

FRED DOUGLAS LODGE				FACILITY		SUBJECT TO CHANGES								
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
						1		2		3		4		
						9:15 10:00	Dance Exercise A.R Who am I A.R	9:15 10:00	Exercise with Justin A.R Manicures & Magazines G.R	9:15 10:00	Noodle Exercise A.R Scramble Words A.R	8:15 9:25 10:35 1:00 2:10	Spruce Activities Evergreen Activities Willow Activities Maple/Elm Activities Oak Activities Exercise ,Ring Toss, Name that Tune	
						1:15 3:30 5:30	Balloon Volleyball A.R Target Practice A.R Bucket Pong A.R	3:30 5:30	Name That Sound A.R Bingo A.R	3:30 5:30	Smile Cookies Baking and Pumpkin Craft Club A.R Ladder Ball A.R Hangman A.R			
5		6		7		8		9		10		11		
		9:15 10:00 1:15 3:30 5:30	Chair Exercise A.R Gimme 5 A.R Bingo A.R Cornhole A.R BeanBag Tic Tac Toe A.R	9:15 10:00 1:15 3:30 5:30	Exercise A.R Name That tune A.R \$ Bingo A.R Ring Toss A.R Bocce Ball A.R	9:15 10:00 1:15 3:30 5:45	Exercise with weights A.R Word Unscramble A.R Mummy Shufflebowl A.R Lawn Darts A.R Entertainment in A.R with Wayne.W	9:15 10:00 3:30 5:30	Exercise with Justin A.R Noodle Ball A.R Basketball A.R Bingo A.R	9:15 10:00 1:15 2:00 3:30 5:30	R.O.M Exercises A.R Think Fast A.R Bowling A.R Pumpkin Cheesecake Treat Yahtzee A.R Karaoke A.R	8:15 9:25 10:35 1:00 2:10	Spruce Activities Evergreen Activities Willow Activities Maple/Elm Activities Oak Activities Exercise ,Think Fast Ladder Ball	
12		13		14		15		16		17		18		
			Stat No Recreation	9:15 10:00 1:15 3:30 5:30	Cardio Exercise A.R Sing A long G.R \$ Bingo A.R Chicken Chuck A.R Noodle Ball A.R	9:15 1:15 5:30	Inkster Park Daycare AR Halloween Races A.R Pass the Bucket A.R	9:15 2:00 5:30	Exercise with Justin A.R Coffee & Trivia G.R Entertainment in A.R with Vic.N Bingo A.R	9:15 10:00 1:15 3:30 5:30	Fit Fab Fun Exercise A.R Name 5 A.R Diwali craft club A.R Axe Throwing A.R Bucket Pong A.R	8:15 9:25 10:35 1:00 2:10	Spruce Activities Evergreen Activities Willow Activities Maple/Elm Activities Oak Activities Exercise ,Pumpkin Trivia Halloween Balloon Toss	
19		20			21		22		23		24		25	
		9:15 10:00 1:15 3:30 5:45		Exercise A.R Diwali Dancing & treat A.R Bingo A.R Blow Up Bowling A.R Entertainment in A.R with Rob.I	9:15 10:00 1:15 3:30 5:30	Noodle Exercise A.R Random Trivia A.R \$ Bingo A.R Trick or Treat Trivia A.R Eyeball Golf Pong A.R	9:15 10:00 1:15 3:30 5:30	R.O.M Exercise A.R What am I.Halloween A.R Feed the Monster A.R Hangman A.R Noodle Hockey A.R	9:15 10:00 3:30 5:30	Exercise with Justin A.R Manicures on unit Target Practice A.R Bingo A.R	9:15 10:00 1:15 3:30 5:30	Dance Exercise A.R Balloon Toss A.R Halloween Cookies Baking Club A.R Bean Bag Trivia A.R Sing Along A.R	8:15 9:25 10:35 1:00 2:10	Spruce Activities Evergreen Activities Willow Activities Maple/Elm Activities Oak Activities Exercise ,Balloon Ball , Name 5
26		27		28		29		30		31	AR: ACTIVITY ROOM			
		9:15 10:00 1:15 3:30 5:30	Noodle Exercise A.R Halloween Riddles A.R Bingo A.R Wheel of Fortune A.R Spider Toss A.R	9:15 10:00 1:15 3:30 5:30	R.O.M Exercise A.R Witch Hat Toss A.R \$Bingo A.R Bucket Pong A.R Shuffle bowl A.R	9:15 10:00 1:15 3:30 5:30	Witches work out A.R Left and Right Game A.R Pumpkin Carving A.R Basketball A.R Wheel Of Fortune A.R	9:15 10:00 2:00 5:30	Exercise with Justin A.R Manicures & Magazines G.R Entertainment in A.R with B-Side Apostles Bingo A.R	9:15 10:00 1:30 3:30 5:30	Skeleton Stretches A.R Spooky Stories A.R Halloween Game Day A.R Pumpkin Judging A.R Halloween Hangman A.R Catch The EyeBall A.R	FL: FIRESIDE LOUNGE CH: CHAPEL GR: GAMES ROOM DR: DINING ROOM FD: FAMILY DINING BR: BOARD ROOM		