

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p><b>01</b> 10:20am Sit &amp; Be Fit Courtyard</p> <p>1:30pm Arts &amp; Crafts Dining Room</p> <p>2:30pm Saxophone Music with Anthony Vicari Dining Room</p> 
<p><b>03</b> 10:00am Bend &amp; Balance Courtyard</p> <p>2:00pm POKENO Dining Room</p> <p>3:00pm Sunday Hymns Sing Along Dining Room</p> 	<p><b>04</b> 10:00am Daily Chronicles Courtyard</p> <p>10:40am Reflex &amp; Memory Fitness Dining Room</p> <p>1:30pm Music of Mike &amp; Anna Dining Room</p> <p>2:30pm Bingo for Bingo Bucks Dining Room</p> 	<p><b>05</b> 10:20am Seated Dance Fitness Courtyard</p> <p>1:30pm Floor Games Challenge Dining Room</p> <p>2:30pm Creative Corner &amp; Do It Yourself-ers Dining Room</p> 	<p><b>06 Happy Birthday Allan D.</b> 1:30pm News, Views &amp; Brews Social Dining Room</p> <p>2:00pm Bingo for Bingo Bucks Dining Room</p> <p>3:00pm Card Making Hour Dining Room</p> 	<p><b>07</b> 2:00pm Music &amp; Devotional with Rick Dining Room</p> <p>3:00pm Artistic Impressions Dining Room</p> <p>4:00pm Afternoon Stretches &amp; Breathing Techniques Dining Room</p> 	<p><b>08</b> 10:00am Daily Chronicles &amp; Trivia's Courtyard</p> <p>1:30pm Happy Hour with Mike &amp; Anna Dining Room</p> <p>2:30pm Bingo for Bingo Bucks Dining Room</p> 	<p><b>09</b> 12:00pm Therapeutic Portable Activity- Fun on the Run 1-1 Visits</p> <p>3:00pm Musical Kickball Dining Room</p> <p>3:30pm Complete the Riddle Dining Room</p> 
<p><b>10</b> 9:30am Christ The King Catholic Communion Dining Room</p> <p>10:20am Reflex &amp; Cognitive Fitness Courtyard</p> <p>2:00pm Coffee Cocoa &amp; Chronicles Dining Room</p> 	<p><b>11</b> 10:00am Daily Chronicles- This Day in History Courtyard</p> <p>1:30pm Afternoon Entertainment with Mike &amp; Anna Dining Room</p> <p>2:30pm BINGO for Bingo Bucks Dining Room</p> 	<p><b>12</b> 10:00am Rummage Tuesday Activity Room</p> <p>2:30pm Afternoon Entertainment with Robert Dining Room</p> <p>3:00pm Creative Corner Dining Room</p> 	<p><b>13 Walmart Errands</b> 9:45am Smokers Social Courtyard</p> <p>10:00am Morning News &amp; Brews Dining Room</p> <p>1:30pm Bingo for Bingo Bucks Dining Room</p> <p>2:30pm Artistic Creations Dining Room</p> 	<p><b>14</b> 10:40am Reflex &amp; Memory Ball Game Courtyard</p> <p>1:30pm Life Skills Stations Individual Activity Activity Room</p> <p>2:30pm Do It Yourself Autumn Projects Dining Room</p> 	<p><b>15</b> 1:30pm Sip &amp; Paint- Ghouls, Boo's &amp; Brews Dining Room</p> <p>2:30pm Happy Hour with Tom Munch Dining Room</p> <p>3:30pm Who Am I Trivia? Dining Room</p> 	<p><b>16</b> 2:00pm POKENO Dining Room</p> <p>3:30pm Game Show &amp; Trivia Challenge Dining Room</p> <p>4:00pm Mix &amp; Mingle Dining Room</p> 
<p><b>17</b> 1:30pm Sunday Inspirational Messages Dining Room</p> <p>2:30pm Therapeutic Coloring Arts Dining Room</p> <p>3:30pm Breathe &amp; Stretch Dining Room</p> 	<p><b>18 Happy Birthday Justin H.</b> 10:20am Seated Dance Fitness Dining Room</p> <p>2:30pm Bingo for Bingo Bucks Dining Room</p> <p>3:30pm Words that Rhyme Dining Room</p> <p>5:00pm Movie &amp; Popcorn Dining Room</p> 	<p><b>19</b> 1:30pm Try a New Brew &amp; Round Table Discussion Dining Room</p> <p>2:30pm Arts &amp; Crafts Dining Room</p> <p>3:30 Word Mining &amp; Brain Crunches Dining Room</p> 	<p><b>20</b> 10:20am Cardio Drumming Courtyard</p> <p>1:30pm Bingo for Bingo Bucks Dining Room</p> <p>2:30pm Autumn DIY Arts &amp; Crafts Dining Room</p> 	<p><b>21 Happy Birthday Betty</b> 10:00am History &amp; Trivia Courtyard</p> <p>1:30pm News, Views &amp; Brews Dining Room</p> <p>2:30pm Minute to Win It Challenge Dining Room</p> 	<p><b>22</b> 10:20am Music &amp; Rhythm Courtyard</p> <p>1:30pm Afternoon Entertainment with Michael &amp; Anna Dining Room</p> <p>2:30pm Bingo for Bingo Bucks Dining Room</p> 	<p><b>23</b> 10:15am Lean, Long &amp; Strong Courtyard/Dining Room</p> <p>2:00pm POKENO Dining Room</p> <p>3:00pm Writing Prompts- Keeping in Touch Dining Room</p> 
<p><b>24 Happy Birthday Vance</b> 9:30am Christ the King Catholic Service Dining Room</p> <p>11:30am Portable Activities- Fun on the Run</p> <p><b>31 Happy Halloween! Happy Birthday Cara D.</b></p> <p>Belmont's Brews &amp; Ghouls Spooktacular Day</p> <p>2:30pm Tom Munch Dining Room</p> 	<p><b>25 Happy Birthday Linda G.</b> 10:00am Daily Chronicles- This Day in History Trivia Courtyard</p> <p>1:30pm Afternoon Relaxing Music with Mike &amp; Anna Dining Room</p> <p>2:30pm Bingo for Bingo Bucks Dining Room <b>Use your Bingo Bucks before the End of Each Week</b></p> 	<p><b>26</b> 10:00am Daily Chronicles &amp; Trivia Courtyard/Dining Rm</p> <p>1:30pm Sip &amp; Paint Dining Room</p> <p>2:30pm Happy Hour with Robert Dining Room</p> 	<p><b>27 Walmart Errands</b> 10:00am Resident Council Meeting Dining Room</p> <p>10:30am Daily Chronicles Courtyard</p> <p>2:00pm Bingo for Bingo Bucks Dining Room</p> 	<p><b>28</b> 10:45am Reflex &amp; Cognitive Fitness Dining Room</p> <p>1:30pm- 4:00pm Red Carpet Event Belmont Lodge Royalty &amp; Belmont Lodge Activities Movie Premiere Dining Room</p> 	<p><b>29</b> 9:45am Smokers Social Courtyard</p> <p>10:20am Sit &amp; Be Fit Courtyard/Dining Room</p> <p>1:30pm Afternoon Instrumental with Mike &amp; Anna Dining Room</p> <p>2:30pm Bingo for Bingo Bucks Dining Room</p> 	<p><b>30</b> 10:00am Daily Chronicles &amp; Trivia Courtyard/Dining Room</p> <p>10:20am Monster Mash Fitness Courtyard/Dining Room</p> <p>1:30pm POKENO Dining Room</p> <p>2:30pm Drinks, Popcorn &amp; Movie Dining Room</p> 

\*Hospitality/ One to One Visits. Social. Spiritual. Emotional Intellectual. Vocational. Creative. Physical. Sensory. Entertainment.

\*Activities are subject to change without notice\*

For full activity list or information please visit our website: [www.careatbelmont.com](http://www.careatbelmont.com) or call us at (719) 562-7200

Follow us on Facebook at: <https://www.facebook.com/BelmontLodgeHealthcareCenter/>

