



ADULT DAY PROGRAM

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1. October 1: National Day of Older Persons & Special Breakfast 9:45-Falls Prevention 10:30-Falls Prevention Work Out 1:00-Presentation-Seniors' Contributions	2. International Day of Non-Violence, Peace and Tolerance 9:45-Walk With Me/Work out the Body (cardio Fit) 10:30-Talk about Peace 1:00-Peace Craft	3. 9:45-Thanks' Giving Craft 10:30-TUG Test and Fitness Testing 1:00-Fitness- <u>Cardio Fit</u>
6. 9:45- Walk With Me/Tug Test 10:30-Calender Review 1:00-Fitness- <u>Cardio Fit</u>	7. National Hero Day (OCT*8) 9:45-Tug Test 10:30-Discussion- <u>Hero's Around the World</u> 1:00-Walk with Me 1:30-Make me Think Challenge	8. World Octopus Day & Falls Prevention 9:45-Falls Prevention-Workshop 10:30-Falls Prevention Work Out 1:00-World Octopus Day	9. 9:45-Walk With Me/Tug test 10:00-Boxing with Terrance 11:00-Health Topic- <u>Healthy Diets</u> 1:00-Calender Review	10. National Mental Health Day 9:45-Walk With Me 10:30-Discussion-Mental Health in Older Adults 1:00-Thanks'Giving Craft
13. Happy Thanksgiving	14. 9:45-Voices & Views Oct Gazette 10:30-Game Time-'Your Choice' Shuffleboard or Boccie Ball 1:00-Turkey Feathers Floor Toss	15. Falls Prevention 9:45-Walk With Me/Voices & Views Oct Gazette 10:30-Falls Prevention 1:00-The Two-Lane Throwdown Bowlers	16. 9:45-Freedom to Move-Functional Exercise 10:30-Health Topic-Understanding BMI 1:00-Bucket Brigade Floor Game	17. Celebrating Fall-Octoberfest Day 9:45-Walk With Me/Knot & Twist My Own Pretzel 10:30-Fitness-Full Body 1:00-Harvest Hustle Games 2:15-Yodeling with Friends

<p>20.</p> <p>9:45-Walk With Me/Stay Strong, Stay Steady</p> <p>10:30-Trivia-<u>Math It</u></p> <p>1:00-Shuffleboard Bowling</p>	<p>21.</p> <p>9:45-Walk With Me/Stay Strong, Stay Steady</p> <p>10:30-Watercolor Techniques-<u>Building Color</u></p> <p>1:00-Target Hoops-Roll for Points</p>	<p>22. Falls Prevention</p> <p>9:45-Falls Prevention Workshop</p> <p>10:30-Falls Prevention Work Out</p> <p>1:00-Target Hoops-Roll for Points</p>	<p>23. John Lennon Day</p> <p>9:45-Walk With Me</p> <p>10:00-Boxing with Terrance</p> <p>11:00-Whispers of the Soul Gathering</p> <p>1:00-Health Topic-<u>Understanding Heart Rate and Target Zone</u></p> <p>2:15-Peace, Love & John Lennon Afternoon</p>	<p>24. Diwali Begins</p> <p>9:45-Walk With Me/Stay Strong, Stay Steady</p> <p>10:30-History of Diwali</p> <p>1:00-Hula Hoops and Ball Game</p>
<p>27.</p> <p>9:45-Walk With Me Fall Frenzy-Price Challenge</p> <p>10:30- Game Time-‘Your Choice’ Shuffleboard or Boccie Ball</p> <p>1:00-Fitness-<u>Power & Flex</u></p>	<p>28. National Chocolate Day</p> <p>9:45-Walk With Me/Baking Chocolate Cake</p> <p>10:30-Australia Travel Moves</p> <p>1:00-Toss and Remember</p>	<p>29. World Teachers Day</p> <p>9:45-Walk With Me/Move It, Teach It!</p> <p>10:30-Falls Preventions Review</p> <p>1:00-Classroom Rewind & Reminisce</p>	<p>30. Lung Health Day</p> <p>9:45-Walk with Me/Breath of Color Art</p> <p>10:30-Fitness Class-<u>Full Body</u></p> <p>1:00-Health Topic-<u>Lung Wellness</u></p>	<p>31. Halloween Guess the Pumpkin Weight</p> <p>9:45-Walk With Me/Pumpkin Seed Art Designs & Guess the Pumpkin Weight</p> <p>10:30-<u>Fitness-Musical Fit</u></p> <p>1:00-Creepy Feel & Guess Sensory Box</p>