



# October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

<b>1 Pumpkin Spice Day</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:30pm- Afternoon Walk 7:20pm- Televised NFL Game: Chiefs @ Jets (NBC Channel 3)	<b>2</b> 9:30am- Improved Health Exercise Video 11:00am- Sit and Be Fit 1:30pm- Bingo 2:30pm- Resident Card Games 3:00pm- Country Drive (Outing) 4:15pm- Funny Facts w/Carrie	<b>3</b> 9:30am- Improved Health Exercise Video 11:00am- Morning Exercise (Channel 2501) 2:00pm- Wheel of Fortune 3:30pm- Farkle	<b>4</b> 9:30am- Improved Health Exercise Video 11:00am- History & Trivia 1:15pm- Sit and Be Fit 2:00pm- A "Walk" Down Memory Lane w/Aegis Therapies 3:30pm- Bingo 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>5</b> 9:30am- Improved Health Exercise Video 11:00am- Morning Devotional 2:00pm- Be Well w/Aegis Exercise <b>"Fall Fighter Seated Cardio"</b> 3:30pm- Blackjack	<b>6</b> 9:30am- Improved Health Exercise Video 11:00am- Bible Study 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Happy Hour w/Music by Becky Link	<b>7</b> 11:00am- Morning Exercise (Channel 2501) 2:00pm- Student Music Recital 3:30pm- Afternoon Walk
---	---	--	--	--	---	---

<b>8</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:25pm- Televised NFL Game: Chiefs @ Vikings (CBS in Bistro)	<b>9</b> 9:30am- Improved Health Exercise Video 11:00am- Chicken Soup for the Soul Reading w/Heidi (Front Desk) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:25pm- Televised NFL Game: Chiefs @ Vikings (CBS in Bistro)	<b>10</b> 9:30am- Improved Health Exercise Video 9:45am- Rockbridge Mill Lunch Outing 1:30pm- Educational Exercise Program w/Aegis (Clubhouse) 2:00pm- Movie Musical Matinee <b>"The Phantom of the Opera (2004)"</b> 3:30pm- Resident Card Games	<b>11</b> 9:30am- Improved Health Exercise Video 11:00am- History & Trivia 1:15pm- Sit and Be Fit 2:00pm- Book Discussion Group 3:30pm- Bingo 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>12</b> 9:30am- Improved Health Exercise Video 11:00am- Morning Devotional 1:15pm- Sit and Be Fit 2:00pm- Hymns & Communion w/Chaplain Elizabeth 3:30pm- Farkle 7:15pm- Televised NFL Game: Chiefs vs Broncos (Prime in Bistro)	<b>13</b> 9:30am- Improved Health Exercise Video 11:00am- Bible Study 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Happy Hour w/Music by Dennis Edwards	<b>14 Fall Festival!</b> 9:30am to 11:30am- Classic Chevy Club Car Show (Front Parking Lot) 11:30am- Lunch 12:00pm to 1:00pm- Music by Squeeze Play 1:30pm to 2:30pm- Fall Festival Bingo Bonanza 2:45pm to 4:45pm- Family, Fall & Football Movie <b>"Rudy"</b> (Bistro)
--	--	--	---	---	--	---

<b>15</b> 9:30am- Televised Church Service (Channel 2501) 10:30am- Music w/Schweitzer Men Octet 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:30pm- Afternoon Walk	<b>16</b> 9:30am- Improved Health Exercise Video 11:00am- Chicken Soup for the Soul Reading w/Heidi (Front Desk) 1:00pm- Halloween Movie <b>"Ghostbusters"</b> 3:00pm- Country Drive (Outing) 3:30pm- Resident Card Games	<b>17</b> 9:00am- Flu Shot Clinic (Bistro) 9:30am- Improved Health Exercise Video 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Farkle	<b>18</b> 9:30am- Improved Health Exercise Video 9:30am- Shopping Outing: Dollar General 1:15pm- Sit and Be Fit 2:00pm- Music w/Isaac Kenneth 3:30pm- Bingo 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>19</b> 9:30am- Improved Health Exercise Video 11:00am- Morning Devotional 1:00pm- Primrose Shopping Center 3:30pm- Poker	<b>20</b> 9:30am- Improved Health Exercise Video 11:00am- Bible Study 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Happy Hour w/Rev. Paul the Red Shoe Singer	<b>21</b> 11:00am- Morning Exercise (Channel 2501) 2:00pm- Music w/McClurg Musicians 3:30pm- Afternoon Walk
--	--	--	---	---	--	--

<b>22</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:25pm- Televised NFL Game: Chiefs vs Chargers (CBS in Bistro)	<b>23 Animal Day</b> 9:30am- Improved Health Exercise Video 10:30am- Bingo 1:30pm- Jewelry Class w/Debbie Edge 2:00pm- Fall Foliage Tour #1 (Outing) 3:00pm- Fall Foliage Tour #2 (Outing) 3:30pm- Resident Card Games 4:15pm- Funny Facts w/Carrie	<b>24 Decade Day</b> 9:30am- Improved Health Exercise Video 11:00am- Morning Devotional 1:15pm- Sit and Be Fit 2:00pm- Pumpkin Decorating 3:30pm- Farkle	<b>25 Witches &amp; Wizards Day</b> 9:30am- Improved Health Exercise Video 9:30am- Shopping Outing: Neighborhood Walmart 1:15pm- Sit and Be Fit 2:00pm- Halloween Cookie Decorating 3:30pm- Bingo 6:00pm- Music w/Kinder Musik Kids 6:30pm- Televised Wednesday Night Church Service (Channel 2501)	<b>26 National Pumpkin Day</b> 9:30am- Improved Health Exercise Video 11:00am- Morning Devotional 1:15pm- Sit and Be Fit 2:00pm- Nature Program: <b>"Fall Trees"</b> Presented by Keith 3:30pm- Health Talk w/Lisa Murphy <b>"Grief"</b>	<b>27 "Black" Friday</b> 9:30am- Improved Health Exercise Video 11:00am- Bible Study 1:15pm- Sit and Be Fit 2:00pm- Bingo 3:30pm- Haunted Happy Hour	<b>28 Dress Up for the Kids!</b> 11:00am- Morning Exercise (Channel 2501) 2:00pm- Trick-or-Treat! 3:30pm- Afternoon Walk
---	--	---	--	---	---	---

<b>29 Sports Day</b> 9:30am- Televised Church Service (Channel 2501) 11:00am- Morning Exercise (Channel 2501) 1:30pm- Puzzle Club 2:30pm- Church Service & Hymns w/One Community Church (Bistro) 3:25pm- Televised NFL Game: Chiefs @ Broncos (CBS in Bistro)	<b>30 Halloween-Theme Day</b> 9:30am- Improved Health Exercise Video 11:00am- Sit and Be Fit 1:30pm- Bingo 2:30pm- Resident Card Games 3:00pm- Country Drive (Outing) 4:15pm- Halloween Trivia w/Carrie	<b>31 HALLOWEEN Wear Your Costume!</b> 9:30am- Improved Health Exercise Video 11:00am- Sweet Halloween Stories 2:00pm- Halloween Costume Contest & Pumpkin Treats 2:30pm- Halloween Wheel of Fortune 3:30pm- Farkle				
--	---	--	--	--	--	--