



Morningside Activities Calendar


OCTOBER 2024

SPIRITUAL SUNDAY	MORE MONDAYS	TEACH ON TUESDAY	WISE ON WEDNESDAY	THINK THURSDAY	FUN FRIDAY	SOCIAL SATURDAY
<p>Programs subject to change please use the daily sheets for updates!</p> <p>TV hours are before 9:30 am & after 3:30 pm unless part of an activity</p>	<p><u>Spiritual Support</u> <u>Creative Expression</u> <u>Physical Fitness</u> <u>Brain Fitness</u> <u>Entertainers/Instructors</u> <u>Music</u></p> <p><i>Book Group Month</i> <i>Pumpkin Month</i> <i>Country Music Month</i></p>	<p>1 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game 10:30 Seated Leg Exercises 11:15 Daily Chronicle 1:00 Anthem to US Lincoln Center 1:30 Jeopardy (Holidays) 2:30 Green City Gardening 3:00 Resident Social 3:00 BEI Brain Games 3:30 Classical Music CD 6:00 Hollywood Classics</p>	<p>2 ROSH HASHANAH 9:00 Morning Check In 9:30 Walk Group 10:00 Trivia 10:30 TaiChi w/Sasha 11:15 Daily Chronicle 1:30 Linda Chase Music 2:30 Tunefoolery Music 3:30 Virtual Concert – Opera The Greatest Hits 4:00 Trivia (Baseball) 6:00 Action Movie</p>	<p>3 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game 10:30 Gentle Stretching 11:15 Daily Chronicle 1:00 BINGO w/Prizes 2:00 Joel & Dan Music 2:30 Board & Card Games 3:00 BEI Brain Games 6:00 Comedy Movie</p>	<p>4 DIVERSITY DAY 9:00 Morning Check In 9:30 Walk Group 10:00 Trivia 10:30 Chair Dancing 11:15 Daily Chronicle 1:00 Book Group 2:00 Cooking Group - “Pumpkin” Month 3:00 BEI Brain Games 4:00 Mindfulness (Diversity) 6:00 Classic Show</p>	<p>5 9:00 Morning Check In 9:30 Walk Group 10:00 Word in a Word 10:30 Morning Stretch & Ball Exercise 11:15 Daily Chronicle 1:00 Easy Listening 2:00 Creative Expression – Fall Harvest Card Making 3:00 Armchair Travel – Sahara Desert 4:00 Puzzles/Cards 6:00 Resident Choice</p>
<p>6 9:00 Spiritual Time 10:00 Folk Music 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage 2:00 Power Walk 2:30 GP Collaging 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice</p>	<p>7 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game 10:30 Chaboom 11:15 Daily Chronicle 1:00 1:1 w/Micah 1:30 Montessori Table 2:30 Writing Group - Italian American 3:00 BEI Brain Games 3:30 Sing-along Songs 4:30 Lifelong Learners – Heritage 6:00 Musical Movie</p>	<p>8 FLU CLINIC 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game 10:30 Seated Leg Exercises 11:15 Daily Chronicle 1:30 Jeopardy (Frugal) 2:30 Green City Gardening 3:00 Resident Social 3:00 BEI Brain Games 3:30 Classical Music CD 6:00 Hollywood Classics</p>	<p>9 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game 10:15 Daily Chronicle 10:30 TaiChi w/Sasha 1:30 Creative Expression – Italy and Italian Art 2:30 Tunefoolery Music 3:30 Virtual Concert – Opera Classics 4:00 Trivia (Italy) 6:00 Action Movie</p>	<p>10 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Trivia 10:30 Gentle Stretching 11:15 Daily Chronicle 1:00 Karaoke 1:30 BINGO w/Prizes 2:30 Board & Card Games 3:00 BEI Brain Games 6:00 Comedy Movie</p>	<p>11 YOM KIPPUR 9:00 Morning Check In 9:30 Walk Group 10:00 Trivia 10:30 Chair Dancing 11:15 Daily Chronicle 1:00 Book Group 2:00 Cooking Group - “Pumpkin” Month 3:00 BEI Brain Games 4:00 Mindfulness (Forgiveness) 6:00 Classic Show</p>	<p>12 9:00 Morning Check In 9:30 Walk Group 10:00 Word in a Word 10:30 Morning Stretch & Ball Exercise 11:15 Daily Chronicle 1:00 Easy Listening 2:00 Creative Expression – Scarecrow Door Decor 3:00 Armchair Travel – Ontario Canada 4:00 Puzzles/Cards 6:00 Resident Choice</p>
<p>13 9:00 Spiritual Time 10:00 Folk Music 11:15 Daily Chronicle 1:00 Spa Music/Relaxation with Manicures Massage 2:00 Power Walk 3:00 Puzzles/Cards 4:00 Board Games 6:00 Resident Choice</p>	<p>14 INDIGINOUS PEOPLE 9:00 Morning Check In 9:30 Walk Group 10:00 Trivia 10:30 Chaboom 11:15 Daily Chronicle 1:00 1:1 w/Micah 1:30 Montessori Table 2:30 Writing Group - Sensory Poetry 3:00 BEI Brain Games 3:30 Sing-along Songs 4:30 Lifelong Learners – American Indian 6:00 Musical Movie</p>	<p>15 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game 10:30 Seated Leg Exercises 11:15 Daily Chronicle 1:30 Jeopardy (Native Am.) 2:30 Green City Gardening 3:00 Resident Social 3:00 BEI Brain Games 3:30 Classical Music CD 6:00 Hollywood Classics</p>	<p>16 SUKKOT 9:00 Morning Check In 9:30 Walk Group 10:00 Trivia 10:15 Daily Chronicle 10:30 TaiChi w/Sasha 1:30 Creative Expression – Ink October 2:30 Tunefoolery Music 3:30 Virtual Concert – Opera Famous Arias 4:00 Trivia (Oktoberfest) 6:00 Action Movie</p>	<p>17 HUNTER’S MOON 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Gentle Stretching 11:15 Daily Chronicle 1:00 Karaoke 1:30 BINGO w/Prizes 2:30 Board & Card Games 3:00 BEI Brain Games 6:00 Comedy Movie</p>	<p>18 9:00 Morning Check In 9:30 Walk Group 10:00 Trivia 10:30 Chair Dancing 11:15 Daily Chronicle 1:00 Book Group 2:00 Ballroom Dancing 2:00 Cooking Group - “Pumpkin” Month 3:00 BEI Brain Games 4:00 Mindfulness (Positive Thinking) 6:00 Classic Show</p>	<p>19 9:00 Morning Check In 9:30 Walk Group 10:00 Word in a Word 10:30 Morning Stretch & Ball Exercise 11:15 Daily Chronicle 1:00 Easy Listening 2:00 Creative Expression – Sweetest Day Food Alphabet 3:00 Armchair Travel – Key West FLA 4:00 Puzzles/Cards 6:00 Resident Choice</p>



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<p>20</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Spa Music/Relaxation with Manicures Massage</p> <p>2:00 Power Walk</p> <p>3:00 Puzzles/Cards</p> <p>4:00 Board Games</p> <p>6:00 Resident Choice</p>	<p>21</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game</p> <p>10:30 Chair Dancing w/Micah</p> <p>11:15 Daily Chronicle</p> <p>1:00 1:1 w/Micah</p> <p>1:30 Montessori Table</p> <p>2:30 Writing Group – TS Eliot</p> <p>3:00 BEI Brain Games</p> <p>3:30 Sing-along Songs</p> <p>4:15 Lifelong Learners – Multicultural Diversity</p> <p>6:00 Musical Movie</p>	<p>22</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game</p> <p>10:30 Seated Leg Exercises</p> <p>11:15 Daily Chronicle</p> <p>1:30 Jeopardy (Reptiles)</p> <p>2:30 Green City Gardening</p> <p>3:00 Resident Social</p> <p>3:00 BEI Brain Games</p> <p>3:30 Classical Music CD</p> <p>6:00 Hollywood Classics</p>	<p>23</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game</p> <p>10:15 Daily Chronicle</p> <p>10:30 TaiChi w/Sasha</p> <p>1:30 Creative Expression - Moons</p> <p>2:30 Tunefoolery Music</p> <p>3:30 Virtual Concert – Opera Best of</p> <p>4:00 Trivia (Jack o Lanterns)</p> <p>6:00 Action Movie</p>	<p>24 SIMCHAT TORAH</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Trivia</p> <p>10:30 Gentle Stretching</p> <p>11:15 Daily Chronicle</p> <p>1:00 Karaoke</p> <p>1:30 BINGO w/Prizes</p> <p>2:30 Board & Card Games</p> <p>3:00 BEI Brain Games</p> <p>6:00 Comedy Movie</p>	<p>25 WORLD SERIES</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Trivia</p> <p>10:30 Chair Dancing</p> <p>11:15 Daily Chronicle</p> <p>1:00 Book Group</p> <p>2:00 Cooking Group - “Pumpkin” Month</p> <p>3:00 BEI Brain Games</p> <p>4:00 Mindfulness (Study)</p> <p>6:00 Classic Show</p>	<p>26</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word in a Word</p> <p>10:30 Morning Stretch & Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Easy Listening</p> <p>2:00 Creative Expression – Watercolors Int’l Art Day</p> <p>3:00 Armchair Travel – Nevada</p> <p>4:00 Puzzles/Cards</p> <p>6:00 Resident Choice</p>
<p>27 GrBostonWalk2ENDALZ</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Spa Music/Relaxation with Manicures Massage</p> <p>2:00 Power Walk</p> <p>3:00 Puzzles/Cards</p> <p>4:00 Board Games</p> <p>6:00 Resident Choice</p>	<p>28</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Trivia</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>1:00 1:1 w/Micah</p> <p>1:30 Montessori Table</p> <p>2:30 Writing Group -</p> <p>3:00 BEI Brain Games</p> <p>3:30 Sing-along Songs</p> <p>4:15 Lifelong Learners – Statute of Liberty</p> <p>6:00 Musical Movie</p>	<p>29 DIWALI</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game</p> <p>10:30 Seated Leg Exercises</p> <p>11:15 Daily Chronicle</p> <p>1:30 Jeopardy (Diwali)</p> <p>2:30 Green City Gardening</p> <p>3:00 Resident Social</p> <p>3:00 BEI Brain Games</p> <p>3:30 Classical Music CD</p> <p>6:00 Hollywood Classics</p>	<p>30</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Trivia</p> <p>10:15 Daily Chronicle</p> <p>10:30 TaiChi w/Sasha</p> <p>1:30 Creative Expression – Halloween Decor</p> <p>2:30 Tunefoolery Music</p> <p>3:30 Virtual Concert – Opera Greatest Hits</p> <p>4:00 Trivia (Halloween)</p> <p>6:00 Action Movie</p>	<p>31</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Gentle Stretching</p> <p>11:15 Daily Chronicle</p> <p>1:00 Halloween Party</p> <p>3:00 BEI Brain Games</p> <p>6:00 Comedy Movie</p>	 <p>Support Group October 8th 5-6:30 pm Activity Center</p>	

12 Key Principles of the Maria Montessori Dementia Program (Certified Montessori Dementia Practitioner) CMDCP

1. Purposeful
2. Invite to participate
3. Offer choices
4. Demonstrate
5. Focus on skills (what can do)
6. Slowdown
7. Use visuals, cues, templates.
8. Give something to hold.
9. Simple first
10. Small steps, breakdown task
11. Ask if enjoyed and would like to do again
12. Engagement is the focus not the result.