

NORTHLAND ADULT DAY CENTER

October 2026 ---- Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Current Affairs	Current Affairs
			60's Sittercise	Nelson-Adkins Museum
			Word Category	Art Class 
			Hang Man	BINGO
			Birthday Celebration	World Smile Day
5	6	7	8	9
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Motown Sittercise	Rock n' Roll Sittercise	90's Sittercise	Clay County Sr. Fair	70's Sittercise
Bean Bag Toss	Musical Ball Game	Concentration Game	Field Trip	Word Category
Bible Trivia	Manicure Tuesday	You Matter to Me Day	Board Games	Brain Games
Fire Prevention Week		Birthday Celebration	Nat'l Depression Screening Day	Ring Toss
12	13	14	15	16
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Carolyn's Pumpkin Patch	Chair Tai Chi Exercise	Motown Sittercise	Chair Yoga	Chair Zumba
All Center Field Trip 	Arts & Crafts	Walmart Wednesday	Crossword Puzzles	Jenga Game
Indigenous Peoples' Day	Int'l Face Your Fears Day	Puzzle Pizazz		Nat'l Boss's Day 
	Therapeutic Coloring	Concentration Game	Nat'l Pug Day	Red Friday
19	20	21	22	23
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Chair Yoga	Disco Sittercise	Word Category	70's Sittercise	Chair Tai Chi Exercise
My Favorite Hat	Manicure Tuesday	Chair Zumba	Board Games	Therapeutic Coloring
Tea Party 	Paint n' Sip 	Bean Bag Toss	Puzzle Pizazz	Ring Toss
Karaoke		Spiritual Care	Nat'l Color Day-Wear Favorite	Red Friday 
26	27	28	29	30
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Exercise	Walmart Tuesday	Chair Zumba	Chair Zumba	Halloween Celebration
Word Category	Nat'l 1st Responders Day	Jenga Game	Arts & Crafts	Costume Contest
Halloween Word Puzzles	Match Game	Guess the Logo	Therapeutic Coloring	Line Dancing 
Arts & Crafts	Nat'l Navy Day	Nat'l Chocolate Day	World Stroke Day	Halloween Movie