



MONDAY

Rotating Experience Day

TUESDAY

Studio Art / Create & Build

WEDNESDAY

Music Day

THURSDAY

Health & Wellness
VIP / Building Day

FRIDAY

Special Experiences Day

*A Fresh Start,
A Meaningful Day!*

*A New Month
New Opportunities
More Good Days!*

5 Autumn Then & Now



- Fall Pictures
- Then & Now
- Memory Sharing
- Conversation Challenge



6 Fall Mosaic Art



- Create a Fall Mosaic
- One-Hand Friendly
- Group Display



7 Songs of Home



- Name That Tune
- Finish the Lyrics
- What Does "Home" Mean to You?



8 Taste of Fall



- Apple Taste Test
- Fall Food Match
- Nutrition Talk
- Our Favorites



9 Movie Day

- Clean, Uplifting Film
- Popcorn
- Discussion: Favorite Character or Moment



12 Stronger Together



- Team Puzzles
- Problem-Solving
- Communication
- Working Together



13 Together We Grow



- Create a Community Tree
- Each Leaf Tells a Story



14 Better Together



- Songs About Friendship
- Rhythm Instruments
- Partner Challenge



15 Mind & Body Stations



- Seated Movement
- Matching
- Dice Challenge
- Sorting
- Conversation Stations



16 ARMCHAIR TRAVEL: MEXICO

- Culture • Landmarks • Music
- Food Tasting • Games • Fun Facts



19 MYSTERY MONDAY

You Decide the Case!

- Hear the Facts
- Examine the Evidence
- Make Your Case
- Jury Decides



20 Harvest Collage



- Create a Harvest Art Project
- Textured Materials
- Fall Colors



21 Harvest of Hits



- Music Through the Decades
- Song Recall
- Finish the Lyrics
- Team Challenge



22 Seeds of Wellness



- Healthy Habits
- Plant Good Choices
- Seated Movement
- Hydration Challenge



23 Harvest Celebration

- Fall Bingo
- Games
- Music
- Gratitude Activity
- Seasonal Snack



26 Good Old-Fashioned Fun



- Classic Games
- Dominoes, Checkers
- Cards, Dice
- Tabletop Bowling



27 Remember When?



- Picture Detective
- Vintage Items
- Guess the Purpose
- Creative Project



28 Decades Showdown



- 50s, 60s, 70s, 80s & 90s
- Song, Artist, Lyric
- Team Challenge



29 Fall Favorites



- Smell & Identify
- Fall Picture Match
- Would You Rather?
- Reminiscence



30 MDADC Fall Social

- Music
- Games
- Photo Area
- Favorite Treats
- October Celebration



Rotating
Experience Day
(Monday)



Studio Art /
Create & Build
(Tuesday)



Music Day
(Wednesday)



Health & Wellness
VIP / Building Day
(Thursday)



Special
Experiences Day
(Friday)



*Meaningful Days.
Brighter Tomorrows.
Together at MDADC!*