

**Forest Springs Health Campus
Life Enrichment- Assisted Living**

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>All activities are subject to change!</p> <p>Transportation is provided on Mondays and Wednesdays to Doctor Appointments. See Becky Dunaway LED for details!</p>	<p>1</p> <p>GF 2:30 Rootbeer Floats- PP A 9:30 Making Fall Trees- HCRR O 11:00 Cheddars Lunch K 11:45 Mealtme Chronicles- DR K 6:00 Games/ Resident's Choice- PCRR</p>	<p>2</p> <p>I 9:00 Catholic Communion R to R V 9:30 Music & Movement- HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR S 2:00 Chef's Circle - HCRR K 2:30 Bingocize- HCRR</p>	<p>3</p> <p>M 9:30 Big Band Music- HCRR* A 10:30 Flower Pot Scare Crows- HCRR K 11:45 Mealtme Chronicles- DR S 2:00 Octoberfest- HCRR K 6:00 Games Resident's Choice- PCRR</p>	<p>4</p> <p>M 9:30 Music with Mary Sue - HCRR I 9:30 Rosary with Richard- 500 Hall L 10:30 American Cowboy Rides Again- HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR</p>	<p>5</p> <p>V 9:30 Parachute Time- HCRR I 10:00 Bible Study with Brian- HCRR K 11:45 Mealtme Chronicles- DR GC 2:00 Scoops & Scriptures- HCRR GC 3:00 Bingo - HCRR</p>
<p>6</p> <p>M 9:30 Karaoke- HCRR * K 10:30 Think Twice- HCRR I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 K 11:45 Mealtme Chronicles- DR I 2:30 St. Al's Church Service- HCRR</p>	<p>7</p> <p>O 9:30 Nature Walk V 10:30 Trilogy Fit- 400 Hall K 10:30 Wellness Group- 100 Hall K 11:45 Mealtme Chronicles- DR K 2:30 Bingocize - HCRR</p>	<p>8 Yom Kippur Begins</p> <p>A 9:30 Spooktacklur Plates- HCRR M 10:30 Music Forst- HCRR* O 11:00 Gallriens Lunch K 11:45 Mealtme Chronicles- DR GF 2:30 Movie- POMS 500 Hall K 6:00 Games/ Resident's Choice- PCRR</p>	<p>9</p> <p>I 9:00 Catholic Communion R to R V 9:30 Noodlesize -HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR S 12:00 Taste of Town - ADA S 2:00 Chef's Circle - HCRR K 2:30 Bingocize- HCRR</p>	<p>10</p> <p>M 9:30 Singing with Susie Q- HCRR* A 10:30 Stress Ball Pumpkins- HCRR K 11:45 Mealtme Chronicles- DR O 1:30 The Planetarium K 6:00 Games Resident's Choice- PCRR</p>	<p>11</p> <p>GC 9:30 Hangman- HCRR I 9:30 Rosary with Richard- 500 Hall V 10:30 Trilogy Fit- 400 Hall L 10:30 American Cowboy Rides Again- HCRR K 11:45 Mealtme Chronicles- DR M 2:00 Happy Hour with Al</p>	<p>12</p> <p>V 9:30 Making Music/Exercise- HCRR I 10:00 Bible Study with Brian- HCRR K 11:45 Mealtme Chronicles- DR K 2:00 Pastimes- HCRR* GC 2:30 Bingo- HCRR</p>
<p>13</p> <p>M 9:30 Making Tunes -HCRR I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 S 11:00 Sunday Brunch- DR K 11:45 Mealtme Chronicles- DR I 3:00 Worthington Church of Christ- HCRR</p>	<p>14 Columbus Day</p> <p>V 9:30 Sittercize- HCRR K 10:30 Columbus Day Program- HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR S 2:00 Calendar Planning Meeting- HCRR K 2:30 Bingocize - HCRR</p>	<p>15</p> <p>A 9:30 Muffin Cup Spiders- HCRR O 11:00 Lunch at Selenas K 11:45 Mealtme Chronicles- DR GF 2:30 Ice Cream Social- PP K 6:00 Games/ Resident's Choice- PCRR</p>	<p>16</p> <p>I 9:00 Catholic Communion R to R V 9:30 Exercise Group- HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR S 2:00 Chef's Circle - HCRR K 2:30 Bingocize- HCRR</p>	<p>17</p> <p>M 9:30 Coffee & Bluegrass Music- HCRR* GC 10:30 Trivia- HCRR O 11:00 Lunch at Olive Garden K 11:45 Mealtme Chronicles- DR A 2:30 Painting Pumpkins- HCRR K 6:00 Games Resident's</p>	<p>18</p> <p>GC 9:30 Family Feud- HCRR * I 9:30 Rosary with Richard- 500 Hall V 10:30 Trilogy Fit- 400 Hall L 10:30 American Cowboy Rides Again- HCRR K 11:45 Mealtme Chronicles- DR M 2:00 Happy Hour with Ron</p>	<p>19</p> <p>V 9:30 Morning Stretch- HCRR I 10:00 Bible Study with Brian- HCRR K 11:45 Mealtme Chronicles- DR K 2:00 Fall Facts- HCRR GC 2:30 Bingo- HCRR</p>
<p>20</p> <p>I 9:30 Cowboy Prayers- HCRR M 10:30 Country Music Sing a long- HCRR * I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 K 11:45 Mealtme Chronicles- DR GF 2:00 Movie- MCLintock-</p>	<p>21</p> <p>V 9:30 Bandana Twist with Bluegrass- HCRR V 10:30 Trilogy Fit- 400 Hall K 10:30 Wellness Group- 100 Hall K 11:45 Mealtme Chronicles- DR GC 2:00 Nashville Trivia- HCRR K 2:30 Bingocize - HCRR</p>	<p>22</p> <p>M 9:30 Sight & Sounds of TN- HCRR GF 10:00 Arrowhead Horse Farm Visit K 11:45 Mealtme Chronicles- DR K 2:00 Horse Country and Snacks- HCRR K 6:00 Games/ Resident's</p>	<p>23</p> <p>I 9:00 Catholic Communion R to R V 9:30 Bill Monroe Ribbon Dancing- HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR M 2:00 Get Up Dance-HCRR S 2:00 Chef's Circle - HCRR</p>	<p>24</p> <p>S 4:30 Nashville Happy Hour- HCRR A 9:30 Making Cowboy Decor- PCRR M 10:30 Name That Country Tune- HCRR* K 11:45 Mealtme Chronicles- DR S 5:00 Nashville Boot Scootin</p>	<p>25</p> <p>I 9:30 Cowboy Slang- HCRR I 9:30 Rosary with Richard- 500 Hall V 10:30 Trilogy Fit- 400 Hall L 10:30 American Cowboy Rides Again- HCRR K 11:45 Mealtme Chronicles- DR M 2:00 Hoe Down Happy Hour</p>	<p>26</p> <p>V 9:30 Lets Get Moving- HCRR I 10:00 Bible Study with Brian- HCRR K 11:45 Mealtme Chronicles- DR K 2:00 Happy Nuerons- HCRR* GC 2:30 Bingo- HCRR</p>
<p>27</p> <p>GC 9:30 Hangman- HCRR* I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 K 11:45 Mealtme Chronicles- DR I 2:00 Crestwood Christian Church- HCRR</p>	<p>28</p> <p>V 9:30 Chair Dancing- HCRR V 10:30 Trilogy Fit- 400 Hall K 10:30 Wellness Group- 100 Hall K 11:45 Mealtme Chronicles- DR S 2:00 AL Resident Council Meeting- HCRR K 2:15 Toilet Paper Mummies-</p>	<p>29</p> <p>A 9:30 DIY Pumpkins- HCRR GC 10:30 Spider Races- hCRR K 11:45 Mealtme Chronicles- DR O 2:00 Dollar Tree S 6:00 Trick or Treating-</p>	<p>30</p> <p>I 9:00 Catholic Communion R to R V 9:30 Staying Fit- HCRR V 10:30 Trilogy Fit- 400 Hall K 11:45 Mealtme Chronicles- DR S 12:00 Halloween Luncheon- ADA S 2:00 Chef's Circle - HCRR</p>	<p>31 Halloween</p> <p>M 9:30 Halloween Tunes- HCRR O 11:00 Senior Day at Churchill Downs K 11:45 Mealtme Chronicles- DR CC 2:00 Roasting Pumpkin Seeds- PCRR K 6:00 Games Resident's</p>	<p>Volunteers enrich the lives of others. Become a volunteer today!</p> <p>Beauty Shop Schedule: Tuesday and Thursday's. To make an appointment see, Sarah Hampton, Business Office.</p>	<p>Room Key Code: SC- The Slugger Café SJB- St. James Bistro DR- Dining Room PP- Paddock Parlor LR- Living Room</p>

**Forest Springs- Health Campus
Life Enrichment Programming**

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events</p>	<p>Room Key Code SC- The Slugger Cafe SJB- St. James Bistro DR- Dining Room TSL- Tom Sawyer Lane PP- Paddock Parlor</p>	<p>1 GF 2:30 Rootbeer Floats- PP A 9:30 Making Fall Trees- HCRR O 11:00 Cheddars Lunch MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR K 6:00 Games/ Resident's</p>	<p>2 I 9:00 Catholic Communion R to R V 9:30 Music & Movement- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 2:00 Chef's Circle - HCRR</p>	<p>3 M 9:30 Big Band Music- HCRR* A 10:30 Flower Pot Scare Crows- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 2:00 Octoberfest- HCRR K 6:00 Games Resident's</p>	<p>4 M 9:30 Music with Mary Sue - HCRR I 9:30 Rosary with Richard- 500 Hall L 10:30 American Cowboy Rides Again- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles-</p>	<p>5 V 9:30 Parachute Time- HCRR I 10:00 Bible Study with Brian- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR GG 2:00 Scoops & Scriptures- HCRR</p>
<p>6 M 9:30 Karaoke- HCRR * K 10:30 Think Twice- HCRR I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR</p>	<p>7 O 9:30 Nature Walk K 10:30 Wellness Group- 100 Hall MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 2:00 Resident Council HC- HCRR</p>	<p>8 Yom Kippur Begins A 9:30 Spooktacklur Plates- HCRR M 10:30 Music Forst- HCRR* O 11:00 Gallriens Lunch MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR GF 2:30 Movie- POMS 500 Hall</p>	<p>9 I 9:00 Catholic Communion R to R V 9:30 Noodlesize -HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 12:00 Taste of Town - ADA S 2:00 Chef's Circle - HCRR</p>	<p>10 M 9:30 Singing with Susie Q- HCRR* A 10:30 Stress Ball Pumpkins- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR O 1:30 The Planetarium</p>	<p>11 GG 9:30 Hangman- HCRR I 9:30 Rosary with Richard- 500 Hall L 10:30 American Cowboy Rides Again- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR</p>	<p>12 V 9:30 Making Music/Exercise- HCRR I 10:00 Bible Study with Brian- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR K 2:00 Pastimes- HCRR*</p>
<p>13 M 9:30 Making Tunes -HCRR I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 MM 11:00 Sensory Themed Baskets S 11:00 Sunday Brunch- DR K 11:45 Mealtime Chronicles- DR</p>	<p>14 Columbus Day V 9:30 Sittercize- HCRR K 10:30 Columbus Day Program- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 2:00 Calendar Planning Meeting- HCRR</p>	<p>15 A 9:30 Muffin Cup Spiders- HCRR O 11:00 Lunch at Selenas MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR GF 2:30 Ice Cream Social- PP K 6:00 Games/ Resident's</p>	<p>16 I 9:00 Catholic Communion R to R V 9:30 Exercise Group- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 2:00 Chef's Circle - HCRR K 2:30 Bingocize- HCRR</p>	<p>17 M 9:30 Coffee & Bluegrass Music- HCRR* GG 10:30 Trivia- HCRR O 11:00 Lunch at Olive Garden MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR A 2:30 Painting Pumpkins-</p>	<p>18 GG 9:30 Family Feud- HCRR * I 9:30 Rosary with Richard- 500 Hall L 10:30 American Cowboy Rides Again- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR</p>	<p>19 V 9:30 Morning Stretch- HCRR I 10:00 Bible Study with Brian- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR K 2:00 Fall Facts- HCRR GG 2:30 Bingo- HCRR</p>
<p>20 I 9:30 Cowboy Prayers- HCRR M 10:30 Country Music Sing a long- HCRR * I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles-</p>	<p>21 V 9:30 Bandana Twist with Bluegrass- HCRR K 10:30 Wellness Group- 100 Hall MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR GG 2:00 Nashville Trivia- HCRR</p>	<p>22 M 9:30 Sight & Sounds of TN- HCRR GF 10:00 Arrowhead Horse Farm Visit MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR K 2:00 Horse Country and</p>	<p>23 I 9:00 Catholic Communion R to R V 9:30 Bill Monroe Ribbon Dancing- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR M 2:00 Get Up Dance-HCRR</p>	<p>24 S 4:30 Nashville Happy Hour- HCRR A 9:30 Making Cowboy Decor- PCRR M 10:30 Name That Country Tune- HCRR* MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles-</p>	<p>25 I 9:30 Cowboy Slang- HCRR I 9:30 Rosary with Richard- 500 Hall L 10:30 American Cowboy Rides Again- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR</p>	<p>26 V 9:30 Lets Get Moving- HCRR I 10:00 Bible Study with Brian- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR K 2:00 Happy Nuerons- HCRR* GG 2:30 Bingo- HCRR</p>
<p>27 GG 9:30 Hangman- HCRR* I 10:00 Christ Fellowship Worship - LRR I 10:30 Mass on the Air Ch- 5 I 11:00 South East Christian Ch 102 MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles-</p>	<p>28 V 9:30 Chair Dancing- HCRR K 10:30 Wellness Group- 100 Hall MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR K 2:15 Toilet Paper Mummies- HCRR</p>	<p>29 A 9:30 DIY Pumpkins- HCRR GG 10:30 Spider Races- hCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR O 2:00 Dollar Tree S 6:00 Trick or Treating-</p>	<p>30 I 9:00 Catholic Communion R to R V 9:30 Staying Fit- HCRR MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR S 12:00 Halloween Luncheon- ADA</p>	<p>31 Halloween M 9:30 Halloween Tunes- HCRR O 11:00 Senior Day at Churchill Downs MM 11:00 Sensory Themed Baskets K 11:45 Mealtime Chronicles- DR CC 2:00 Roasting Pumpkin</p>	<p>Room Key Code LR- Living Room PCRR- Personal Care Rec Room HCRR- Health Center Rec Room CY- Court Yard ADA-All Dining Areas</p>	<p>All outings are subject to change due to unsafe weather conditions. We provide transportation to doctors appointments on Mondays and Wednesdays. See Becky Dunaway LED for details.</p>

**Villa Lifestyle Calendar
Villas at Forest Springs**

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Legend: CH = Club House HCRR = Large Recreation Room (Health Center) PCD = PC (Small) Dining Room PCRR = PC (Small) Recreation Room PP = Paddock Parlor</p>		<p>1 11:00 Cheddars Lunch</p>	<p>2 2:30 B.I.N.G.O - HCRR 5:00 Why Cook Wednesday Dinner Buffet, 5-7pm - CH</p>	<p>3 9:30 Office Hours</p>	<p>4 10:00 TrilogyFIT, Strength - CH 2:00 Live Music - PCD 3:00 B.I.N.G.O - CH 4:00 Social Hour - CH</p>	<p>5 9:00 Villa Breakfast Club - PCRR 10:00 Bible Study w/ Brian - HCRR 2:00 Scoops and Scriptures - HCRR 2:30 B.I.N.G.O. - HCRR 3:00 B.I.N.G.O - HCRR</p>
<p>6 10:30 Mass on the Air Ch- 5 11:00 Southeast Christian on TV (Ch. 102) 2:30 St. Aloysius Worship Service - HCRR</p>	<p>7 10:00 TrilogyFIT, Balance - CH 2:00 Office Hours - CH 2:30 B.I.N.G.O - HCRR 5:15 Villa Dining - CH</p>	<p>8 Yom Kippur Begins 11:00 Gallriens Lunch</p>	<p>9 9:30 Senior Executive Club - CH 2:30 B.I.N.G.O - HCRR 5:00 Why Cook Wednesday Dinner Buffet, 5-7pm - CH 6:00 Resident's Game Night - CH</p>	<p>10 9:30 Office Hours 1:30 The Planetarium</p>	<p>11 10:00 TrilogyFIT, Strength - CH 2:00 Live Music - PCD 3:00 B.I.N.G.O - CH 4:00 Social Hour - CH</p>	<p>12 9:00 Villa Breakfast Club - PCRR 10:00 Bible Study w/ Brian - HCRR 2:30 B.I.N.G.O. - HCRR</p>
<p>13 10:30 Mass on the Air Ch- 5 11:00 Sunday Brunch 11:00 Southeast Christian on TV (Ch. 102) 3:00 Worthington Church of Christ Devotional - HCRR</p>	<p>14 Columbus Day 10:00 TrilogyFIT, Balance - CH 2:00 Office Hours - CH 2:30 B.I.N.G.O - HCRR 5:15 Villa Dining - CH</p>	<p>15 11:00 Lunch at Selenas</p>	<p>16 10:00 TrilogyFIT - CH 2:30 B.I.N.G.O - HCRR 5:00 Why Cook Wednesday Dinner Buffet, 5-7pm - CH</p>	<p>17 9:30 Office Hours 3:00 Ice Cream Social - CH</p>	<p>18 10:00 TrilogyFIT, Strength - CH 2:00 Live Music - PCD 3:00 B.I.N.G.O - CH 4:00 Social Hour - CH</p>	<p>19 9:00 Villa Breakfast Club - PCRR 10:00 Bible Study w/ Brian - HCRR 2:30 B.I.N.G.O. - HCRR</p>
<p>20 10:30 Mass on the Air Ch- 5 11:00 Southeast Christian on TV (Ch. 102)</p>	<p>21 10:00 TrilogyFIT, Balance - CH 2:00 Office Hours - CH 2:30 B.I.N.G.O - HCRR 5:15 Villa Dining - CH</p>	<p>22</p>	<p>23 10:00 TrilogyFIT - CH 2:30 B.I.N.G.O - HCRR 5:00 Why Cook Wednesday Dinner Buffet, 5-7pm - CH 6:00 Resident's Game Night - CH</p>	<p>24 9:30 Office Hours 10:00 Community Meeting & Coffee - CH 4:30 Nashville Happy Hour- HCRR 5:00 Nashville Boot Scootin Boogie Dinner</p>	<p>25 10:00 TrilogyFIT, Strength - CH 12:00 Chili Cook Off Lunch - CH 1:00 B.I.N.G.O - CH 2:00 Live Music - PCD</p>	<p>26 9:00 Villa Breakfast Club - PCRR 9:30 Lets Get Moving- HCRR 10:00 Bible Study w/ Brian - HCRR 2:30 B.I.N.G.O. - HCRR</p>
<p>27 10:00 Christ Fellowship Worship - LRR 10:30 Mass on the Air Ch- 5 11:00 Southeast Christian on TV (Ch. 102)</p>	<p>28 10:00 TrilogyFIT, Balance - CH 2:00 Halloween Cupcake Decorating 2:00 Office Hours - CH 2:30 B.I.N.G.O - HCRR 5:15 Villa Dining - CH</p>	<p>29 2:00 Dollar Tree 6:00 Trick or Treating- HCRR</p>	<p>30 10:00 TrilogyFIT - CH 2:30 B.I.N.G.O - HCRR 5:00 Why Cook Wednesday Dinner Buffet, 5-7pm - CH</p>	<p>31 Halloween 9:30 Office Hours 11:00 Senior Day at Churchill Downs</p>		<p>St. Aloysius comes for Communion every Sunday and Wednesday. If you would like to participate, please contact Becky Dunaway at 243-1643!</p>