


























# Western Hills Retirement Village Independent October 2024




















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Have an Activity Question? Call Kathy at extension 120</b> 	<b>1</b> 9:30 Exercise (A) 10:00 Blood Pressure Check by Stay Well (L) 2:00 Movie and Popcorn (A) 	<b>2</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:30 Stay Well Presents: Sugar, the good, bad and ugly (A) 	<b>3</b> 9:30 Exercise (A) 10:00 Coffee & Donuts (A) 10:00 Placing Delivery Kroger Orders(A) 2:00 Rosary (CH) 2:30 Cover All (L) 	<b>4</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:00 Happy Hour (A)	<b>5</b> 9:30 Exercise (A) 1:30 Bingo (A)
10:00 Rosary (A) 10:30 Mass (A)  1:45 Movie (A)	<b>6</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Happy Hour (A) 	<b>7</b> 9:30 Exercise (A) 10:00 Blood Pressure Check by Stay Well (L) 10:30 Christine will help w/ Kroger delivery orders. (A) 1:30 Movie and Popcorn (A)	<b>8</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:30 Manicure - (A) File and polish only 2:30 Craft (A) 	<b>9</b> 9:30 Exercise (A) 2:00 Rosary (CH) 2:30 Horse Racing w/ Sandra (L) 	<b>10</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:00 Happy Hour (A)	<b>11</b> 9:30 Exercise (A) 1:30 Bingo (A) 
10:00 Rosary (A) 10:30 Mass (A)  1:45 Movie (A)	<b>12</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Happy Hour (A)	<b>13</b> 9:30 Exercise (A) 10:00 Blood Pressure Check By StayWell (L) 1:30 Movie and Popcorn (A) 3:30 Residnet Council (A) 6:30 Evening Music Group Kaleidoscope (A) 	<b>14</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:30 Museum Center Presents: Cincinnati Chili (A) 	<b>15</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Rosary (CH) 10:00 Mimosa & Bagels (A) 2:00 Rosary (CH) 	<b>16</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 1:30 Bingo 3:00 Birthday Celebration Music by John Simpson(A) 	<b>17</b> 9:30 Exercise (A) 1:30 Bingo (A)
10:00 Rosary (A) 10:30 Mass (A) During Your Lunch Seating - Sunday Bunch (DR ) Residents Only 1:45 Movie (L) 2:00 Revive Church Bible Study (A) 	<b>18</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Happy Hour (A)	<b>19</b> 9:30 Exercise (A) 10:00 Blood Pressure Check by Stay Well - (L) 10:30 Christine will help w/ Kroger delivery orders. (A) 2:00 Movie and Popcorn (A)	<b>20</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:30 Manicures (A) (file & polish only) 2:30 Cover All 	<b>21</b> 9:30 Exercise (A) 2:00 Rosary (CH) 2:30 Cover All (L)	<b>22</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:00 Happy Hour (A) 	<b>23</b> 9:30 Exercise (A) 1:30 Bingo (A)
10:00 Rosary (A) 10:30 Mass (A) 1:45 Movie (A)	<b>24</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Happy Hour (A) 	<b>25</b> 9:30 Exercise (A) 10:00 Blood Pressure Check by Stay Well (L) 1:30 Movie and Popcorn (A)	<b>26</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:30 Creating With Stay Well (A) 	<b>27</b> NO EXERCISES 2:00 Rosary (CH) 2:30 Spooky House /Halloween Party (A) 	<b>28</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:00 Happy Hour (A)	<b>29</b> 9:30 Exercise (A) 1:30 Bingo (A)
10:00 Rosary (A) 10:30 Mass (A) 1:45 Movie (A)	<b>30</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Happy Hour (A)	<b>31</b> 9:30 Exercise (A) 10:00 Blood Pressure Check by Stay Well (L) 1:30 Movie and Popcorn (A)	<b>31</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:30 Creating With Stay Well (A)	<b>31</b> NO EXERCISES 2:00 Rosary (CH) 2:30 Spooky House /Halloween Party (A) 	<b>31</b> 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:00 Happy Hour (A) 	<b>CALENDAR IS SUBJECT TO CHANGE</b>



# Western Hills Retirement Care Center October 2024






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:30 Card Shark <b>Snack Cart</b> Afternoon Movie	<b>2</b> 10:30 Mass 11:00 Hangman <b>Snack Cart</b> 2:30 Rock –in Roll Chair Dancing w/ Kristin 3:30 Ice Cream Social / Reminiscing Bucket	<b>3</b> 10:30 Coffee Clutch 11:00 Heads Up <b>Snack Cart</b> 2:30 Trivia  <b>3:30 Bingo</b> <b>6:30 Bingo</b>	<b>4</b> 10:30 Table Top Bowling  Activity Cart 2:30 Happy Hour <b>3:30 Bingo</b>  <b>2:00 Bill Tonnis</b>	<b>5</b> <b>Morning</b> Activity Aide's choice <b>Afternoon</b> <b>Snack Cart</b> Sing-a-Long
<b>6</b> <b>Morning</b>  Rosary <b>Afternoon</b> <b>Snack Cart</b> Hymns & Inspiring stories	<b>7</b> 10:30 Communion in Rooms  11:00 Name That Tune <b>Snack Cart</b> 2:30 Resident Council 3:30 Bingo	<b>8</b> 10:30 Manicures (File & Polish Only)   <b>Snack Cart</b> Afternoon Movie	<b>9</b> 10:30 Mass 11:00 Finish Lines <b>Snack Cart</b> 2:30 Rock-in-Roll Chair Dancing w/ Kristin 3:00 Oktoberfest Music by Sally Lukasik	<b>10</b> 10:30 Coffee Clutch 11:00 Name 5 <b>Snack Cart</b> 2:30 Heads Up <b>3:30 Bingo</b> <b>6:30 Bingo</b>	<b>11</b> 10:30 Cover All <b>Activity Cart</b> 2:30 Happy Hour 3:30 Time on the Patio (Weather Permitting)	<b>12</b> <b>Morning</b> Activity Aide's Choice <b>Snack Cart</b> <b>Afternoon</b> Sing-a-Longs
<b>13</b> <b>Morning</b> Rosary <b>Afternoon</b> <b>Snack Cart</b> Hymns & Inspiring Stories	<b>14</b> 10:30 Communion in Rooms 11:00 Coloring Club <b>Snack Cart</b>  2:30 Name that Tune  3:30 Bingo	<b>15</b> 10:30 Trivia <b>Snack Cart</b> Afternoon Movie	<b>16</b> 10:30 Mass 11:00 Hangman <b>Snack Cart</b> 2:30 Roc –in Roll Chair Dancing w/ Kristin 3:30 Ice Cream Social / Reminiscing Bucket	<b>17</b> 10:30 Coffee Clutch 11:00 Heads Up <b>Snack Cart</b> 2:30 Trivia 3:30 Bingo  6:30 Bingo 	<b>18</b> 10:30 Table Top Bowling Activity Cart 2:30 Music by 	<b>19</b> <b>Morning</b> Activity Aide's choice <b>Snack Cart</b>  <b>Afternoon</b> Sing-a-Long
<b>20</b> <b>Morning</b> Rosary <b>Afternoon</b> <b>Snack Cart</b> Hymns & Inspiring Stories  	<b>21</b> 10:30 Communion in Rooms 11:00 Name That Tune <b>Snack Cart</b> 2:30 Noodle Ball  3:30 Bingo	<b>22</b> 10:30 Card Shark <b>Snack Cart</b>  Afternoon Movie 	<b>23</b>  10:30 Mass 11:00 Finish Lines <b>Snack Cart</b> 2:30 Rock-in Roll chair Dancing w/ Kristin 3:30 Ice Cream Social/Reminiscing Bucket	<b>24</b> 10:30 Coffee Clutch  11:00 Name 5  <b>Snack Cart</b> 2:30 Cincinnati Museum Center Presents: Radio Waves	<b>25</b> 10:30 Cover All <b>Snack Cart</b> 2:30 Happy Hour 3:30 Patio Time (Weather Permitting) Trivia	<b>26</b> <b>Morning</b> Activity Aide's choice <b>Snack Cart</b> <b>Afternoon</b> Sing-a-Long
<b>27</b> <b>Morning</b> Rosary <b>Afternoon</b> <b>Snack Cart</b> Hymns & Inspiring Stories	<b>28</b> 10:30 Communion in Rooms 11:00 Coloring Club <b>Snack Cart</b> 2:30 Noodle Ball 3:30 Bingo	<b>29</b> 10:30 Trivia <b>Snack Cart</b> Afternoon Movie	<b>30</b> 10:30 Mass 11:00 Hangman <b>Snack Cart</b> 2:30 Roc –in Roll Chair Dancing w/ Kristin 3:30 Ice Cream Social / Reminiscing Bucket	<b>30</b> 10:30 Coffee Clutch 11:00 Heads Up 2:30 Halloween Party 		<b>CALENDAR IS SUBJECT TO CHANGE</b>



# October 2024 Shelter Point



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Calendar Subject to Change</b>		<b>1</b> <b>Morning</b> Morning Stretches Coffee Clutch Trivia <b>Afternoon</b> Movie and Popcorn <b>Evenings</b> I Love Lucy	<b>2</b> <b>Morning</b> Morning Stretches Sing—Long <b>Afternoon</b> <b>1:30 Ice Cream</b> Coloring Club <b>Evenings</b> Golden Girls	<b>3</b> <b>Morning</b> Morning Stretches <b>Afternoon</b> Cover All <b>Evening</b> TV Games Shows	<b>4</b> <b>Morning</b> Morning Stretches Name 5 <b>Afternoon</b> <b>Happy Hour</b> <b>Evening</b> Hand Massages	<b>5</b> <b>Morning</b> Morning Stretches <b>Bingo</b> <b>Afternoon</b> Movie & Snacks <b>Evening</b> Lawrence Welk
<b>6</b> <b>Morning</b> Rosary/Hymns <b>Afternoon</b> <b>Bingo</b> <b>Evening</b> Hand Massages	<b>7</b> <b>Morning</b> Morning Stretches Beauty Spot <b>Afternoon</b> <b>Bingo</b> <b>Evening</b> TV Game Shows	<b>8</b> <b>Morning</b> Morning Stretches Coffee Clutch Trivia <b>Afternoon</b> Craft Conner <b>Evenings</b> I Love Lucy	<b>9</b> <b>Morning</b> Morning Stretches Sing—Long <b>Afternoon</b> <b>1:30 Ice Cream</b> Name 5 <b>Evenings</b> Golden Girls	<b>10</b> <b>Morning</b> Morning Stretches <b>Afternoon</b> Cover All <b>Evening</b> TV Games Shows	<b>11</b> <b>Morning</b> Morning Stretches Reminiscing Bucket <b>Afternoon</b> <b>Happy Hour</b> <b>Evening</b> Hand Massages	<b>12</b> <b>Morning</b> Morning Stretches <b>Bingo</b> <b>Afternoon</b> Movie & Snacks <b>Evening</b> Lawrence Welk
<b>13</b> <b>Morning</b> Rosary/Hymns <b>Afternoon</b> Bingo <b>Evening</b> Hand Massages	<b>14</b> <b>Morning</b> Morning Stretches Beauty Spot <b>Afternoon</b> <b>Bingo</b> <b>After Dinner</b> TV game Shows	<b>15</b> <b>Morning</b> Morning Stretches Coffee Clutch Trivia <b>Afternoon</b> Table Top Bowling <b>Evenings</b> I Love Lucy	<b>16</b> <b>Morning</b> Morning Stretches Sing—Long <b>Afternoon</b> <b>1:30 Ice Cream</b> Coloring Club <b>Evenings</b> Golden Girls	<b>17</b> <b>Morning</b> Morning Stretches  <b>Afternoon</b> Cover All <b>Evening</b> TV Games Shows	<b>18</b> <b>Morning</b> Morning Stretches Name 5 <b>Afternoon</b> <b>Happy Hour</b> <b>Evening</b> Hand Massages	<b>19</b> <b>Morning</b> Morning Stretches <b>Bingo</b> <b>Afternoon</b> Movie and Snacks <b>Evening</b> Lawrence Wel
<b>20</b> <b>Morning</b> Rosary/Hymns <b>Afternoon</b> <b>Bingo</b> <b>Evening</b> Hand Massages	<b>21</b> <b>Morning</b> Morning Stretches Beauty Spot <b>Afternoon</b> <b>Bingo</b> <b>Evening</b> TV Game Shows	<b>22</b> <b>Morning</b> Morning Stretches Coffee Clutch Trivia <b>Afternoon</b> Craft Conner <b>Evenings</b> I Love Lucy	<b>23</b> <b>Morning</b> Morning Stretches Sing—Long <b>Afternoon</b> <b>1:30 Ice Cream</b> Name 5 <b>Evenings</b> Golden Girls	<b>24</b> <b>Morning</b> Morning Stretches <b>Afternoon</b> Cover All <b>Evening</b> TV Games Shows	<b>25</b> <b>Morning</b> Morning Stretches Reminiscing Bucket <b>Afternoon</b> <b>Happy Hour</b> <b>Evening</b> Hand Massages	<b>26</b> <b>Morning</b> Morning Stretches <b>Bingo</b> <b>Afternoon</b> Movie and Snacks <b>Evening</b> Lawrence Welk
<b>27</b> <b>Morning</b> Rosary/Hymns <b>Afternoon</b> <b>Bingo</b> <b>Evening</b> Hand Massages	<b>28</b> <b>Morning</b> Morning Stretches Beauty Spot <b>Afternoon</b> <b>Bingo</b> <b>Evening</b> TV Game Shows	<b>29</b> <b>Morning</b> Morning Stretches Coffee Clutch Trivia <b>Afternoon</b> Decorating Pumpkins <b>Evenings</b> I Love Lucy	<b>30</b> <b>Morning</b> Morning Stretches Sing—Long <b>Afternoon</b> <b>1:30 Ice Cream</b> Coloring Club <b>Evenings</b> Golden Girls	<b>31</b> <b>Morning</b> Morning Stretches <b>Afternoon</b> Halloween Party 		



Activity supplies are on hand for our night owls and early risers to enjoy with night shift staff

