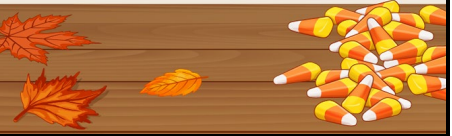


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 OPTALIS HEALTHCARE OF MUSKEGON ACTIVITY CALENDAR			1 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Would you rather game! 5:00PM Dinner 6:00PM Word Game Yom Kippur Begins	2 9:30AM Coffee – chat 10:30PM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	3 9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM Prize Market! 5:00PM Dinner 6:15PM News hour- TV history	4 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Wii bowling 3:00PM Trivia 5:00PM Dinner 6:15PM True or False game
5 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	6 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Resident Council 3:00PM Nails 5:00PM Dinner 6:15PM Wii game Sukkot Begins	7 9:30AM Coffee – music 10:30PM Coloring contest and nails! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	8 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Word Game	9 9:30AM Coffee – chat 10:30PM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	10 9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM LIVE MUSIC! 5:00PM Dinner 6:15PM News hour- TV history	11 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Wii bowling 3:00PM Trivia 5:00PM Dinner 6:15PM Nails
12 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	13 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Food Council 3:00PM Nails 5:00PM Dinner 6:15PM Wii game Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	14 9:30AM Coffee – music 10:30PM Coloring contest HAIR SALON OPEN! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history Simchat Torah Begins	15 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Word Game	16 9:30AM Coffee – chat 10:30PM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	17 9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM LIVE MUSIC- JUST 4 FUN SHOW! 5:00PM Dinner 6:15PM News hour- TV history	18 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Wii bowling 3:00PM Trivia 5:00PM Dinner 6:15PM True or False game
19 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	20 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Snack & Chat – outside if weather permits 3:00PM Nails 5:00PM Dinner 6:15PM Wii game	21 9:30AM Coffee – music 10:30PM Coloring contest and nails! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	22 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Word Game	23 9:30AM Coffee – chat 10:30PM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	24 9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM Prize Market! 5:00PM Dinner 6:15PM News hour- TV history	25 9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Wii bowling 3:00PM Trivia 5:00PM Dinner 6:15PM Nails
26 9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	27 9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Snack & Chat – outside if weather permits 3:00PM Nails 5:00PM Dinner 6:15PM Wii game	28 9:30AM Coffee – music 10:30PM Coloring contest HAIR SALON OPEN! 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	29 9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Multiple choice trivia 5:00PM Dinner 6:00PM Word Game	30 9:30AM Coffee – chat 10:30PM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Karaoke	31 9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM LIVE MUSIC & Halloween party! 5:00PM Dinner 6:15PM News hour- TV history Halloween	ACTIVITIES ARE SUBJECT TO CHANGE! 

ACTIVITY AIDES ARE AVAILABLE TO TAKE YOU FROM YOUR ROOM TO AN ACTIVITY AND BACK AFTER THE ACTIVITY!