

A = Activity Room B = Bistro DR = Dining Rm				October 2026				9:00 October Calendars & Activity Boards (Rooms) 11:00 Seated Yoga (A) 1:00 Room Visits 2:30 Bingo (DR)				1 10:00 Apple Paintings (DR) 11:00 Caramel Apple Bar (DR) 2:00 Ice Cream Social (DR) 3:00 Halloween Jingo (A) 8:00 Movie (Ch. 10)				2 10:30 Jeopardy Trivia (A) 1:00 Friendly Room Visits 2:30 Card Groups (A)				3							
Shelby – An Optalis Health & Rehabilitation Center												Activity Calendar Subject to Change.															
4 9:00 Friendly Room Visits 10:30 Virtual Catholic Mass (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)				5 10:00 October Cranium Crunches (A) 11:00 Chair Boxing w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 High-Low Card Game (A) 6:30 Music Mondays w/ Michelle (A)				6 10:00 Daily Chronicle & Tuesday Talk (A) 11:00 Zilch Dice Game (A) 1:00 Room Visits 2:30 Bingo (DR)				7 10:30 Pet Therapy Group (B) 1:00 Friendly Room Visits 2:00 Ice Cream Social (DR) 2:30 Oktoberfest & Music Entertainment (DR) 6:30 Guided Meditation & Sunset Stretch (A)				8 10:00 Morning Club (A) 11:00 Full Body Chair Workout (DR) 1:00 Room Visits 2:30 Bingo (DR)				9 10:00 Chef’s Table Discussion (A) 10:30 Art Therapy: “Nature Viewer” (A) 2:00 Ice Cream Social (DR) 3:00 Rosary (A) 8:00 Movie (Ch. 10)				10 10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:30 Social Game (A)			
11 9:00 Friendly Room Visits 10:30 Non-Denominational Virtual Church Service (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)				12 10:00 Morning Club (A) 11:00 Dance Workout with Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 “Travel” to Czech Republic (A) 6:30 Evening Sing-A-Long Indigenous Peoples’ Day Columbus Day (U.S.) Thanksgiving Day (Canada)				13 10:00 Daily Chronicle & Tuesday Talk (A) 10:30 Art Collage (A) 1:00 Room Visits 2:30 Bingo (DR)				14 10:00 Morning Club (A) 1:00 Friendly Room Visits 2:00 Ice Cream Social (DR) 2:30 Music Entertainment w/ Frank Taubitz (DR) 6:30 Pet Therapy Visits				15 10:30 Morning Bingo (DR) 1:00 Room Visits 2:00 Blankets with Care Shopping Session (B) 3:00 Blankets with Care Room Visits				16 10:00 What’s Your Verdict? You be the Judge (A) 11:00 Fitness Dice (A) 2:00 Ice Cream Social (DR) 3:00 Resident Crochet Circle: Mandalas (A) 8:00 Movie (Ch. 10)				17 10:30 Outburst Game (A) 1:00 Friendly Room Visits 2:30 Card Groups (A)			
18 9:00 Friendly Room Visits 10:30 Faith & Fitness with Paul Eugene (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)				19 10:30 Halloween Bingo (A) 1:00 Friendly Visits 2:00 Ice Cream Social (DR) 2:00 Resident Council (A) 3:00 Social Game (A) 6:30 Music Mondays w/ Michelle (A)				20 10:00 Daily Chronicle & Tuesday Talk (A) 10:30 Q-Tip Fall Paintings 1:00 Room Visits 2:30 Bingo (DR)				21 10:00 Morning Club (A) 1:00 Friendly Room Visits 2:00 Ice Cream Social (DR) 2:30 October Birthday Party and Music with Wayne (DR) 6:30 Men’s Group (A)				22 10:00 Morning Club (A) 11:00 Mind/Body Fitness (DR) 1:00 Room Visits 2:30 Bingo (DR)				23 10:00 Horse Race Game (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 3:00 Autumn Leaf Scavenger Hunt (DR) 8:00 Movie (Ch. 10)				24 10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:00 Fall Movie & Popcorn (DR)			
25 9:00 Friendly Room Visits 10:30 Non-Denominational Virtual Church Service (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)				26 10:00 Morning Club (A) 11:00 Fitness with Paul Eugene (DR) 1:00 Friendly Visits 2:00 Ice Cream Social (DR) 2:30 Cookie Decorating (DR) 6:30 Children’s Trick-or-Treat Event (DR)				27 10:00 Believable or Batty? (A) (Social Game) 10:30 Active Games: Through the Web Toss (A) 1:00 Room Visits 2:30 Bingo (DR)				28 10:00 Would You Rather – Halloween Spinner Game (A) 1:00 Friendly Room Visits 2:30 Halloween Hoe-Down Special Event & Music (DR) 6:30 Guided Meditation & Sunset Stretch (A)				29 10:00 Morning Club (A) 11:00 1950 & 60s Music Workout (DR) 1:00 Room Visits 2:30 Bingo (DR)				30 10:30 Bowling Club (DR) 1:00 Friendly Room Visits 2:00 Ice Cream Social (DR) 3:00 Pumpkins & Pie (DR) 8:00 Movie (Ch. 10)				31 10:30 Halloween Craft (A) 1:00 Friendly Room Visits 2:30 Halloween Trivia & Treats (A)			
												Halloween															