

October 2026

Glenn West St. Paul
MEMORY CARE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Community Room (CR) Diningroom (D) GC Dining Room (GDR) Library (L)				8:30 AM - Daily Chronicles (GDR) 01 9:00 AM - Stretch & Strength (CR) 10:00 AM - Hand Massages (GDR) 10:30 AM - Rosary (CR) 12:45 PM - Balloon Volleyball (GDR) 6:00 PM - Reading Circle (GDR)	8:30 AM - Daily Chronicles (GDR) 02 9:00 AM - Tai Chi (CR) 12:45 PM - Manicures (GDR) 1:45 PM - Bingo (CR) 3:00 PM - Happy Hour (CR) 4:00 PM - Movie (GDR)	8:00 AM - Kare News Saturday (chan 11) 03 11:00 AM - Catholic Mass (chan 291) 6:00 PM - Lawrence Welk Show (TPT 2.3)
9:00 AM - Catholic Mass (L) 04 9:00 AM - In Touch Worship (chan 5.2) 11:00 AM - Catholic Mass (chan 291)	8:30 AM - Daily Chronicles (GDR) 05 9:00 AM - Chair Zumba (CR) 11:00 AM - Sensory Bins (GDR) 1:00 PM - Trivia (GDR) 4:00 PM - Coloring (GDR)	8:00 AM - HOT Breakfast (D) 06 9:00 AM - Stretch & Strength (CR) 10:30 AM - Rosary (CR) 1:45 PM - Bingo (CR) 3:00 PM - Jeopardy! (CR) 4:00 PM - Guess the Song (GDR)	8:00 AM - Look Good & Feel Good (GDR) 07 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Chair Yoga (CR) 10:00 AM - Bingo (GDR) 12:45 PM - Arts & Crafts (GDR) 4:00 PM - Music (GDR)	8:30 AM - Daily Chronicles (GDR) 08 9:00 AM - Stretch & Strength (CR) 10:00 AM - Hand Massages (GDR) 10:30 AM - Rosary (CR) 12:45 PM - Balloon Volleyball (GDR) 6:00 PM - Reading Circle (GDR)	8:30 AM - Daily Chronicles (GDR) 09 9:00 AM - Tai Chi (CR) 12:45 PM - Manicures (GDR) 1:45 PM - Bingo (CR) 3:00 PM - Happy Hour (CR) 4:00 PM - Movie (GDR)	8:00 AM - Kare News Saturday (chan 11) 10 11:00 AM - Catholic Mass (chan 291) 6:00 PM - Lawrence Welk Show (TPT 2.3)
9:00 AM - Catholic Mass (L) 11 9:00 AM - In Touch Worship (chan 5.2) 11:00 AM - Catholic Mass (chan 291)	8:30 AM - Daily Chronicles (GDR) 12 9:00 AM - Chair Zumba (CR) 11:00 AM - Sensory Bins (GDR) 1:00 PM - Trivia (GDR) 4:00 PM - Coloring (GDR)	8:00 AM - HOT Breakfast (D) 13 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Stretch & Strength (CR) 10:30 AM - Rosary (CR) 1:45 PM - Bingo (CR) 4:00 PM - Guess the Song (GDR)	8:00 AM - Look Good & Feel Good (GDR) 14 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Chair Yoga (CR) 10:00 AM - Bingo (GDR) 12:45 PM - Arts & Crafts (GDR) 4:00 PM - Music (GDR)	8:30 AM - Daily Chronicles (GDR) 15 9:00 AM - Stretch & Strength (CR) 10:00 AM - Hand Massages (GDR) 10:30 AM - Rosary (CR) 12:45 PM - Balloon Volleyball (GDR) 6:00 PM - Reading Circle (GDR)	8:30 AM - Daily Chronicles (GDR) 16 9:00 AM - Tai Chi (CR) 12:45 PM - Manicures (GDR) 1:45 PM - Bingo (CR) 3:00 PM - Happy Hour (CR) 4:00 PM - Movie (GDR)	8:00 AM - Kare News Saturday (chan 11) 17 11:00 AM - Catholic Mass (chan 291) 6:00 PM - Lawrence Welk Show (TPT 2.3)

* Activities are subject to change

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM - Catholic Mass (L) 9:00 AM - In Touch Worship (chan 5.2) 11:00 AM - Catholic Mass (chan 291) 18	8:30 AM - Daily Chronicles (GDR) 9:00 AM - Chair Zumba (CR) 11:00 AM - Sensory Bins (GDR) 1:00 PM - Trivia (GDR) 2:00 PM - Birthday Party (CR) 4:00 PM - Coloring (GDR) 19	8:00 AM - HOT Breakfast (D) 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Stretch & Strength (CR) 10:30 AM - Rosary (CR) 1:45 PM - Bingo (CR) 4:00 PM - Guess the Song (GDR) 20	8:00 AM - Look Good & Feel Good (GDR) 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Chair Yoga (CR) 10:00 AM - Bingo (GDR) 12:45 PM - Arts & Crafts (GDR) 4:00 PM - Music (GDR) 21	8:30 AM - Daily Chronicles (GDR) 9:00 AM - Stretch & Strength (CR) 10:00 AM - Hand Massages (GDR) 10:30 AM - Rosary (CR) 12:45 PM - Balloon Volleyball (GDR) 2:00 PM - Pumpkin Painting/Halloween Movie (CR) 6:00 PM - Reading Circle (GDR) 22	8:30 AM - Daily Chronicles (GDR) 9:00 AM - Tai Chi (CR) 12:45 PM - Manicures (GDR) 1:45 PM - Bingo (CR) 3:00 PM - Happy Hour (CR) 4:00 PM - Movie (GDR) 23	8:00 AM - Kare News Saturday (chan 11) 11:00 AM - Catholic Mass (chan 291) 6:00 PM - Lawrence Welk Show (TPT 2.3) 24
9:00 AM - Catholic Mass (L) 9:00 AM - In Touch Worship (chan 5.2) 11:00 AM - Catholic Mass (chan 291) 25	8:30 AM - Daily Chronicles (GDR) 9:00 AM - Chair Zumba (CR) 11:00 AM - Sensory Bins (GDR) 1:00 PM - Trivia (GDR) 4:00 PM - Coloring (GDR) 26	8:00 AM - HOT Breakfast (D) 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Stretch & Strength (CR) 10:30 AM - Rosary (CR) 1:45 PM - Bingo (CR) 4:00 PM - Guess the Song (GDR) 27	8:00 AM - Look Good & Feel Good (GDR) 8:30 AM - Daily Chronicles (GDR) 9:00 AM - Chair Yoga (CR) 10:00 AM - Bingo (GDR) 12:45 PM - Arts & Crafts (GDR) 4:00 PM - Music (GDR) 28	8:30 AM - Daily Chronicles (GDR) 9:00 AM - Stretch & Strength (CR) 10:00 AM - Hand Massages (GDR) 10:30 AM - Catholic Mass (CR) 12:45 PM - Balloon Volleyball (GDR) 1:45 PM - Bingo (CR) 6:00 PM - Reading Circle (GDR) 29	8:30 AM - Daily Chronicles (GDR) 9:00 AM - Tai Chi (CR) 12:45 PM - Manicures (GDR) 2:00 PM - Halloween Party (CR) 4:00 PM - Movie (GDR) 30	8:00 AM - Kare News Saturday (chan 11) 11:00 AM - Catholic Mass (chan 291) 6:00 PM - Lawrence Welk Show (TPT 2.3) 31

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