

Daily Meals

8 a.m. Breakfast
Noon Lunch
3 p.m. Snack Cart
5 p.m. Dinner

October 2026

NDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Sun Valley Assisted Living

All Activities are Subject to Change Without Notice

Autumn carries more gold in its pocket than all other seasons.

- Jim Bishop

Crossroads
COMMUNITY CHURCH

Church Visit
2 p.m.



CALVARY
BAPTIST CHURCH

Youth Music Group
1:30 p.m.



4

10-11:45 Morning
Exercise Games Trivia
1:00 Watercolor Crafts
3:00 Snack Cart
3:30 Upstairs Social

My Caring Paws

5

10-11:45 Morning
Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

6

10:00 Music
w/Debbie
11:00 Exercise/Trivia
1:00 Movie w/Snacks
3:00 Snack Cart
3:30 Upstairs Social

7

10-11:45 Morning
Exercise Games Trivia
1:00 Forever Young
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

8

Harry Potter Book Day

10-11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

9



BINGO

10:30 a.m.
Leo and Lions
Club

10

11

10-11:45 Morning
Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

Columbus Day
My Caring Paws

12

9:00 Beauty shop
10:00 Music w/Lynn
11:00 Exercise/Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

13

10-11:45 Morning
Exercise Games Trivia
1:00 Movie w/Snacks
3:00 Snack Cart
3:30 Upstairs Social

14

National Dessert Day

10-11:45 Morning
Exercise Games Trivia
1:00 Music w/Dan
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

15

5 to 7 Family Bingo Night

10-11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

16

National Boss's Day

18

10-11:45 Morning
Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

19

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

20

10:00 Music
w/Debbie
11:00 Exercise/Trivia
1:00 Movie w/Snacks
3:00 Snack Cart
3:30 Upstairs Social

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National Apple Pie Day

10-11:45 Morning
Exercise Games Trivia
1:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

22

10-11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

23

24



HAPPY
HALLOWEEN

10-11:45 Morning
Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

26

Monster Monday

9:00 Beauty shop
10:00 Music w/Lynn
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

27

Trick or Treat Tuesday

10-11:45 Morning
Exercise Games Trivia
1:00 Movie w/Snacks
3:00 Snack Cart
3:30 Upstairs Social

28

Witchy Wednesday

10-11:45 Morning
Exercise Games Trivia
1:00 Music w/Jessica
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

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Thriller Thursday

10-11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

30

Freaky Friday