

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p><b>Hello October</b></p>	<p><i>"A fallen leaf is nothing more than a summer's wave goodbye."</i></p>	<p>7:30 Breakfast 9:30 Exercise: Stretching (LR) 10:00 Refreshments 10:30 Bingo (DR) 11:30 Lunch (DR) 1:30 Parkview Book Club: (LR) 2:30 Food Club: Cake Surprise (DR) 3:30 Thriving Through Music: Remembering Julie Andrews 4:30 Exercise: Breath work 4:30 Dinner (DR) 6:30 Relax with Country Music</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Balance (LR) 9:30 Refreshments (DR) 10:00 Sensory Fruit Card Game (LR) 10:30 Music and Memories (LR) 11:30 Lunch (DR) 1:30 Exercise: Strength <b>2:00 Entertainment With Dave</b> 3:00 Book Club: Open House 4:30 Dinner (DR) 6:30 Movie Night (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Breath work (LR) 10:30 What Am I Trivia (LR) 11:00 Hand Massages&amp;Music (LR) 12:30 Family Feud game (DR) 1:30 Health Talk: How to maintain Health and Independence as we Age (DR) 2:00 Exercise: Light Weights (LR) 2:30 Junk Drawer Detective (DR) <b>3:00 Happy Hour with Tommy Ray (AL)</b> 4:30 Dinner (DR) 6:30 Evening Puzzles with Nayas</p>	<p>7:30 Breakfast (DR) 9:00 Mindful Breathing (LR) 9:30 Refreshments 10:00 Mexican Train (DR) 11:30 Lunch (DR) 1:30 Exercise: Strength (LR) 1:30 World Smile Day: Smiley Cake Pops with Tina (AL-LR) 2:30 Taco Day Craft: Create your own Taco (AL-LR) 4:00 Exercise: Chair Dancing 4:30 Dinner (DR) 6:30 Manicures and Music (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Fitness Exercise (LR) 10:00 Refreshments (LR) 10:00 Church Service 11:30 Lunch (DR) 1:30 Bocce Ball(DR) 2:30 Poetry Club: David Frost 3:00 Brain Drain Challenge (DR) 3:00 Diamond Dots (LR) 3:30 Exercise: Sit &amp; Be Fit (LR) 4:30 Dinner (DR) 6:30 WU Mocktails with Tina (DR)</p>		
		<p>7:30 Breakfast (DR) 9:30 Stretching Sunday (LR) 9:30 Refreshments 10:00 Art Club: Doodle Day (LR) 11:30 Lunch (DR) 1:30 Baking Club: Oreo Cookie Cake (DR) 3:00 WU Classical Music: Beethoven 3:30 Exercise: Light Weight Lifting (LR) 4:30 Dinner (DR) 6:30 Parkview: Night at the Movies</p>	<p>7:30 Breakfast 9:30 Exercise: Cardio (:LR) 9:30 Refreshments (LR) 10:00 WU Brain Teasers 11:30 Lunch (DR) 1:30 Bowling for Chocolate 2:30 Craft Club: Color and Me 3:30 Men's Club Meeting: (LR) 4:30 Dinner (DR) 6:30 Art Club: Color&amp;Me (DR)</p>	<p>7:30 Breakfast (DR) <b>9:30 TrainTopia Frisco Discovery Center Outing</b> 9:30 Exercise: Strength (LR) 9:30 Refreshments 10:30 Bingo (DR) 11:30 Lunch (DR) 1:30 Exercise: Balance (LR) 2:30 Fluffernutter Day: Peanut Butter and Marshmallow Sandwiches <b>3:30 Happy Hour with Tony Macaroni (AL)</b> 4:30 Dinner (DR) 6:30 Evening Puzzle Fun (DR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Stretching (LR) 9:30 Refreshments 10:00 Gardening Club 11:30 Lunch (DR) 1:30 Exercise: Sit and Be Fit (LR) <b>2:00 Breast Cancer Talk: Curana Health (AL-LR)</b> 2:30 Music and Memories (LR) 3:30 Men's Club: The Loaner Car (LR) 4:30 Dinner (DR) 6:30 Movie Night (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Stretching(LR) 10:00 Refreshments 10:30 Food Corner: Smores 11:30 Lunch (DR) 1:30 You be the Judge (LR) 2:00 Book Club: Gourds and Gordons (LR) <b>3:00 Happy Hour (AL-DR)</b> Exercise: Breath Work (LR) 4:30 Dinner (DR) 6:30 Thriving Through Music (LR)</p>	<p>7:30 Breakfast (DR) 9:00 Exercise: Strengthening (LR) 9:30 Who Did it Best (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Exercise: Chair Dancing (LR) 2:00 WU Storytime with Tina (LR) 2:30 Craft Club: Connect the Dots (DR) 3:00 Bible Study with Tina (DR) 4:30 Dinner (DR) 6:30 Thriving Through Music: Kenny Rogers (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Saturday Fitness (LR) 10:00 Refreshments (LR) 10:00 Church Service 11:30 Lunch (DR) 1:30 MavHog Motorcycle Visit Independent Living 2:30 WU Talk About Heart Health 3:00 Saturday Trivia (DR) 4:30 Dinner (LR) 6:30 WU Mocktails with Tina (DR)</p>
		<p>7:30 Breakfast (DR) 9:30 Exercise Light Weights (LR) Refreshments (LR) 10:30 Church Service with Tina 11:30 Lunch (DR) 1:30 Bingo&amp;Dominos (DR) 2:30 Hymn Sing (LR) 3:00 Exercise: Cardio 3:30 Corn Hole (DR) 4:30 Dinner (DR) 6:30 Relax with Beethoven</p>	<p>7:30 Breakfast 9:30 Music Therapy with Luisa (LR) 9:30 Refreshments (LR) 10:00 WU Brain Teasers 11:30 Lunch (DR) 1:30 Bocce Ball (DR) 2:30 Craft Club: Color and Me 3:30 Men's Club Meeting: Junk Drawer Detective (DR) 4:30 Dinner (DR) 6:30 Evening Puzzles with Naya's</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Breath work (LR) 9:30 Refreshments (LR) 10:00 September Junk Drawer Detective (LR) <b>10:30 Songs&amp;Smiles with Carl (LR)</b> 11:30 Lunch (LR) 1:30 Exercise: Stretching (LR) 2:30 Social Club: Getting to Know You (LR) 3:30 Virtual Reality: Borneo (LR) 4:30 Dinner (DR) 6:30 Thriving Through Music Music(LR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Balance (LR) 9:45 Refreshments 10:00 Gardening Club (LR) 10:30 Texas State Fair Fun 11:30 Lunch (DR) 1:30 Practicing Gratitude (LR) 2:00 Entertainment with Krystal (LR) 3:00 Exercise: Sit and Be Fit (LR) 3:30 Book Club (LR) 4:30 Dinner (DR) 6:30 Manicures&amp;Music (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise Cardio (LR) 9:30 Refreshments 10:00 Baking Club: Oatmeal Chocolate Chip Cookies (DR) 11:00 Barbie Day Fun Facts (LR) 11:30 Lunch (DR) 1:30 Hymn Singing (LR) 2:00 You be the Judge (LR) <b>3:00 Happy Hour (AL-DR)</b> 4:00 Exercise: Balance (LR) 4:30 Dinner (DR) 6:30 Art Corner: Color and Me</p>	<p>7:30 Breakfast (DR) 9:00 Exercise: Strengthening (DR) 9:30 Refreshments (LR) 10:30 Music with Daisy (LR) 11:30 Lunch (DR) 1:30 Daily Chronicle (LR) <b>2:00 Freddy's Ice Cream Outing</b> 3:00 Bible Study with Tina (LR) 4:30 Exercise: Range of Motion (DR) 4:30 Dinner (DR) 6:30 Thriving Through Music (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Saturday Fitness (LR) 9:30 Refreshments (DR) 10:00 Church Service (LR) 11:30 Lunch (DR) 1:30 Gardening Club (LR) 2:30 Craft Club: Card Making Creations (DR) 3:30 Thriving Though Music (LR) 4:30 Dinner (DR) 6:30 Evening Puzzles with Nayas (DR)</p>
		<p>7:30 Breakfast 9:30 Exercise Stretching Sunday 9:30 Refreshments 10:30 Church Service with Tina 11:30 Lunch (DR) 1:30 WU Classical Music: Mozart 2:30 Penny for your Thoughts (LR) 3:00 Can You Picture This (DR) 3:30 Wiener Dog Dice Race 4:30 Dinner (DR) 6:30 Game Night (DR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise Balance (LR) 9:30 Refreshments 10:00 WU Brain Teasers (LR) 11:00 Exercise: Jazz Steps (DR) 11:30 Lunch (DR) 1:30 Men's Club Meeting: The Loaner Car 4:30 Dinner (DR) 6:30 Movie and Snacks</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Strength (LR) 9:30 Refreshments (LR) 10:00 October Match Up (LR) 10:30 Bingo (LR) 11:00 Fall Door Decorations 11:30 Lunch (DR) 1:30 Pumpkin Painting (DR) 2:30 Exercise: Light Weights (LR) 3:30 Virtual Reality: Travel to Italy (LR) 4:30 Dinner (DR) 6:30 Evening Puzzles with Nayas</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Light Weights(LR) 9:45 Refreshments 10:00 WU Storytelling with Tina (LR) 11:30 Lunch (DR) 2:00 Entertainment with Krystal (LR) 2:30 Exercise: Chair Dancing 3:30 Craft Club: Abstract Art (DR) 3:30 Fall Door Decorations 4:30 Dinner (DR) 6:30 Relax with Country Music</p>	<p>7:30 Breakfast (DR) 9:30 Exercise-Balance (LR) 10:00 Refreshments 10:30 WU Bible Study (LR) 11:30 Lunch (DR) 1:30 Creative Creations: Pudding with a twist 2:00 Pumpkin Decoration (DR) <b>3:00 Oktoberfest Happy Hour with Mike (AL-DR)</b> 3:30 Exercise: Strength Training 4:30 Dinner (DR) 6:30 Manicures and Music (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Strengthening (LR) Refreshments (LR) 10:00 Junk Drawer Challenge (DR) 10:30 October Match Up (DR) 11:30 Lunch (DR) 1:30 Tina's Frankenstein Puddings Cups (AL-R) 3:00 Exercise: Light Weights (LR) 3:30 Bible Study, Hymn Sing with Tina (DR) 4:30 Dinner (DR) 6:30 Memory Baskets (DR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Fitness (LR) 9:30 Refreshments (LR) 10:00 Church Service (LR) 11:30 Lunch (DR) 1:30 Bean Bag Toss (DR) 2:00 Food Corner: Biscuits and Jam (DR) 2:30 Saturday Trivia (DR) 3:00 Exercise: Breath Work (DR) 4:30 Dinner (DR) 6:30 Nail Salon &amp; Music (LR)</p>
		<p>7:30 Breakfast (DR) 9:30 Exercise: Stretching (LR) 10:00 Refreshments (LR) 10:30 Church Service with Tina 11:30 Family Fall Fest and Brunch (DR) 12:30 Exercise: Balance (LR) 1:30 WU classical Music: Debussy (LR) (DR) 2:30 Men's Club Meeting 3:30 Who, What, Where (LR) 4:30 Dinner (DR) 6:30 Evening Puzzle Fun (DR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Light Weights (LR) 9:30 Refreshments (LR) 10:00 You Be the Judge (LR) 11:00 Gardening Club: Flowers of Fall (LR) 11:30 Lunch (DR) 1:30 Men's Club Meeting:(FR) 2:00 WU Storytelling with Tina (FR) 3:00 Exercise: Strength Training (DR) 4:30 Dinner (DR) 6:30 Game Night with Nayas(DR)</p>	<p>7:30 Breakfast 9:30 Exercise: Stretching (LR) 9:30 Refreshments (DR) 10:30 Bingo (DR) 11:30 Lunch (DR) 1:30 Book Club: Don's Balto (LR) 2:30 Food Club: Brownies (DR) 3:30 Virtual Reality Travel to Rocky Mountains 4:30 Exercise: Breath work 4:30 Dinner (DR) 6:30 Relax with Country Music</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Balance (LR) 9:30 Refreshments (DR) 10:00 Jack-o'Lantern Hlstory 10:30 Music and Memories (LR) 11:30 Lunch (DR) 1:30 Exercise: Light Weights 2:00 Entertainment with Dave 3:00 Book Club: Billy Graham Story (LR) 4:30 Dinner (DR) 6:30 Movie Night (LR)</p>	<p>7:30 Breakfast (DR) 9:30 Exercise: Breath work (LR) 10:00 Refreshments (LR) 10:30 Show and Tell (LR) 11:30 Lunch (DR) 1:30 Junk Drawer Detective (DR) 2:00 Exercise: Light Weights (LR) 1:00 Diwali Rangoli Indian Art (LR) <b>3:00 Halloween Happy Hour (AL)</b> 4:30 Dinner (DR) 6:30 Evening Puzzles with Nayas</p>		

**OCTOBER 2024**  
**Memory Care**  
  
**PARKVIEW**  
 IN FRISCO  
 A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**ACTIVITY LOCATOR KEY**



**Friendly Reminder:**  
 Schedule changes may occur; changes will be posted on the daily.

*Happy Birthday*  
 Phillip King 10/16  
 Pamela Nimick 10/2

