

## HEALTH & REHABILITATION

## OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATIONS All Hall Dining Rooms, HDR Bistro, BIS Off-Campus, OC	In Room, INR	Alpine Room, ALP Malapais Room, MR Second Hall Dining, 2HD	8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT to Stretch®, 2HD 1:00 1:1 Visits, INR 2:00 Crafter's Corner: Breast Cancer Pins, 2HD 3:00 Catholic Mass, MR 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:30 FIT Chair Yoga®, 2HD 10:45 Threshold Choir, HL 2:00 <b>Pet, Pups &amp; Smiles, ALP</b> 3:30 Navajo Times Delivery, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT to be Strong®, 2HD 1:30 <b>Spintopia!, 2HD</b> 3:00 <b>Oktoberfest Happy Hour,</b> ALP 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 FIT to Stretch®, 2HD 10:45 Creative Chefs: 3 Bean Chili & Cornbread, 2HD 2:00 Prize Bingo, 2HD 4:00 Movie Night: Wizard of Oz (1939), HL 6:00 Activity Corner, HDR
8:15 Activity Rounds, HL 9:00 Televised Catholic Mass, 2HD 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 3:00 <b>Live Music w/ B, BIS</b> 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:00 Donuts & Discussions, 2HD 10:30 FIT to Stretch®, 2HD 2:15 History Hour: Susan G. Komen/BCAM, 2HD 3:15 1:1 Manicure Mondays, INR 5:00 Live Music w/ B, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 Expressive Arts & Tunes, 2HD 10:30 FIT Chair Yoga®, 2HD 2:00 Prize Bingo, 2HD 3:00 Travelogue, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT to Stretch®, 2HD 1:00 1:1 Visits, INR 2:00 Crafter's Corner: Kindness Bracelets, 2HD 3:15 Tea & Trivia, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:30 FIT Chair Yoga®, 2HD 10:30 <b>Scenic Drive, OC</b> 10:45 Threshold Choir, HL 2:00 <b>Balloon Volleyball, 2HD</b> 3:30 Navajo Times Delivery, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT to be Strong®, 2HD 1:30 <b>Spintopia!, 2HD</b> 3:00 <b>Fall Happy Hour, ALP</b> 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 FIT to Stretch®, 2HD 10:45 Creative Chefs: Pumpkin Cheesecake Cups, 2HD 2:00 Prize Bingo, 2HD 4:00 Movie Night: Frankenstein (1931), HL 6:00 Activity Corner, HDR
8:15 Activity Rounds, HL 9:00 Televised Catholic Mass, 2HD 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 3:00 <b>Sweet Sunday Social, BIS</b> 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:00 Donuts & Discussions, 2HD 10:30 FIT to Stretch®, 2HD 1:00 Family Feud, BIS 2:15 History Hour: Indigenous Peoples' Day, 2HD 3:15 1:1 Manicure Mondays, INR 5:00 Live Music w/ B, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 Expressive Arts & Tunes, 2HD 10:15 Bedside Music Therapy w/ Meghan, INR 10:30 FIT Chair Yoga®, 2HD 2:00 Prize Bingo, 2HD 3:00 Travelogue, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT to Stretch®, 2HD 1:00 1:1 Visits, INR 2:00 Crafter's Corner: Fall Leaf Bookmarks, 2HD 3:15 Tea & Trivia, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:30 FIT Chair Yoga®, 2HD 10:45 Threshold Choir, HL 2:00 <b>Pet, Pups &amp; Smiles, ALP</b> 3:30 Navajo Times Delivery, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT to be Strong®, 2HD 1:30 Spintopia!, 2HD 3:00 County Fair Happy Hour, ALP 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 FIT to Stretch®, 2HD 10:45 Creative Chefs: Caramel Apple Slices, 2HD 2:00 Prize Bingo, 2HD 4:00 Movie Night: Ghostbusters (1984), HL 6:00 Activity Corner, HDR
8:15 Activity Rounds, HL 9:00 Televised Catholic Mass, 2HD 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 3:00 Live Music w/ B, BIS 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:00 Donuts & Discussions, 2HD 10:30 FIT to Stretch®, 2HD 2:15 History Hour: Salem Witch Trials, 2HD 3:15 1:1 Manicure Mondays, INR 5:00 Live Music w/ B, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 Expressive Arts & Tunes, 2HD 10:30 FIT Chair Yoga®, 2HD 1:00 Lifelong U: The History of Horror Movies, BIS 2:00 Prize Bingo, 2HD 3:15 Resident Council Mtg, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT to Stretch®, 2HD 1:00 1:1 Visits, INR 2:00 Crafter's Corner: Spooky Lantern Jars, 2HD 3:15 Tea & Trivia, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 FIT Chair Yoga®, 2HD 10:30 <b>Deer Farm Outing, OC</b> 10:45 Threshold Choir, HL 2:00 <b>Balloon Volleyball, 2HD</b> 3:30 Navajo Times Delivery, HL 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT to be Strong®, 2HD 1:30 Spintopia!, 2HD 3:00 Birthday Bash Happy Hour, ALP 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 FIT to Stretch®, 2HD 10:45 Creative Chefs: Halloween Rice Krispy Treats, 2HD 1:00 Fall Festival w/ NAU Students, ALP 2:00 Prize Bingo, 2HD 4:00 Movie Night: Hocus Pocus (1993), HL 6:00 Activity Corner, HDR
8:15 Activity Rounds, HL 9:00 Televised Catholic Mass, 2HD 10:30 FIT to be Strong®, ALP 1:00 Sunday Church Service, MR 3:00 Sweet Sunday Social, BIS 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:00 Donuts & Discussions, 2HD 10:30 FIT to Stretch®, 2HD 2:15 <b>History Hour:, 2HD</b> 3:15 1:1 Manicure Mondays, INR 5:00 <b>Live Music w/ B, HL</b> 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 Expressive Arts & Tunes, 2HD 10:15 Bedside Music Therapy w/ Meghan, INR 10:30 FIT Chair Yoga®, 2HD 2:00 Prize Bingo, 2HD 3:00 Travelogue, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:45 Spiritual Services, INR 10:30 FIT to Stretch®, 2HD 1:00 1:1 Visits, INR 2:00 Crafter's Corner:, 2HD 3:15 Tea & Trivia, 2HD 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 10:30 FIT Chair Yoga®, 2HD 10:45 Threshold Choir, HL 2:00 <b>Balloon Volleyball, 2HD</b> 3:30 Navajo Times Delivery, HL 4:30 <b>Trunk or Treat!, OUT</b> 6:00 Activity Corner, HDR	8:15 Activity Rounds, HL 9:30 1:1 Visits, INR 10:30 FIT to be Strong®, 2HD 1:30 <b>Spintopia!</b> , <b>2HD</b> 3:00 <b>Halloween Party!</b> , <b>ALP</b> 6:00 Activity Corner, HDR	Due to calendar space, all programs may not be reflected.  To stay up to date with all events, please visit the GiGi Assistant®app.