

OCTOBER 2024 AM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|---|
| 1 st International Coffee Day 3 rd National Poetry Day 8 th World Smile Day 10 th Mental Health Day |  | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ricky 11:00 Tic Tac Toss 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Cornhole 12:00 lunch 12:30 Bingo 9:00 Bank | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Basketball 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Janeth 11:00 Axe Throw 12:00 lunch 12:30 Bingo |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | 8:00 Breakfast 9:30 Bingo 10:30 Yoga w Tao 11:00 Golf 12:00 lunch 12:30 Bingo 9:00 Food Depot | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ingrid 11:00 Cup Game 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Bean Bag toss 12:00 lunch 12:30 Bingo Breast Cancer Awareness Walk | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Ladder throw 12:00 lunch 12:30 Bingo 9:00 Marshall's | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w Chama 11:00 Bowling 12:00 lunch 12:30 Bingo | Activities and Participation are subject to change and discretion of the Administration Trips and Outdoor Activities may be cancelled to due weather |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Celebraremos Halloween con un tema de Piratas. Tendremos juegos, música y mucho más. NO OLVIDES TU DISFRAZ !! | 8:00 Breakfast 9:30 Bingo 10:30 Yoga w Tao 11:00 Hockey 12:00 lunch 12:30 Bingo 9:00- Shop Rite | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ricky 11:00 Axe throw 12:00 lunch 12:30 Bingo Hispanic Heritage Day | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Shuffleboard 12:00 lunch 12:30 Bingo 9:00 Dollar Store | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Golf 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Janeth 11:00 Basketball 12:00 lunch 12:30 Bingo |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | 8:00 Breakfast 9:30 Bingo 10:30 Yoga w Tao 11:00 Tic Tac Toss 12:00 lunch 12:30 Bingo 9:00-10:00 Super fresh | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ingrid 11:00 Volleyball 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Cup Game 12:00 lunch 12:30 Bingo 9:00 Walmart | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Ladder throw 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Chama 11:00 Shuffleboard 12:00 lunch 12:30 Bingo | Birthstone: Opal, Tourmaline Flower: Snapdragon Astrological Signs: Libra & Scorpio |
| 27 | 28 | 29 | 30 | 31 | | |
| Belleville Senior Services 518 Washington Avenue Belleville, NJ 07109 973-751-6000 | 8:00 Breakfast 9:30 Bingo 10:30 Yoga w Tao 11:00 Axe throw 12:00 lunch 12:30 Bingo 9:00- Aldi's | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ricky 11:00 Basketball 12:00 lunch 12:30 Bingo | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w Ivette 11:00 Cornhole 12:00 lunch 12:30 Bingo 9:00 Dollar Store 99@ Depot | 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Halloween Party 12:00 lunch 12:30 Bingo |  | We Will be celebrating Halloween with a Pirate's theme. Games, Music & much more. DON'T FORGET YOUR COSTUME !!! |

DAILY ACTIVITIES

Beauty Salon, Exercise, Table Games, Trivia, Computer Room, Music, Arts & Crafts, Trips, Laundry, TV / Movies, Grand Bingo, Yoga.

OUR CENTER PROVIDES TWO SHIFTS OF SERVICES FOR YOUR CONVINIENCE 7:30 AM-12:30 PM 12:30 PM-5:30 PM

October, IS INVITE A FRIEND MONTH

ANY FRIEND OR FAMILY MEMBER WITH MEDICAID CAN COME WITH YOU TO PARTICIPATE IN ALL OF OUR DAILY PROGRAMING AND EVENTS