

October 2026 – Lamond

Monday	Tuesday	Wednesday	Thursday	Friday
Field Trip: Recreation activities off site (transportation provided) *Please note that you can expect a slight adjustment to activities if there is a field trip or if a Recreation Coordinator is out (such as board games, trivia, etc.) *Calendars are subject to change			1 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	2 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo 
5 10:00 am Walkie-Talkies 11:00 am Coffee & Conversation 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Nutrition Education w/ Laura	6 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games		8 10AM-2PM Top Golf (limit 13) 10:00 am Mini Commission (Livestream) 11:00 am Mini Commission (Livestream) 12:00 pm Lunch 1:00 pm Movie Day	9 – Site Closed
12 – Site Closed (Indigenous Peoples Day) 	13 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Program Planning Meeting	14 10:00 am Coffee & Conversation 11:00 am Painting 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness 11:30 am -1:30 pm Social Worker Visit	15 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	16 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
19 10:00 am Walkie-Talkies 11:00 am Coffee & Conversation 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts	20 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games	21 10:00 am Coffee & Conversation 11:00 am Painting 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness	22 10AM-2PM Texas Roadhouse (limit 13) 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	23 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
26 10:00 am Walkie-Talkies 11:00 am Coffee & Conversation 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts: Pumpkins w/ Joyce	27 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games 12:30-2:00pm Nutrition Clinic w/ Laura	28 10:00 am Coffee & Conversation 11:00 am Painting 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness 11:30 am -1:30 pm Social Worker Visit	29 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	30 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo
11/2 10:00 am Walkie-Talkies 11:00 am Coffee & Conversation 11:30 am Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Arts & Crafts	11/3 10:00 am Coffee & Conversation 11:00 am Trivia 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Board Games	11/4 10:00 am Coffee & Conversation 11:00 am Painting 11:30 Jewelry Making (DPR) 12:00 pm Lunch 1:00 pm Memory Wellness	11/5 10:00 am Coffee & Conversation 11:00 am Mindfulness & Meditation 12:00 pm Lunch 1:00 pm Movie Day	11/6 10:00 am Walkie-Talkies 11:00 am Coffee and Conversation 11:30 am Sail Exercise (DPR) 12:00 pm Lunch 1:00 pm Bingo