October 2026

30 MINUTES OF FUN AND FITNESS DAILY.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ladder ball History of the Teddy Bear Reminiscing/Video Bear craft A-Z	**2** Axe Throwing Famous Horses Discussion/Video Horse Craft BINGO	**3** Simchat Torah Begins
4	**5** CHUCK-O Egyptian Pyramids Discussion/Video Coloring Page Word Builder	**6** Bowling Fall Facts Reminiscing/Video Pumpkin craft Jeopardy	**7** Elastic/Balloon Toss History of Antibiotics Reminiscing/Video Artist Impressions Family Feud	**8** Elastic/Balloon Toss History of Antibiotics Reminiscing/Video Artist Impressions Family Feud	**9** Darts History of Japan Discussion/Video Fish craft Boomhackers/Bells	**10**
11	**12** **PROGRAM CLOSED** Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	**13** Frisbee Toss Playing card facts Reminiscing/Video Card craft Deal or no Deal	**14** Golf Barber Shop Facts Reminiscing/Video Pole craft Words that go Together	**15** Golf Barber Shop Facts Reminiscing/Video Pole craft Words that go Together	**16** Sandbags Octoberfest facts Discussion/Video Alpine hat craft KARAOKE	**17**
18	**19** Ring Toss History of Pilsbury Reminiscing/Video Fall craft Categories	**20** Ball Toss Old Fashioned Toys Reminiscing/Video Spinner craft Rhyming Expressions	**21** Curling Road trip through Canada Reminiscing/Video Leaf craft Word in a word	**22** Balloon Badminton Road trip through Canada Reminiscing/Video Leaf craft Word in a word	**23** Elastic/Balloon Toss Endangered animals Discussion/Video Frog craft Word Association	**24**
25	**26** Basketball Halloween Facts Reminiscing/Video Mask craft Game of 3's	**27** Foot Ball Scarecrow facts Discussion/Video Scarecrow craft Charades	**28** Shuffle Board History of Submarines Discussion/Video Submarine craft Word Chain link	**29** Shuffle Board History of Submarines Discussion/Video Submarine craft Word Chain link	**30** Bowling Rainforest facts Discussion/Video Coloring page Words that go together	**31** Halloween

ALZHEIMER'S SOCIETY OF CORNWALL AND DISTRICT ADULT DAY PROGRAM – 613-361-2391 (AMANDA)