

OCTOBER 2023

Gracious Living ADHCC... The Best Place
for Your Best Days!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SCHEDULE	2.	3.	4.	5.	6.	7.
6:00-9:00a.m. Arrivals & Personal Care 7:30-9:30 a.m. Breakfast/snacks 10:00-10:45 a.m.						
Chair Aerobics Exercise 10:45-11:45 Devotion/and Cognitive Activity Morning walks	9. Name that Tune Day 	10. 	11. 	12. 	13. 	14. Family Feud Day National Dessert Day 
12:00-1:00 p.m. LUNCH 2:00-3:00 After- noon activity (see calendar) 3:00-4:00 pm Rest/snack	16. What's your favorite food? 	17. 	18. 	19. 	20. 	21. Sing-a-long Day 
4:00-6:30p.m. Choice of activity/After- noon walks Departure	23. 	24. 	25. 	26. 	27. 	28. Americas Got Talent Day 
Tuesday/Thursday 	30. Fall leaf crafts 	31. Fall Festival Day 				