

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Cascade Park Active Day Program

Monday-Thursday 1pm- 5pm

October 2022

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 Yom Kippur Begins	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 Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	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 Simchat Torah Begins	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 Diwali (Hindi)	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 Halloween	31	HAPPY HALLOWEEN!!! Activities are Subject to change if needed.									