

OCTOBER 2020 SOCIAL DISTANCE EDITION - WILLOW HEIGHTS LIFESTYLE PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ROOM LOCATION KEY			1	2	3
<p>Independent Living Activity Coordinator Lisa Connor (412) 875-4180 lconnor@willowsseniorliving.com</p> <p>Start Date 10/15/20 ☺</p>	<p>(DR) DINING ROOM (P) PUB (K) KITCHEN/CRAFT ROOM</p> <p>Calendar is subject to changes, which will be posted. Thank you!</p>	<p>Social distancing continues; please keep 6ft apart when in activities. Residents must wear a mask while in common areas & during activities.</p>	<p>Please sign up ahead of time for activities, sign up sheets are on the clipboard in the Kitchen.</p> <p>*FLU SHOTS* 10/6</p>	<p>11:00 BALANCE&STRENGTH (P)</p> <p>2:00 CANDY BAR BINGO (DR)</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>2:00 FRIDAY DESSERT TO GO (DR)</p> <p>2:00 TIME LIFE "BOB HOPE - ENTERTAINING THE TROOPS (P)</p>	<p>2:00 AFTERNOON MOVIE "THE BUCKET LIST" Jack Nicholson</p> 
4	5	6	7	8	9	10
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p> <p>GAME DAY!!!</p> <p>1:00 STEELERS VS TITANS ON CBS</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>2:00 CRAFT HOUR WITH SHARON C. (DR)</p> <p>2:00 - 3:30 JOY RIDE IN VAN WITH DAWN</p>	<p>11:00 BALANCE&STRENGTH (P)</p> <p>1:00 CANDY BAR BINGO (DR)</p> <p>1:00 *FLU SHOTS*-IN ROOM</p> <p>2:15 WII BOWLING (P)</p> <p>3:00 COMMUNION w/JOHN (DR)</p> 	<p>10:00 RITE AID TRIP (OUTING)</p> <p>10:15 SIT & BE FIT (K)</p> <p>1:00 ICE CREAM TREAT & CHAT WITH JOHN (DR)</p>	<p>11:00 BALANCE&STRENGTH (P)</p> <p>2:00 CANDY BAR BINGO (DR)</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>12:00 FRIDAY LUNCH TO GO (DR)</p> <p>2:00 SING-A-LONGS WITH SUZIE Q - 70'S SIZZLE (P)</p>	<p>2:00 AFTERNOON MOVIE "JERRY LEE LEWIS"</p> 
11	Columbus Day 12	13	14	15	16	17
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p> <p>GAME DAY!!!</p> <p>1:00 STEELERS VS EAGLES ON CBS</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>1:00 TECH 101: CELL PHONES, TABLETS IPADS W/ MARK (DR)</p> <p>2:00 ADULT COLORING (DR)</p> 	<p>11:00 BALANCE&STRENGTH (P)</p> <p>1:00 CANDY BAR BINGO (DR)</p> <p>2:15 WII BOWLING (P)</p>	<p>10:00 GIANT EAGLE TRIP (OUTING)</p> <p>10:15 SIT & BE FIT (K)</p> <p>11:00 DONUTS & TRIVIA WITH JOHN (DR)</p> <p>2:00 LIVE SINGING With STEVE TORI (PATIO)</p> 	<p>11:00 BALANCE&STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #201 - 213 ACTIVITY (DR)</p> <p>2:00 CANDY BAR BINGO (DR)</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>11:30 APARTMENT SECTION #301 - 310 ACTIVITY (DR)</p> <p>2:00 FRIDAY DESSERT TO GO (DR)</p> <p>2:00 SING-A-LONGS WITH SUZIE Q - HYMNS & HARMONY (P)</p>	<p>2:00 AFTERNOON MOVIE "SHENANDOAH" James Stewart</p> 
18	19	20	21	22	23	24
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p> <p>GAME DAY!!!</p> <p>1:00 STEELERS VS BROWNS ON CBS</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>2:00 CRAFT HOUR WITH SHARON C. (DR)</p> <p>2:00 - 3:30 JOY RIDE IN VAN WITH DAWN</p>	<p>11:00 BALANCE&STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #401 - 410 ACTIVITY (DR)</p> <p>1:00 CANDY BAR BINGO (DR)</p> <p>2:15 WII BOWLING (P)</p> <p>3:00 COMMUNION W/ JOHN (DR)</p> 	<p>10:00 GIANT EAGLE TRIP (OUTING)</p> <p>11:30 APARTMENT SECTION #411 - 422 ACTIVITY (DR)</p> <p>10:15 SIT & BE FIT (K)</p> <p>1:00 CREAM SODA FLOATS & CHAT WITH JOHN (DR)</p>	<p>11:00 BALANCE&STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #201 - 213 ACTIVITY (DR)</p> <p>2:00 CANDY BAR & LAP BLANKET BINGO (DR)</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>11:30 APARTMENT SECTION #301 - 310 ACTIVITY (DR)</p> <p>12:00 FRIDAY LUNCH TO GO (DR)</p> <p>2:00 SING-A-LONGS WITH SUZIE Q - IN THE MOOD (P)</p>	<p>2:00 AFTERNOON MOVIE "TEA WITH MUSSOLINI" Judi Dench & Maggie Smith</p> 
25	26	27	28	29	30	Halloween 31
<p>10:00 LIVE STREAMING CHURCH SERVICE (PUB)</p> <p>GAME DAY!!!</p> <p>1:00 STEELERS VS RAVENS ON CBS</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>1:00 TECH 101: CELL PHONES, TABLETS IPADS W/ MARK (DR)</p> <p>2:00 ADULT COLORING (DR)</p> 	<p>11:00 BALANCE&STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #401 - 410 ACTIVITY (DR)</p> <p>1:00 CANDY BAR BINGO (DR)</p> <p>2:15 WII BOWLING (P)</p>	<p>10:00 GIANT EAGLE TRIP (OUTING)</p> <p>11:30 APARTMENT SECTION #411 - 422 ACTIVITY (DR)</p> <p>10:15 SIT & BE FIT (K)</p> <p>2:00 WQED CLASSIC - WHAT MAKES PITTSBURGH? (P)</p> 	<p>11:00 BALANCE&STRENGTH (P)</p> <p>11:30 APARTMENT SECTION #201 - 213 ACTIVITY (DR)</p> <p>2:00 CANDY BAR BINGO (DR)</p> 	<p>10:15 SIT & BE FIT (K)</p> <p>11:30 APARTMENT SECTION #301 - 310 ACTIVITY (DR)</p> <p>2:00 FRIDAY DESSERT TO GO (DR)</p> <p>2:00 SING-A-LONGS WITH SUZIE Q - GRANDMA'S PARLOUR (P)</p>	<p>2:00 AFTERNOON MOVIE "It's the Great Pumpkin Charlie Brown" Peanuts</p> 

