

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2022

Cascade Park Active Day Program Monday-Thursday 1pm- 5pm

							1
	2 1:00 Chat and Nibble 1:30 Daily Chronicle- Who said So 2:00 Cognitive Stimulation- An Autumn Walk in the Park. Chapter 1 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Top 10 Halloween Movies	3 1:00 Chat and Nibble 1:30 Daily Chronicle- You are what you Eat 2:00 Gross Motor- An Autumn Walk in the Park Chapter 2 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Halloween Trivia <small>Yom Kippur Begins</small>	4 1:00 Chat and Nibble 1:30 Daily Chronicle- Riddle me This 2:00 Cognitive Stimulation- An Autumn Walk in the Park Chapter 3 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 EZ Does It Trivia	5 1:00 Chat and Nibble 1:30 Daily Chronicle- Picture of the Day 2:00 Gross Motor- An Autumn Walk in the Park Chapter 4 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Memory Match	6	7	8
	9 1:00 Chat and Nibble 1:30 Daily Chronicle- Toys of Yesteryear 2:00 Cognitive Stimulation- Can You Picture This? 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Never Have I Ever <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	10 1:00 Chat and Nibble 1:30 Daily Chronicle- Word to the Wise 2:00 Gross Motor- Candy Corn Toss 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Halloween Short Stories	11 1:00 Chat and Nibble 1:30 Daily Chronicle- Eye in the Sky 2:00 Cognitive Stimulation- Which Singer is it? 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 High Low	12 1:00 Chat and Nibble 1:30 Daily Chronicle- Passing Fancy 2:00 Gross Motor- Stand Alone Ghosts 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Name That Tune	13	14	15
	16 1:00 Chat and Nibble 1:30 Daily Chronicle- You Don't Say! 2:00 Cognitive Stimulation- Songs About Time 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Word Mining HALLOWEEN <small>Simchat Torah Begins</small>	17 1:00 Chat and Nibble 1:30 Daily Chronicle- The Games People Play 2:00 Gross Motor- Spider Glow Jars. 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Tic Tac Toe	18 1:00 Chat and Nibble 1:30 Daily Chronicle- What's in a Name 2:00 Cognitive Stimulation- Lost in the Leaves 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 You Be the Judge	19 1:00 Chat and Nibble 1:30 Daily Chronicle- On This Date 2:00 Gross Motor- Parachute Pumpkin 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Conversation Ball	20	21	22
	23 1:00 Chat and Nibble 1:30 Daily Chronicle- What's the Difference 2:00 Cognitive Stimulation- Remembering Autumn Leaves 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Memory Match <small>Diwali (Hindi)</small>	24 1:00 Chat and Nibble 1:30 Daily Chronicle- Quote of the Day 2:00 Gross Motor- Pumpkin Toss 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Halloween Hangman	25 1:00 Chat and Nibble 1:30 Daily Chronicle- Household Tips 2:00 Cognitive Stimulation- Fall Time Junk Drawer Detective 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Memory Match	26 1:00 Chat and Nibble 1:30 Daily Chronicle- What am I 2:00 Gross Motor- Frisbee Toss 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Random Trivia	27	28	29
	30 1:00 Chat and Nibble 1:30 Daily Chronicle- HAPPY HALLOWEEN 2:00 Cognitive Stimulation- Time Rewind Junk Drawer Detective 3:00 Get moving w/ Active Day- Daily Exercises 3:45 Dinner @ Active Day Diner 4:30 Halloween Charades <small>Halloween</small>	31	<h1>HAPPY HALLOWEEN!!!</h1>				

Activities are Subject to change if needed.