



# October 2019

## Daybreak Daily Schedule

7:30 Morning Coffee and Snacks    1:30 Gross Motor Game  
 9:15 Newspaper Reading            2:15 Fitness  
 9:30 Fitness                                2:30 Snack  
 10:00 Bingo                                2:45 Fine Motor Game  
 11:00 Reminiscence                    3:30 Thinking Game  
 11:45 Lunch                                4:15 Socialization  
 12:45 Relaxation

\*Schedule is subject to change



Monday	Tuesday 	Wednesday 	Thursday	Friday
	1 AM Fit: Lite N Lively <i>Hawaiian Music</i> Gross Motor: Bean Bag Toss PM Fit: Fittersitters Fine Motor: Dice Bingo	2 AM Fit: Fittersitters <i>Jazz Music</i> Gross Motor: Bowling Pin Target PM Fit: Seatworks Fine Motor: Disney Bingo	3 AM Fit: Jumpstart <i>Piano music by Glenn</i> Craft: Akeem Gross Motor: Hula Hoops PM Fit: Favorites Fine Motor: Bingo	4 AM Fit: Sittercise A Gross Motor: Splat Toss PM Fit: Sittercise B Movie: Pearl
7 AM Fit: Fittersitters Gross Motor: Basketball PM Fit: Greatest Hits Fine Motor: Beads	8 AM Fit: Sittercise A <i>Hawaiian Music</i> Gross Motor: Ring Toss PM Fit: Chair Yoga Fine Motor: Dominoes	9 AM Fit: Sittercise B <i>Jazz Music</i> PM Fit: Favorites <i>Sam and Tom Sing!</i> Fine Motor: Shapingo	10 AM Fit: Seatworks A <i>Piano music by Glenn</i> Craft: Pearl Gross Motor: Bean Bags PM Fit: Chair Dancing Fine Motor: Bingo	11 AM Fit: Seatworks B Gross Motor: Balloon Toss PM Fit: Sit down and Tone up Movie: Denise
14 AM Fit: Jumpstart Gross Motor: Frisbee PM Fit: Simply Stretch Fine Motor: Mr. Potato Head and Puzzles	15 Am Fit: MMM&Body <i>Paws for love</i> <i>Hawaiian Music</i> Gross Motor: Wild West Target PM Fit: Favorites Fine Motor: Animal Sounds Bingo	16 AM Fit: Magic of Movement <i>Jazz Music</i> PM Fit: Music in Motion <i>Piano music by Kirk</i> Fine Motor: Card Match	17 AM Fit: Sit and be Fit Gross Motor: Golfing PM Fit: Stars and Stripes Craft: Serena	18 AM Fit: Light N Lively Gross Motor: Tennis Ball Target PM Fit: Music in Motion Movie: Akeem
21 AM Fit: Sittercise A Gross Motor: Parachute PM Fit: WHOGA Fine Motor: Dominoes	22 Am Fit: Seatworks A <i>Hawaiian Music</i> Gross Motor: Bullseye PM Fit: Sit and be Fit Fine Motor: Jenga/Puzzles	23 AM Fit: Lite N Lively <i>Jazz Music</i> PM Fit: Latin Soul Fine Motor: Card Bingo	24 AM Fit: Chair Exercise <i>Accordion Music!</i> Gross Motor: Bowling PM Fit: Stars and Stripes Craft: Nina	25 CLOSED for Nevada Day !!
28 Am Fit: Rubber band <i>Jeff Wayne Sings</i> Gross Motor: Cones PM Fit: Chair Yoga Fine Motor: USA Bingo	29 Am Fit: Rubber band <i>Hawaiian Music</i> Gross Motor: Bullseye PM Fit: Latin Soul Fine Motor: Dice Bingo	30 AM Fit: Fittersitters A <i>Jazz Music</i> Gross Motor: Knock Down Cans PM Fit: Fittersitters B <i>Vern and his Guitar!</i> Fine Motor: Bingo	31 <b>HALLOWEEN PARTY</b> AM Fit: Noodles <i>Accordion Music!</i> Gross Motor: Bowling PM Fit: Sit down Dancing	