

October 2018

**Activities are subject to change. Please refer to the main wall calendar at Cedar Manor for updated schedule.*

Birthdays

Carla T. - 1st
 Connie M. - 1st
 Bill W. - 24th

This month we will feature information about **RUSSIA**

*Join us for **SPIRIT WEEK**
 Wear your fun spirit items on the assigned day!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>DR. SUESS DAY</u> 9:00 Chaplain Chip visits 10:30 Morning stretches 11:00 Talk Time & Trivia 1:30 Game Time: Word games 3:15 Bingo	2 <u>50's DAY</u> 9:00 Chaplain Chip visits 10:00 Walking Club 10:45 Game Time: Casual Bingo 1:00 Walmart shopping 3:15 Pokeno	3 <u>CRAZY HAIR DAY</u> 9:00 Chaplain Chip visits 10:30 Hymn Sing & Bible Study with Tidewater Baptist 11:30 Pizza Lunch: Music by Johnny 1:00 Welcome Waggers 1:30 Game Time: Left, Center, Right 3:15 Bingo	4 <u>HAT DAY</u> 9:45 Catholic Service 10:30 Stretch & Tone 11:00 Talk Time & Trivia 12:30 Chaplain Chip visits 1:00 "Polish Me Pretty" by Cedar Manorcurists 1:30 Indoor Cornhole 3:15 Pokeno	5 <u>HAWAIIAN SHIRT DAY</u> 10:45 Group Fitness Friday 1:00 Welcome Waggers 1:30 Social Hour Music by Johnny (1st floor TV area) 3:15 Bingo	6 9:30 Fitness to music 10:00 Weekend activity packet 10:30 Welcome Waggers 10:30 Game Time: Binge Bingo 1:00 Afternoon Matinee "From Russia with Love"
7 1:30 Worship Service & Communion with Chaplain Chip	8 9:00 Chaplain Chip visits 10:00 "Because He Lives" Bible study with Chaplain Chip 2:00 Music by Gary Gompers 3:15 Bingo	9 9:00 Chaplain Chip visits 10:30 Cedar Manor Market Shopping 1:30 Talk Time: Spooky Facts & Tasty Treats 3:15 Pokeno	10 9:00 Chaplain Chip visits 10:30 Deep Creek Baptist Church Senior Choir "Joyful Sound" 1:00 Welcome Waggers 2:00 Great Bridge Baptist Church 3:15 Bingo	11 9:45 Catholic Service 10:30 Stretch & Tone 11:00 Talk Time & Trivia 12:30 Chaplain Chip visits 1:00 Pumpkin Paintings 3:15 Pokeno	12 10:45 Group Fitness Friday 1:00 Welcome Waggers 1:00 Relax with coloring and music 3:15 Bingo 5:00 Cedar Manor Family Fair	13 9:30 Fitness to music 10:00 Weekend activity packet 10:30 Welcome Waggers 10:30 Chesapeake Community Church of Hope Hymn sing-along 1:30 Singing by Sweet Inspiration
14 2:00 Kempsville Mennonite Church Service	15 9:00 Chaplain Chip visits 10:30 Morning stretches 11:00 Talk Time & Trivia 1:30 Piano by Barbara 3:15 Bingo	16 10:00 Walking Club 10:45 Game Time: Casual Bingo 12:00 Chaplain Chip visits 1:30 Monthly Birthday Party Music by Johnny 3:15 Pokeno	17 10:30 Hymn Sing & Bible Study by Tidewater Baptist 12:00 Chaplain Chip visits 1:00 Welcome Waggers 1:00 Music by Group Therapy 3:15 Bingo	18 9:00 Chaplain Chip visits 9:45 Catholic Service 10:30 Stretch & Tone 11:00 Talk Time & Trivia 1:00 Game Time: Left, Center, Right 2:00 Journey Church 3:15 Pokeno	19 10:45 Group Fitness Friday 1:00 Welcome Waggers 1:00 Game Time: Scrabble 3:15 Bingo	20 10:00 Weekend activity packet 10:30 Welcome Waggers 3:00 Piano Music by Students of Tim Dail from SK Piano Academy
21 10:00 Hymn Sing & Fellowship with Karen & Gordon 2:30 Gospel singing by Unshackled	22 <u>NEON COLOR DAY</u> 10:30 Morning stretches 11:00 Trivia 1:30 Game Time: Word games 3:15 Bingo	23 <u>PINK DAY</u> 9:00 Chaplain Chip visits 10:00 Walking Club 10:45 Game Time: Casual Bingo 11:15 Lunch outing to Zaxby's 3:15 Pokeno	24 <u>WESTERN THEME DAY</u> 9:00 Chaplain Chip visits 10:30 Cedar Manor Market Shopping 1:00 Welcome Waggers 2:00 Great Bridge Baptist Church 3:15 Bingo	25 <u>FAVORITE TEAM DAY</u> 9:45 Catholic Service 10:30 Morning Stretches 11:00 Talk Time & Trivia 12:30 Chaplain Chip visits 1:30 Music by Chuck Moebus 3:15 Pokeno	26 <u>TWIN DAY</u> 9:00 Chaplain Chip Visits 10:45 Group Fitness Friday 1:00 Welcome Waggers 1:00 Craft Time: Make a Bead Bracelet 3:15 Bingo	27 9:30 Fitness to music 10:00 Weekend activity packet 10:30 Welcome Waggers 10:30 Game Time: Binge Bingo 1:00 Afternoon Matinee "The Old Man & The Sea"
28 10:00 Rock Church 2:00 Musical Entertainment by Sunshine Express	29 10:30 Morning Stretches 11:00 Trivia 11:00 Chaplain Chip Visits 1:00 "Because He Lives" Bible study with Chaplain Chip 3:15 Bingo	30 9:00 Chaplain Chip visits 10:00 Walking Club 10:45 Game Time: Casual Bingo 1:30 Craft Time: It's Halloween! 3:15 Pokeno	31 <u>HALLOWEEN</u> 9:00 Chaplain Chip visits 10:30 Morning Stretches 11:00 Talk Time & Trivia 1:00 Welcome Waggers 1:30 Halloween Party Music by Eddie Sal 3:15 Bingo			