volleyball (P) 10:30 Wheel of Fortune Trivia (C) 11:00 Snack (S) 11:30 Carrie Fisher Biography (S) 12:00 Brain Fitness: Star Trek or Star Wars? (C) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 America’s Most Successful Woman: Alice Walton and Rosalind Brewer (C) 2:00 Art and Music: Support Net (E)	22 Tuesday 10:00 Activities with Courtney (E)(C) 11:00 Snack (S) 11:30 Miniature Pumpkin Painting (E) 12:15 Crazy Good Pumpkin Carvings (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 Reading Comprehension: The Platypus (C) 2:00 Art: Making Halloween Bats (E)	23 Wednesday 10:00 Coffee & Daily Chronicle (S) 10:30 Movie Day: “Blast from the Past” (Part 1) (C) 11:00 Snack (S) 11:30 “Blast from the Past” (Part 2) (C) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 “Blast from the Past” (Part 3) (C) <div>  </div>	24 Thursday 10:00 Music with Peg (SE) 10:45 Chair Exercise (P) 11:00 Snack (S) 11:30 Art Class with Sally (E) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Spotlight in Sports: Wilt the Stilt and Ice Hockey Legends (C) 2:15 Choose a Song from the Coconut (E)	25 Friday 10:00 Disco Dance Exercise (P) 10:45 Comedy Showcase (S) 11:00 Snack (S) 11:30 Scattegories (C) 12:00 Famous Golf Icons w/ John (S) 12:30 Lunch (S) 1:30 Walking Club 1:45 Friday Fall Crafts w/ Kathie (E) 2:30 Tai Chi w/Cynthia (P)(SP)
28 Monday 10:00 Coffee & Daily Chronicle (S) 10:30 Dice Game “10” (C) 11:00 Snack (S) 11:30 Button Candy Corn Art (E) 12:15 Candy Corn Fun Facts (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 America’s Most Successful Women: “Lori Robinson” and Judith McKenna” (C) 2:00 Art and Music: Fall Stained Glass Jar (E)	29 Tuesday 10:00 Music with Frank (E) 11:00 Snack (S) 11:30 Discussion: Music of Brazil(S) 12:00 Brazilian Beats Exercise (P) 12:30 Lunch (S) 1:15 Walking Club (P) 1:30 Reading Comprehension: Walt Disney (C) 2:00 Art: Creating Halloween Cookies (E)	30 Wednesday 10:00 Morning Coffee and Conversation Daily Chronicle (S) 10:15 Finish the Book Title (C) 10:30 “The Wizard of Oz” Turns 80: The Class of ‘39 (C) 11:00 Snack (S) 11:30 All About Oktoberfest (S) (C) 12:00 Family Feud w/ Annette and Karen (C) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Hand Bell Choir (E) 2:15 Art: Rope It In Basket (E)	31 Thursday 10:00 Music with Peg (SE) 10:45 Chair Exercise (P) 11:00 Snack (S) 11:30 Guys vs Ghouls: Halloween Trivia (C) 12:00 Reminiscing: Halloween Songs (SE) (S) 12:30 Lunch (S) 1:15 Walking Club (P) 1:45 Spotlight in Sports: Women’s Gymnastics (C) 2:15 Art: Fabric Biography (E)	<div>  </div>

