Life Enrichment – RVT — October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			**1** 10:00 Morning Meditation 10:30 Chair Exercise 10:45 Fall Bingo 12:00 F.R.O.G 1:15 Reminiscing	**2** 10:00 Morning Meditation 10:30 Chair Exercise 10:45 Fall Bingo 12:00 F.R.O.G 1:15 Reminiscing
5 ***Wear Pink for Breast Cancer*** 10:00 Warm Welcomes 10:30 Move & Groove 10:45 Pink Party 12:00 F.R.O.G 1:15 Hang the Man	**6** ***Wear Pink for Breast Cancer*** 10:00 Warm Welcomes 10:30 Move & Groove 10:45 Pink Party 12:00 F.R.O.G 1:15 Participant of the Month	**7** 10:00 Warm Welcomes 10:30 Move & Groove 10:45 Cider & Doughnuts 12:00 F.R.O.G 1:15 Alphabet Word Game	**8** ***Senior Olympics*** 10:00 Warm Welcomes 10:30 Move & Groove 10:45 Cider & Doughnuts 12:00 F.R.O.G 1:15 Leisure Leisure	**9** 10:00 Warm Welcomes 10:30 Move & Groove 10:45 Ceramic Overload 12:00 F.R.O.G 1:15 Family Ties
12 10:00 Grateful Grateful 10:30 Chair Dancing 10:45 Fall Decoration Social 12:00 F.R.O.G 1:15 Music thru the decades	**13** 10:00 Grateful Grateful 10:30 Chair Dancing 10:45 Fall Decoration Social 12:00 F.R.O.G 1:15 Music thru the decades	**14** 10:00 Grateful Grateful 10:30 Chair Dancing 10:45 Friendship Bracelets 12:00 F.R.O.G 1:15 Staff Appreciation Spotlight	**15** 10:00 Grateful Grateful 10:30 Chair Dancing 10:45 **Sweetest Day Social** 12:00 F.R.O.G 1:15 Staff Appreciation Spotlight	**16** 10:00 Grateful Grateful 10:30 Chair Dancing 10:45 **Sweetest Day Social** 12:00 Staff Costume Contest 1:15 Longest Word Ever
19 **Crazy Sock Day** 10:00 Coffee & Convo 10:30 24kt exercise 10:45 Scary Movie Monday 12:00 F.R.O.G 1:15 Taste the Apple	**20** **Twin Day** 10:00 Coffee & Convo 10:30 24kt exercise 10:45 How many in here? 12:00 F.R.O.G 1:15 Taste the Apple	**21** **Mix Match Day** 10:00 Coffee & Convo 10:30 24kt exercise 10:45 How many in here? 12:00 F.R.O.G 1:15 Participant Recognition	**22** **Orange & Black** 10:00 Coffee & Convo 10:30 24kt exercise 10:45 Table Topics 12:00 F.R.O.G 1:15 Fall pictures w/staff	**23** **Disney Day** 10:00 Coffee & Convo 10:30 24kt exercise 10:45 Table Topics 12:00 F.R.O.G 1:15 Fall pictures w/staff
26 10:00 Words of Kindness 10:30 Wacky Moves 10:45 Scared to move movie 12:00 F.R.O.G 1:15 Memories Of……..	**27** 10:00 Words of Kindness 10:30 Wacky Moves 10:45 Talent Show 12:00 F.R.O.G 1:15 Memories Of……..	**28** 10:00 Words of Kindness 10:30 Wacky Moves 10:45 Talent Show 12:00 F.R.O.G 1:15 Staff Recognition	**29** **Happy Halloween!** 10:00 Words of Kindness 10:30 Wacky Moves 10:45 **Costume Party** 12:00 F.R.O.G 1:15 Staff Costume Contest	**30** **Happy Halloween!** 10:00 Words of Kindness 10:30 Wacky Moves 10:45 **Costume Party** 12:00 F.R.O.G 1:15 Staff Costume Contest

Michigan vs. MSU Pride – In November?