

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 October 2025 Langdon House		 Meal/Snack Schedule 7:30 Breakfast 10:00 Hydration 11:30 Lunch 2:00 Snack 4:30 Dinner 6:00 Snack 	1 9:00 Exercise 9:30 Coffee & Conversation 11:00 Pastor Jerry 1:30 Happy Hour 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	2 10:00 Exercise 10:00 Catholic Mass in AL 1:00 Rings & Strings Music 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	3 10:00 Exercise 10:30 Coffee & Conversation 1:00 Movie 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	4 10:00 Exercise 10:30 Coffee & Conversation 1:30 Baking Cookies 3:00 Game Time 6:30 Lawrence Welk, Ch. 12 7:00 Relaxing Music
5 10:30 Heritage Hill Virtual Church 1:30 Exercise 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	6 10:00 Exercise 10:30 Coffee & Conversation 11:00 Prayer & Worship 1:30 Manicures 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	7 Vitals Clinic 10:00 Exercise 10:30 Pumpkin Painting 1:30 Sing-Along 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	8 9:00 Get Ready for Scenic Drive 9:30 Load the Bus for Drive 1:30 Happy Hour 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	9 10:00 Exercise 10:30 Coffee & Conversation 1:30 Bingo 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	10  10:00 Exercise 10:30 Remembering Hayrides 1:30 Water Painting & Puzzles 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	11 10:00 Exercise 10:30 Coffee & Conversation 1:00 Movie 3:00 Game Time 6:30 Lawrence Welk, Ch. 12 7:00 Relaxing Music
12 10:30 Heritage Hill Virtual Church 1:30 Exercise 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	13 Flu Shots Today 10:00 Exercise 10:30 Coffee & Conversation 11:00 Prayer & Worship 1:00 Manicures 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	14 Podiatrist 10:00 Exercise 10:30 Junk Drawer Detective 1:30 Sing-Along 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	15 9:00 Exercise 9:30 Coffee & Conversation 11:00 Pastor Jerry 1:30 Happy Hour 2:30 Music with Denell 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	16 10:00 Exercise 10:00 Catholic Mass in AL 1:30 Bingo 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	17 10:00 Exercise 10:30 Coffee & Conversation 1:00 Movie 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Huskers vs Minnesota - FBS1	18 10:00 Exercise 10:30 Talking About Fall 1:30 Name 10 Game 3:00 Game Time 6:30 Lawrence Welk, Ch. 12 7:00 Relaxing Music
19 10:30 Heritage Hill Virtual Church 1:30 Exercise 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music 	20 10:00 Exercise 10:30 Coffee & Conversation 11:00 Prayer & Worship 1:00 Manicures 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	21 10:00 Exercise 10:30 Trivia 1:30 Sing-Along 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	22 9:00 Get Ready for Scenic Drive 9:30 Load the Bus for Drive 1:30 Happy Hour 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	23 10:00 Exercise 10:30 Would You Rather? 1:30 Bingo 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	24 10:00 Exercise 10:30 I Spy Orange 1:30 Root Beer Floats 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	25 10:00 Exercise 10:30 Coffee & Conversation 1:00 Movie 3:00 Game Time 6:30 Lawrence Welk, Ch. 12 7:00 Relaxing Music
26 10:30 Heritage Hill Virtual Church 1:30 Exercise 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	27 10:00 Exercise 10:30 Coffee & Conversation 11:00 Prayer & Worship 1:00 Manicures 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	28  10:00 Exercise 10:30 Knock Knock Jokes 1:30 Sing-Along 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	29 9:00 Exercise 9:30 Coffee & Conversation 11:00 Pastor Jerry 1:30 Happy Hour 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	30 10:00 Exercise 10:30 Remembering Halloween Costumes 1:30 Bingo 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	31  10:00 Exercise 10:30 Coffee & Conversation 1:00 Halloween Party 3:00 Game Time 5:30 Daily Chronicles/Reminisce 7:00 Relaxing Music	