

October 2026 Arbor Hall Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month of October Birthstone: Opal and Tourmaline Flowers: Marigold, Cosmos Pink, Cerulean Blue, White October People are: Romantic, Charming, Calm, Positive, Kind- Hearted	OCTOBER DAYS TO NOTE...		"Every day is Halloween, isn't it? For some of us." ~ Tim Burton 	9:30 Exercise / Workout 1 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 2 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 3 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
9:30 Exercise / Workout 4 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks / TV Time 12:00 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	9:30 Exercise / Workout 5 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 6 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 7 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 8 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 9 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 10 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
9:30 Exercise / Workout 11 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks / TV Time 12:00 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	Columbus Day 12 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 13 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 14 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 15 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 16 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 17 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
9:30 Exercise / Workout 18 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks / TV Time 12:00 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	9:30 Exercise / Workout 19 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 20 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 21 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 22 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 23 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 24 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
25 9:30 Exercise / Workout 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks & TV Time 12:00 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	9:30 Exercise / Workout 26 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 27 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 28 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 29 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	9:30 Exercise / Workout 30 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Shave /Socialization /TV Time 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	Halloween 31 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 12:00 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day