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Breast Cancer Awareness Month

Each resident shall have the right to be treated courteously, fairly and with the fullest measure of dignity.

1 National Pumpkin Spice Day
 8:45 Music & Memories (Residents' Rooms)
 9:30 Coffee & Chronicles (CAA)
10:00 Publix Shopping Trip - Let Life Enrichment Know If You Need Something! (AL Lobby)
 10:00 Resistance Training (CAA)
 10:30 Moving It In the Morning Exercise (CAA)
 11:00 Left, Right, Center Showdown & Radio Tunes with iN2L (CAA)
11:00 Oak Hammock Health Pavilion Founders Social (AL Wisteria Living Area)
 2:00 Taste & Review: Pumpkin Spice & Everything Nice (Wisteria Living Area)
 4:00 Hand Massages, Music & Fresh Air (Weather Permitting) (SN Courtyards)
6:00 DIY: Halloween Paintings & Refreshments (CAA)

2 Rosh Hashanah
 8:45 Music & Memories (Residents' Rooms)
 9:30 Coffee & Chronicles (CAA)
 10:00 Morning Stretches (CAA)
10:00 Supervised Election Voting - Presidential Election (AL Wisteria Living Area)
 10:30 Cardio Drumming (CAA)
 11:00 A Jewish New Year: History & Celebration (CAA)
2:00 Lonnie Thompson's 100th Birthday Social Celebration! (AL Wisteria Living Area)
 3:30 Spooky Halloween Science (AL Wisteria Living Area)
 3:45 Friendly Visits (Residents' Rooms)
6:00 In-Room Virtual Reality Adventures (RR)
 6:30 Movie Night- Resident's Choice! (CAA)

3 National Techies Day
 8:45 Music & Memories (Residents' Rooms)
 9:30 Coffee & Chronicles (CAA)
 10:00 Weighted Workouts (CAA)
 10:30 Balloon Table Tennis (CAA)
 11:00 Chicken Soup for the Soul Reading & Discussion (CAA)
11:00 Grief & Care Giver Support Group With Community Hospice (Meditation Room)
 11:30 iN2L Explorations (CAA)
2:00 Nail Nirvana, Massages, Music & Aromatherapy (CAA)
 4:00 Piano Tunes & Sing-Alongs (AL PR)
6:00 WINE Down with Word Games on iN2L (CAA)
 7:00 Duplicate Bridge (ACORN)

4 Rosh Hashanah Ends National Taco Day
 8:45 Music & Memories (Residents' Rooms)
 9:30 Coffee & Chronicles (CAA)
 10:00 Morning Stretches (CAA)
 10:30 Moving It In the Morning Exercise (CAA)
 11:00 Docuseries: "Cursed Gold: A Shipwreck Scandal" Episode 1: "Impossible Riches" (CAA)
 2:00 Make & Taste: Build Your Own Taco (CAA)
3:30 Margaritas, Mocktails, & Mariachi Happy Hour
 6:30 Movie Night- Resident's Choice! (CAA)
 7:00 Temple Shir Shalom. Shabbat Services Available via Zoom

5 National Get Funky Day
 8:45 Music & Memories (Residents' Rooms)
 9:45 Coffee & Chronicles (CAA)
10:30 Oak Hammock Worship Service (OAK)
 11:15 Let's Get Trivial with iN2L (CAA)
2:00 Saturday Snacks & Matinee: Alice in Wonderland (2010 - Action/Adventure/Fantasy) (CAA)
 6:30 Movie Night- Resident's Choice! (CAA)
7:45 College Football: Florida Gators vs UCF (COX ESPN SEC Network)

October 2024

Skilled Nursing

Oak Hammock
 at the University of Florida



SUN	MON	TUE	WED	THUR	FRI	SAT
National Mad Hatter Day 6 8:45 Music & Memories (Residents' Rooms) 10:00 Virtual Sunday Catholic Mass with Communion (ACORN) 10:00 Coffee & Chronicles (CAA) 10:30 Baking with Classic Shows on iN2L (CAA) 2:00 Mad Hatter Tea Party (CAA) 3:30 Piecing the Puzzle Together (CAA) 6:30 Movie Night-Resident's Choice! (CAA)	National Frappe Day 7 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Reminiscing Together: Pictures & Stories with Janet (CAA) 10:30 Morning Stretches (CAA) 11:00 Seated Ball Exercise (CAA) 11:30 Virtual Reality Adventures (CAA) 2:00 Spooky Spiderweb Salt Art Painting (CAA) 3:30 Documentary: Going Varsity in Mariachi (CAA) 3:30 Friendly Visits (Residents Rooms) 3:30 OH Singers Rehearsal (OAK) 6:30 Movie Night-Resident's Choice! (CAA)	National Pierogi Day 8 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Publix Shopping Trip - Let Life Enrichment Know If You Need Something! (AL Lobby) 10:00 Resistance Training (CAA) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Brain Games and Cookies with iN2L (CAA) 2:00 Taste & Review: Pierogis (CAA) 4:00 Hand Massages, Music & Fresh Air (Weather Permitting) (SN Courtyards) 4:00 Poetry Before Dinner (ACORN) 6:00 Late Night Stand-Up Comedy Show: "Brian Regan: On The Rocks" (CAA)	National Stop Bullying Day 9 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:30 Cardio Drumming (CAA) 11:00 DIY: Creative Halloween Shirts (CAA) 2:00 Sing-Alongs & Piano Performance from Steve Atlas (AL Piano Room/Lobby) 3:30 Jack-O'-Lantern Floats & White Board Word Games (CAA) 3:45 Friendly Visits (Residents' Rooms) 6:00 After Dinner BINGO Blitz (CAA)	National Cake Decorating Day 10 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Weighted Workouts (CAA) 10:00 RC Landscape and Grounds Committee (ACORN) 10:30 Oak Hammock Style Soccer (CAA) 11:00 Chicken Soup for the Soul Reading & Discussion (CAA) 1:30 Horticultural Arts Class with Green Pearl Studio (CAA) 4:00 Piano Tunes & Sing-Alongs (AL PR) 6:00 Spooky Treats: Halloween Cupcake Decorating (CAA) 7:00 Duplicate Bridge (ACORN)	Yom Kippur Begins National Sausage Pizza Day 11 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:00 OH IL Resident Council Via Zoom (AL CK) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Docuseries: "Cursed Gold: A Shipwreck Scandal" Episode 2: "Follow The Money" (CAA) 2:00 Make & Taste: Pizza Muffin Tops (CAA) 3:30 Cocktails, Mocktails, & Family Fued (CAA) 6:30 Movie Night-Resident's Choice! (CAA) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom	Yom Kippur Ends National I Love Yarn Day 12 8:45 Music & Memories (Residents' Rooms) 9:45 Coffee & Chronicles (CAA) 10:30 Oak Hammock Worship Service (OAK) 11:15 Chair Travel with iN2L (CAA) 2:00 Saturday Snacks & Matinee: Edward Scissorhands (1990 - Drama/Romance) (CAA) 4:00 Catholic Mass (In-Person) with a St. Augustine Church celebrant (Oak Room (Note room change this week!)) 6:30 Movie Night-Resident's Choice! (CAA) 11:55 College Football: Florida Gators vs Tennessee (Time TBA) (COX TBA)

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SUN	MON	TUE	WED	THUR	FRI	SAT	
Clergy Appreciation Day Navy Birthday 8:45 Music & Memories (Residents' Rooms) 10:00 Coffee & Chronicles (CAA) 10:30 Baking with Classic Shows on iN2L (CAA) 2:00 Piano Performance with Alexis (AL PR) 3:30 Intergenerational Halloween Cookie Decorating with Chrissy (CAA) 6:30 Movie Night- Resident's Choice! (CAA)	13 Indigenous Peoples' Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Reminiscing Together: Pictures & Stories with Janet (CAA) 10:30 Morning Stretches (CAA) 11:00 Scarf Dancercise (CAA) 11:30 Virtual Reality Adventures (CAA) 2:00 Make & Taste: Pumpkin Patch Dirt Cups (CAA) 3:30 Documentary: The Indigenous People of America (CAA) 3:30 Friendly Visits (Residents Rooms) 3:30 Low Vision Support Group (MPR) 3:30 OH Singers Rehearsal (OAK) 6:30 Movie Night- Resident's Choice! (CAA)	14 National I Love Lucy Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Publix Shopping Trip - Let Life Enrichment Know If You Need Something! (AL Lobby) 10:00 Resistance Training (CAA) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Brain Games and Cookies with iN2L (CAA) 2:00 History & Reminiscing with Lucille Ball (CAA) 3:30 RC Health and Wellbeing Committee: "Cognitive Health" (ACORN) 4:00 Hand Massages and The Lucy Show Marathon (CAA) 6:00 In-Room Virtual Reality Travels (RR) 6:30 Movie Night- Resident's Choice! (CAA)	15 National Boss's Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:30 Oak Hammock Campus Wide Alzheimer's Walk & Bake Sale - Everyone's Invited! (HP Parking Lot) 2:00 Hispanic Heritage Month with Nadia (CAA) 3:30 Breast Cancer Awareness Soiree & Musical Performance by Sheba (CAA) 3:45 Friendly Visits (Residents' Rooms)	16 National Mulligan Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Weighted Workouts (CAA) 10:30 Oak Hammock Style Volleyball (CAA) 11:00 Chicken Soup for the Soul Reading & Discussion (CAA) 11:30 The Sprout Society Gardening Club (Skilled Nursing Courtyards) 2:00 Nail Nirvana, Massages, Music & Aromatherapy (CAA) 4:00 Piano Tunes & Sing-Alongs (AL PR) 6:00 Trunk or Treat Help - Halloween Goodies (CAA) 7:00 Duplicate Bridge (ACORN)	17 National No Beard Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Docuseries: "Cursed Gold: A Shipwreck Scandal" Episode 3: "The Manhunt" (CAA) 2:00 DIY: Patchwork Paper Pumpkins (CAA) 3:30 Happy Hour with David Attenborough's Nature Program: Madagascar - Island of Marvels (Wisteria Living Area) 6:30 Movie Night- Resident's Choice! (CAA) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom	18 National Sweetest Day 8:45 Music & Memories (Residents' Rooms) 9:45 Coffee & Chronicles (CAA) 10:30 Oak Hammock Worship Service (OAK) 11:15 Let's Get Trivial with iN2L (CAA) 2:00 Saturday Snacks & Matinee: The Munsters (2022 - Comedy/ Nostalgic) (CAA) 6:30 Movie Night- Resident's Choice! (CAA) 11:55 College Football: Florida Gators vs Kentucky (Time TBA) (COX TBA)	19

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SUN	MON	TUE	WED	THUR	FRI	SAT
National Chicken & Waffles Day 20 8:45 Music & Memories (Residents' Rooms) 10:00 Virtual Sunday Catholic Mass with Communion (OAK) 10:00 Coffee & Chronicles (CAA) 10:30 IN2L Classics with Chicken & Waffles (CAA) 2:00 Piano Performance with Alexis (AL PR) 3:30 Piecing the Puzzle Together (CAA) 6:30 Movie Night-Resident's Choice! (CAA)	National Reptile Awareness Day 21 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Reminiscing Together: Pictures & Stories with Janet (CAA) 10:30 Morning Stretches (CAA) 11:00 Seated Ball Exercise (CAA) 11:30 Virtual Reality Adventures (CAA) 2:00 Harvest Harmonies with Ray & Kay (CAA) 3:30 Friendly Visits (Residents Rooms) 3:30 National Geographic Documentary: World's Deadliest Snakes (CAA) 3:30 OH Singers Rehearsal (OAK) 6:30 Movie Night-Resident's Choice! (CAA)	National Color Day 22 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Publix Shopping Trip - Let Life Enrichment Know If You Need Something! (AL Lobby) 10:00 Resistance Training (CAA) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Brain Games and Cookies with IN2L (CAA) 2:00 Low Hearing Support Group (AL Wisteria Living Area) 2:30 DIY: Pumpkin Painting & Carving (CAA) 4:00 Art League presents (OAK) 4:00 Hand Massages, Music & Fresh Air (Weather Permitting) (SN Courtyards) 6:00 Halloween Musical Performance with Patti & Marty (CAA)	Annual Trunk or Treat Day 23 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:30 Cardio Drumming (CAA) 11:00 The Sprout Society Gardening Club (Skilled Nursing Courtyards) 2:00 Trunk or Treat Decorating - Help Us Get Ready For The Kids! 3:45 Friendly Visits (Residents' Rooms) 5:00 Bell's Barnyard Babies SPOOKTACULAR Petting Zoo (HP Parking Lot) 5:00 Halloween Trunk or Treat with the Kids - Come Join the Fun & Help Pass Out Goodies! (HP Parking Lot) 6:30 Movie Night-Resident's Choice! (CAA)	National Food Day 24 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Weighted Workouts (CAA) 10:30 Parachute Exercises (CAA) 11:00 Chicken Soup for the Soul Reading & Discussion (CAA) 1:30 Horticultural Arts Class with Green Pearl Studio (CAA) 4:00 Piano Tunes & Sing-Alongs (AL PR) 6:00 After Dinner Music Performance with Brothers Too (CAA) 7:00 Duplicate Bridge (ACORN)	National Frankenstein Friday 25 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:00 Oak Hammock Town Hall via Zoom (AL CK) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Documentary: "The Movies That Made Us - Halloween" (CAA) 1:45 Piano Tunes with Steve (AL PR) 3:00 BOO-tacular Boozy BINGO (CAA) 6:30 Movie Night-Resident's Choice! (CAA) 7:00 Temple Shir Shalom Shabbat Services Available via Zoom	National Pumpkin Day 26 8:45 Music & Memories (Residents' Rooms) 9:45 Coffee & Chronicles (CAA) 10:30 Oak Hammock Worship Service (OAK) 11:15 Chair Travel with IN2L (CAA) 2:00 Saturday Snacks & Matinee: Beetlejuice (1988 - Fantasy/Comedy) (CAA) 6:30 Movie Night-Resident's Choice! (CAA)

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SUN	MON	TUE	WED	THUR	FRI	SAT
<p>National American Beer Day 8:45 Music & Memories (Residents' Rooms) 10:00 Virtual Sunday Catholic Mass with Communion (OAK) 10:00 Coffee & Chronicles (CAA) 10:30 Baking with Classic Shows on iN2L (CAA) 2:00 Beetlejuice Floats & Halloween Jokes (CAA) 3:30 Color Me Happy 6:30 Movie Night-Resident's Choice! (CAA)</p>	<p>27 National First Responders Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Reminiscing Together: Pictures & Stories with Janet (CAA) 10:30 Morning Stretches (CAA) 11:00 Scarf Dancercise (CAA) 11:30 Virtual Reality Adventures (CAA) 2:30 Spooky Birthday Bash with Dan Flok Performing (CAA) 3:30 Documentary: Fire in Paradise (CAA) 3:30 Friendly Visits (Residents Rooms) 3:30 OH Singers Rehearsal (OAK) 6:30 Movie Night-Resident's Choice! (CAA)</p>	<p>28 National Cat Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Publix Shopping Trip - Let Life Enrichment Know If You Need Something! (AL Lobby) 10:00 Resistance Training (CAA) 10:30 Moving It In the Morning Exercise (CAA) 11:00 Brain Games and Cookies with iN2L (CAA) 2:00 Oktoberfest Musical Performance (CAA) 3:00 In-Room Kitty Visits (RR) 4:00 Hand Massages, Music & Fresh Air (Weather Permitting) (SN Courtyards) 6:00 Oaktoberfest Extravaganza Performance! (OAK) 6:30 Movie Night-Resident's Choice! (CAA)</p>	<p>29 National Candy Corn Day 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Morning Stretches (CAA) 10:30 Cardio Drumming (CAA) 11:00 The Sprout Society Gardening Club (Skilled Nursing Courtyards) 2:00 Make & Taste: Candy Corn Fruit Parfaits (CAA) 3:30 SNF Resident Council Meeting - Everyone's Invited! (Old Rehab Dining Room) 3:45 Friendly Visits (Residents' Rooms) 6:00 DIY: Halloween Lanterns (CAA)</p>	<p>30 Halloween 8:45 Music & Memories (Residents' Rooms) 9:30 Coffee & Chronicles (CAA) 10:00 Weighted Workouts (CAA) 10:30 Twisted Trick OR Treating Parade! (SN Hallways) 10:45 Halloween Movie Special: Hocus Pocus (1993 - Comedy/Fantasy) (CAA) 2:00 Spooktacular Halloween Party & Costume Contest! (Wisteria Living Area) 4:00 Piano Tunes & Sing-Alongs (AL PR) 6:00 Spooky Ice Cream Sundaes (CAA) 7:00 Duplicate Bridge (ACORN)</p>	<p>31 LOCATION KEY ACORN - Acorn Room AL CK - AL Country Kitchen AL PR - AL Piano Room CAA - Crossroads Activity Area MPR - Multipurpose Room OAK - Oak Room RR - Resident Rooms Acorn - The Acorn Room</p>	

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