

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OCTOBER 2026

Capital Oaks Nursing & Rehab

Lifeworks Wellness Calendar



4 10:00 Spiritual Care: Bible Study 12:00 NFL watch Party 3:00 Trivia and Games	5 9:00 Men's Cuts 9:30 Body Works: Kick Ball 10:00 Mind Works: Voter Education 1:00 Wellness on Wheels 2:00 Game Club: Bingo Voter Education Week	6 Travel Tuesday 9:30 Body Works Boo Ball 10:00 Virtual Travel Club: Exploring Canada 2:00 Movies and Popcorn	7 9:30 Body Works: Color Ball Strike 10:00 Music with T-Roy 2:00 Coffee with a Cop	8 Music Day 9:30 Body Works: Kick Ball 10:00 Mind Works: Autumn A-Z 1:00 Wellness on Wheels 2:00 Music Works BINGO Country Classics	9 Fall Fun Friday Football Fan Friday 9:30 Body Works: Boo Ball 10:00 Nature Works: Fall Nature Hunt & Hike 1:00 Wellness on Wheels 2:00 Game Club: Bingo	10 10:00 Game Club: Pokeno 1:00 College Football Watch Party 6:00 Wii Games
11 10:00 Spiritual Care: Bible Study 12:00 NFL Watch Party 3:00 Game Club: Pokeno	12 9:00 Ladies Cuts 9:30 Body Works: Arthritis Exercise 10:00 Game Club: Uno 2:00 Game Club: Bingo World of Wellness World Arthritis Day	13 9:30 Body Works: Color Ball Strike 10:00 Grocery Games: Show and Tell 1:00 Wellness on Wheels 2:00 Movies and Popcorn	14 9:30 Body Works: Boo Ball 10:00 10:00 Spiritual Care: Bible Study 1:00 Wellness on Wheels 2:00 Ken Wesley Music	15 9:30 Body Works: Color Ball Strike 10:00 Game Club: A Matter of Time 1:00 Wellness on Wheels 2:00 Game Club: Bingo	16 Fall Fun Friday Fall Flannel Day 9:30am Body Works: Boo Ball 10:00am Ghost Categories 2:00pm Breast Cancer Awareness Social	17 10:00 Spiritual Care: Pastor Moore 12:00 College Football Watch Party 2:00 Western Movies 6:00 Wii Games
18 10:00 Spiritual Care: Bible Study 12:00 NFL Watch Party 3:00 Music Hour/Games Spiritual Care Week	19 9:00 Men's Cuts 10:00 Game Club: Letter Link 1:00 Wellness on Wheels 2:00 Game Club: Bingo	20 9:30 Body Works: Color Ball Strike 10:00 Wellness Works: Osteoporosis Awareness 1:00 Wellness on Wheels 2:00 Movies and Popcorn	21 9:30 Body Works: Boo Ball 10:00 Mind Works: Apple Bobbing Trivia 1:00 Courtyard outing 2:00 Outdoor Games Apple Day	22 9:30 Body Works Arthritis Exercise 10:00 Mind Works: Autumn A – Z 1:00 Wellness on Wheels 2:00 Game Club: Bingo	23 Fall Fun Friday 10:00 Body Works: Outdoor Exercise 2:00 Fall Festival	24 10:00 Sport Trivia 12:00 College Football Watch Party 2:00 Price Is Right game 6:00 Wii Games
25 10:00 Spiritual Care: Bible Study 12:00 NFL Watch Party 1:00 Game Club: Trouble/Connect 4 3:00 Movies	26 9:00 Ladies Cuts 9:30 Body Works: Kick Ball 10:00 Father Joey 1:00 Wellness on Wheels 2:00 Game Club: Bingo	27 9:30 Body Works: Boo Ball 10:00 EBR Library 1:00 Wellness on Wheels 2:00 Movies and Popcorn	28 9:30 Body Works Outdoor Exercise 10:00 Community Works: Halloween Treat Bags 1:00 Wellness on Wheels 2:00 Game club: Table Games	29 9:30 Body Works: Arthritis Exercise 10:00am Wellness Works: Stroke Awareness 1:00pm Trick or Treat Trivia 2:00pm Game club: Bingo World Stroke Day	30 Fall Fun Friday 9:30am Body Works: Outdoor Exercise 10:00 Mind Works: Trick, Treat or Trivia 1:30 Halloween Party	31 10:00 Mind Works: Halloween A – Z 12:00 College Football Watch Party 6:00 Wii Games

