

October 2026

Harmony Park Life Enrichment Programming



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LORIEN MEMORY CARE Harmony Park 📅 Active Engagement 🧘 Health & Wellness 🎵 Music & Memory 💧 Nutrition & Hydration 🌿 Outdoor Time & Sensory Connection 💖 Routine Reinforcement 🧩 You Matter				Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 Puzzle and Piece Time 2:30 📅 Pictionary 3:00 📅 Bowling 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Classical Cinemagic 1	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Dumbbell Exercise with Music 1:30 📅 Crafts and Creations 3:00 📅 Basketball Hoops 4:00 💖 Flower Arrangements 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 2	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Seated Yoga Exercise 1:30 📅 Virtual Tours Around The World 2:30 📅 Nature Show & Cookies 3:00 🧩 Residents Pick 4:00 🌿 Color Sorting 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Saturday Movie Night 3
Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Mindful Movement 11:30 🧩 Ministry Services 1:30 📅 This Day in History 2:30 📅 Ice Cream Social with Music 3:00 🎵 Trivia 3:30 📅 Coloring Club 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Sunday's Best Classical Movie 4	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 10:30 🎵 Music Therapy w/ Paul and Pup 1:30 🧩 Hand Care Haven 3:00 💖 Folding Laundry 4:00 🎵 Music in Motion 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Monday Movie Night 5	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 pottery 2:30 📅 Stamp Art 3:00 🎵 Joe Carroll Music Performance 4:00 📅 Keep It Up: Balloon Toss 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Classical Cinemagic 6	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Restorative Stretching 1:30 📅 Finish-the-Phrase 2:00 🎵 Happy Hour with Lynn Roxy 3:00 📅 Trips and Travels 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Midweek Movie Matinee 7	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 Puzzle and Piece Time 2:00 🎵 Julia Hall Musical Performance 2:30 📅 Pictionary 3:00 📅 Bowling 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Classical Cinemagic 8	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Dumbbell Exercise with Music 1:30 📅 Crafts and Creations 3:00 📅 Basketball Hoops 4:00 💖 Flower Arrangements 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 9	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Seated Yoga Exercise 1:30 📅 Virtual Tours Around The World 2:30 📅 Nature Show & Cookies 3:00 🧩 Residents Pick 4:00 🌿 Color Sorting 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Saturday Movie Night 10
Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Mindful Movement 11:30 🧩 Ministry Services 1:30 📅 This Day in History 2:00 🌿 Fidos For Freedom 2:30 📅 Ice Cream Social with Music 3:00 🎵 Trivia 3:30 📅 Coloring Club 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Sunday's Best Classical Movie 11	Columbus Day Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 10:30 🎵 Music Therapy w/ Paul and Pup 1:30 🧩 Hand Care Haven 3:00 💖 Folding Laundry 4:00 🎵 Music in Motion 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Monday Movie Night 12	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 pottery 2:30 📅 Stamp Art 3:00 🎵 Joe Carroll Music Performance 4:00 📅 Keep It Up: Balloon Toss 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Classical Cinemagic 13	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 📅 Just Bead It 11:00 🧘 Restorative Stretching 1:30 📅 Finish-the-Phrase 2:00 🎵 Happy Hour with Lynn Roxy 3:00 📅 Trips and Travels 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Midweek Movie Matinee 14	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 Puzzle and Piece Time 2:00 🎵 Julia Hall Musical Performance 2:30 📅 Pictionary 3:00 📅 Bowling 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Classical Cinemagic 15	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Dumbbell Exercise with Music 1:30 📅 Crafts and Creations 3:00 📅 Basketball Hoops 4:00 💖 Flower Arrangements 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 16	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Seated Yoga Exercise 1:30 📅 Virtual Tours Around The World 2:30 📅 Nature Show & Cookies 3:00 🧩 Residents Pick 4:00 🌿 Color Sorting 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Saturday Movie Night 17
Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Mindful Movement 11:30 🧩 Ministry Services 1:30 📅 This Day in History 2:30 📅 Ice Cream Social with Music 3:00 🎵 Trivia 3:30 📅 Coloring Club 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Sunday's Best Classical Movie 18	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 10:30 🎵 Music Therapy w/ Paul and Pup 1:30 🌿 Echoes of Nature 3:00 💖 Folding Laundry 4:00 🎵 Music in Motion 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Monday Movie Night 19	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 pottery 2:30 📅 Stamp Art 3:00 🎵 Joe Carroll Music Performance 4:00 📅 Keep It Up: Balloon Toss 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Classical Cinemagic 20	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Restorative Stretching 1:30 📅 Finish-the-Phrase 2:00 🎵 Happy Hour with Lynn Roxy 3:00 📅 Trips and Travels 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Midweek Movie Matinee 21	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 Puzzle and Piece Time 2:30 📅 Pictionary 3:00 📅 Bowling 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Classical Cinemagic 22	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Dumbbell Exercise with Music 1:30 📅 Crafts and Creations 3:00 📅 Basketball Hoops 4:00 💖 Flower Arrangements 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 23	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Seated Yoga Exercise 1:30 📅 Virtual Tours Around The World 2:30 📅 Nature Show & Cookies 3:00 🧩 Residents Pick 4:00 🌿 Color Sorting 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Saturday Movie Night 24
Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Mindful Movement 11:30 🧩 Ministry Services 1:30 📅 This Day in History 2:30 📅 Ice Cream Social with Music 3:00 🎵 Trivia 3:30 📅 Coloring Club 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Sunday's Best Classical Movie 25	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 10:30 🎵 Music Therapy w/ Paul and Pup 1:30 🧩 Hand Care Haven 1:30 🌿 Nature Moment 3:00 💖 Folding Laundry 4:00 🎵 Music in Motion 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Monday Movie Night 26	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 pottery 2:30 📅 Stamp Art 3:00 🎵 Joe Carroll Music Performance 4:00 📅 Keep It Up: Balloon Toss 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 7:00 🧩 Classical Cinemagic 27	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Restorative Stretching 1:30 📅 Finish-the-Phrase 3:00 📅 Trips and Travels 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Midweek Movie Matinee 28	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Chair Exercises with Bev 1:30 📅 Puzzle and Piece Time 2:30 📅 Pictionary 3:00 📅 Bowling 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Classical Cinemagic 29	Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Dumbbell Exercise with Music 1:30 📅 Crafts and Creations 3:00 📅 Basketball Hoops 4:00 💖 Flower Arrangements 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 🧩 BINGO 30	Halloween Room Visits Sensory Room Visits/Nature Moment (11am - 6pm) 10:30 💧 Hydration Connection 11:00 🧘 Seated Yoga Exercise 1:30 📅 Virtual Tours Around The World 2:30 📅 Nature Show & Cookies 3:00 🧩 Residents Pick 4:00 🌿 Color Sorting 4:00 🌿 Nature Sound Relaxation 4:30 💖 Warm Towels Hand Massage 6:00 📅 BINGO 7:00 🧩 Saturday Movie Night 31