

OCTOBER 2021 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Activities Available at All Times: • PACE Library • Art Cart • Game Cart • Bored Board • TV & Movies	For Activity Questions Please Call Maria (231) 252- 3812		<i>*Activities and Times are subject to change *</i> <i>*Independent/Your Choice Leisure Daily from 8:00am-10:00am*</i>	1 International Music Day 10:30 Music Word Search 1:00 Get Fit With Therapy 2:00 Karaoke 3:00 Music Trivia 4:00 Garden Group 
4 World Animal Day 10:30 Animal Word Crossword 1:00 Bingo! 2:00 Animal Quiz 3:00 Breathe & Stretch 4:00 Garden Group 	5 10:30 Knitting Class with Amanda 1:00 Bible Study 2:00 Get Fit With Therapy 3:00 Self Expressions: Collage 4:00 Trivia	6 NTL Pumpkin Seed Day 10:30 Balloon Badminton Tourney 1:00 Pumpkin Seed Craft 2:00 Word Searches Races 3:00 Move & Shout with Olivia 4:00 Card Club 	7 Outing to Jacobs Corn Maze! 10:30 Yoga Class 1:00 Decoupage 2:00 Karaoke 3:00 Self Portraits 4:00 Game Shows 	8 10:30 Bingo! 1:00 Get Fit With Therapy 2:00 Family Heritage Day 3:00 Card Club 4:00 Brain Games
11 10:30 Breathe & Stretch 1:00 Fire Safety Presentation! 2:00 Get to Know You! 3:00 Preserve Fall Leaves 4:00 Euchre Tournament 	12 10:30 Bingo! 1:00 Bible Study 2:00 Get Fit With Therapy 3:00 Leaf Craft 4:00 Trivia	13 10:30 Cooking Class: Apple Sauce 1:00 Balloon Badminton Tourney 2:00 Pumpkin Craft: Mason Jar Pumpkin 3:00 Move & Shout with Olivia 4:00 Unsolved Mysteries	14 Design Dance Company Visit! 10:30 Yoga Class 1:00 Bingo! 2:00 Special Guest: Dancers! 3:00 Parachute Exercise 4:00 Family Feud 	15 Light House Color Tour! 10:30 Autumn Coloring Pages 1:00 Get Fit With Therapy 2:00 Karaoke 3:00 Game Groups 4:00 Watch I Love Lucy 
18 NTL Chocolate Cupcake Day 10:30 Breathe & Stretch 1:00 Bingo! 2:00 Water Color Painting 3:00 Chocolate Cupcake Social 4:00 Puzzle Party 	19 Reigning Liberty Ranch 10:30 Knitting Class w. Amanda! 1:00 Bible Study 2:00 Get Fit With Therapy 3:00 Horse Coloring 4:00 Game Shows 	20 10:30 Balloon Badminton Tourney 1:00 Autumn Craft 2:00 Card Club 3:00 Move & Shout with Olivia 4:00 Bowling	21 10:30 Yoga Class 1:00 Bingo! 2:00 Euchre Tournament 3:00 Charlie Brown Halloween 4:00 Walking Group	22 NTL Color Day –Wendy w. Birds 10:30 Coloring Pages 1:00 Get Fit With Therapy 2:00 Wendy: Bird Presentation 3:00 Corn-hole! 4:00 Get to Know You! 
25 Pablo Picasso's Birthday 10:30 Artist Impressions 1:00 Halloween Movie & Popcorn 3:00 Trivia 4:00 Breathe & Stretch 	26 NTL Pumpkin Day 10:30 Pumpkin Painting 1:00 Bible Study 2:00 Get Fit With Therapy 3:00 Staff Carving Contest 4:00 Hangman 	27 Shopping Trip: Walmart! 10:30 Autumn Quiz 1:00 Bingo! 2:00 Autumn 3:00 Move & Shout with Olivia 4:00 Knitting Class w. Amanda 	28 10:30 Yoga Class 1:00 Karaoke 2:00 Get Fit With Therapy 3:00 Pamper @ PACE: Manicures 4:00 Twister Toss	29 HALLOWEEN PARTY! 10:30 Halloween Bingo! 1:30: Halloween Party! 3:00: Halloween Word Search 4:00: Rest & Relax 

October 2021 Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		<i>*Meal Items are subject to change*</i>		1 Baked Spaghetti, Salad, Green Beans
4 Chicken Caesar Salad or Beef Chili	5 Baked Spaghetti, Salad, Green Beans	6 Chicken Pot Pie	7 Chicken Breast w. Mushroom Sauce, Wild Rice, Heirloom Carrots	8 Sloppy Joe or Pulled Pork, Chips or Potato Salad
11 Chicken Cordon Bleu Casserole, Corn, Salad	12 Tuna Casserole, Peas	13 Italian Penne With Chicken, Salad	14 Soup or Chili and Salad	15 Open Faced Turkey Sandwich, Peas, Carrots
18 Chicken Fried Rice	19 Shepherds Pie	20 Goulash	21 Meatloaf, Garlic Mashed Potatoes, Gravy, Peas	22 Chicken With Asian Vegetables
25 Tacos, Rice, Corn	26 Chili or Soup and Salad	27 Breakfast	28 Chicken Enchilada	29 Swedish Meatballs Redskin Mashed Potatoes Green Beans

PACE North October 2021 News

PACE North

2325 Garfield Rd N
Traverse City, MI, 49686
(231) 252-2726

Don't Forget to Call PACE first if you have any medical issues or questions. Medical staff is always available by phone at: (231) 252-2767. We can help and want to ensure your safety.

Welcome to PACE!

Barbara B.

Sharon C.

John H.

Gail I.

Paula D.

Nancy S.

Donald G.

Pauline M.

Doris N.

Richard T.

OUTINGS

Jacobs Corn Maze: 10/7

Lighthouse Color Tour: 10/15

Reigning Liberty Ranch: 10/19

Shopping @ Walmart: 10/27

Sign up in the Large Day Room!

SPECIAL GUESTS

Fire Safety Presentation: 10/11

Design Dance Company-

Dancer Recital: 10/14

Educational Bird Seminar:

10/22

Happy Birthday

Greg H: 10/05

Barb S: 10/10

Wayne B: 10/15

Elaine M: 10/15

Starr B: 10/28

Laura F: 10/28

The Beauty Salon is open
Wednesday and Thursday.
Call Jen @ (231) 252-3829 to
set up an appointment!