

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 2026 MacKinnon Lifestyle Calendar				1 9:30 Cardio Drumming 10:30 Balloon Volleyball 12:30 Sending Love: Greeting Cards 2:30 Manicure Thursdays 3:00 September Birthday Celebration! 3:30 Board Game 6:00 Neb. vs. Penn State Volleyball Game	2 9:30 Chair Yoga 1:00 Audiology Services w/ Active Hearing 1:00 Bingo 2:00 Arm Chair Travel 6:00 "The Lawrence Welk Show"	3 - Neb. vs. Maryland Football Game 10:00 Music & Movement 12:00 Devotionals 1:00 Balloon Volleyball 3:00 Movie & Popcorn 6:00 Neb. vs. Maryland Volleyball Game
4 9:45 Catholic Communion 10:00 Non-Denominational Church Service 1:00 Balloon Volleyball	5 9:30 Strength & Balance Exercise 1:00 Baking Hour 2:00 1950s Music Bingo! 2:00 Elvis Music Bingo 3:00 Yahtzee 6:00 "The Lawrence Welk Show"	6 9:30 Seated Exercise 10:00 Painting Class 1:00 High Tea Party 3:00 Wheel of Fortune 6:00 Puzzle Hour	7 9:30 Seated Tai Chi for Balance 10:30 Reading Hour 11:00 Rosary & Communion w/Norm 3:00 Entertainer: Dan Reynolds 6:00 Wine & Coloring	8 9:30 Cardio Drumming 10:00 Influenza & COVID-19 Vaccine 10:30 Balloon Volleyball 12:30 Volunteer: Project Linus 2:00 Lifelong Learning (Mike Talk): The "Spookiest" Places on Earth 2:30 Manicure Thursdays 3:30 Board Game 3:30 Non-Denominational Church Service 5:30 Neb. vs. Indiana Volleyball Game	9 9:30 Chair Yoga 1:00 Bingo 2:00 Arm Chair Travel 6:00 "The Lawrence Welk Show"	10 - Neb. vs. Indiana Football Game - Neb. vs. Wisconsin Volleyball Game 10:00 Music & Movement 12:00 Devotionals 1:00 Balloon Volleyball 3:00 Movie & Popcorn
HAPPY BIRTHDAY! Connie A. - 5th Karen W. - 28th					ACTIVITY TYPES - Emotional - Environmental - Intellectual - Medical - Outings - Physical - Social - Spiritual - Vocational	

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● 9:45 Catholic Communion ● 10:00 Non-Denominational Church Service ● 1:00 Balloon Volleyball 11	● 9:30 Strength & Balance Exercise ● 10:30 Monday Mass ● 1:00 Baking Hour ● 2:00 1950s Music Bingo ● 3:00 Yahtzee ● 6:00 "The Lawrence Welk Show" 12	● 9:30 Seated Exercise ● 10:00 Painting Class ● 1:00 High Tea Party ● 3:00 Wheel of Fortune ● 6:00 Puzzle Hour ● 6:30 Dementia Support Group 13	● 9:30 Seated Tai Chi for Balance ● 10:30 Reading Hour ● 11:00 Rosary & Communion w/Norm ● 1:00 Bible Study w/Pastor Jerry ● 6:00 Wine & Coloring 14	● 9:30 Cardio Drumming ● 10:30 Balloon Volleyball ● 2:30 Manicure Thursdays ● 3:30 Board Game ● 3:30 Non-Denominational Church Service ● 7:00 Neb. vs. Northwestern Volleyball Game 15	● 9:30 Chair Yoga ● 1:00 Audiology Services w/ Active Hearing ● 1:00 Bingo ● 2:00 Arm Chair Travel ● 6:00 "The Lawrence Welk Show" 16	● Neb. vs. Oregon Football Game ● Neb. vs. Purdue Volleyball Game ● 10:00 Music & Movement ● 12:00 Devotionals ● 1:00 Balloon Volleyball ● 3:00 Movie & Popcorn 17
● 9:45 Catholic Communion ● 10:00 Non-Denominational Church Service ● 1:00 Balloon Volleyball 18	● 9:30 Strength & Balance Exercise ● 1:00 Baking Hour ● 2:00 1960s Music Bingo! ● 3:00 Yahtzee ● 6:00 "The Lawrence Welk Show" 19	● 9:30 Seated Exercise ● 10:00 Painting Class ● 1:00 High Tea Party ● 3:00 Wheel of Fortune ● 6:00 Puzzle Hour 20	● 9:30 Seated Tai Chi for Balance ● 10:30 Reading Hour ● 11:00 Rosary & Communion w/Norm ● 6:00 Wine & Coloring 21	● 9:30 Cardio Drumming ● 10:30 Balloon Volleyball ● 2:30 Manicure Thursdays ● 3:30 Board Game: ● 3:30 Non-Denominational Church Service ● 6:00 Neb. vs. UCLA Volleyball Game 22	● 9:30 Chair Yoga ● 1:00 Bingo ● 2:00 🎤 BY REQUEST: Music w/ Lindsey & Mike ● 2:00 Arm Chair Travel: ● 6:00 "The Lawrence Welk Show" 23	● 10:00 Music & Movement ● 12:00 Devotionals ● 1:00 Balloon Volleyball ● 3:00 Movie & Popcorn ● 8:00 Neb. vs. USC Volleyball Game 24
● 9:45 Catholic Communion ● 10:00 Non-Denominational Church Service ● 1:00 Balloon Volleyball 25	● 9:30 Strength & Balance Exercise ● 1:00 Baking Hour ● 2:00 1970s Music Bingo! ● 2:00 Famous Faces Bingo! ● 3:00 Yahtzee ● 6:00 "The Lawrence Welk Show" 26	● 9:30 Seated Exercise ● 10:00 Painting Class ● 1:00 High Tea Party ● 3:00 Wheel of Fortune ● 6:00 Puzzle Hour 27	● 9:30 Seated Tai Chi for Balance ● 10:30 Reading Hour ● 11:00 Rosary & Communion w/Norm ● 1:00 Bible Study w/Pastor Jerry ● 6:00 Wine & Coloring 28	● 9:30 Cardio Drumming ● 10:30 Balloon Volleyball ● 2:30 Manicure Thursdays ● 3:30 Board Game ● 3:30 Non-Denominational Church Service 29	● 9:30 Chair Yoga ● 1:00 Bingo ● 2:00 🎃 Halloween Costume Party & "Spooky" Music w/ Lindsey & Mike ● 2:00 Arm Chair Travel ● 5:30 Neb. vs. Michigan Volleyball Game ● 6:00 "The Lawrence Welk Show" 30	● Neb. vs. Washington Football Game ● 10:00 Music & Movement ● 12:00 Devotionals ● 1:00 Balloon Volleyball ● 3:00 Entertainer: Larry Marik ● 3:00 Movie & Popcorn ● 3:30 Neb. vs. Michigan State Volleyball Game 31