

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>G</b> - Generations <b>GC</b> - Group Games <b>I</b> - Inspirations <b>JG</b> - Just the Guys <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About</p>	<p>Activity Location Key: HCRR-Health Center Rec. Room ALRR-Assisted Living Rec. Room QC-Queen City Dining Rm. (HC) UT-Union Terminal Dining Rm. (AL) EP-Eden Park Parlor (HC) C-Courtyard; FC-Fitness Center ST-Starlite Theatre (2nd Floor) FC-Fitness Center</p>	<p><b>1</b> <b>V</b> 10:00 Trilogy FIT-FC <b>O</b> 11:00 Lunch Bunch Outing at Bob Evans <b>GC</b> 2:30 LS Games-ALRR 3:30 BINGO Store-ALRR</p>	<p><b>2</b> <b>I</b> 10:00 Church Service-HCRR <b>I</b> 10:30 Catholic Communion <b>K</b> 1:00 Remembering the Glories of Fall-ALRR <b>CC</b> 3:00 Pumpkin Pie Cocoa Cookies -QC <b>G</b> 6:00 Bingo-ALRR</p>	<p><b>3</b> 9:45 Chef's Circle-HCRR <b>V</b> 10:30 Silver Sneakers-FC <b>O</b> 12:45 Scenic Drive by the River 2:00 Just the Guys-HCRR <b>L</b> 3:30 Computers and Tablets-ALRR</p>	<p><b>4</b> <b>K</b> 10:00 Trivial Pursuit -ALRR <b>S</b> 12:00 City BBQ- Taste of Town <b>K</b> 1:00 Name 5- ALRR 2:45 Inspired Living Committee Meeting-ALRR <b>S</b> 3:30 Happy Hour-ALRR <b>M</b> 3:30 Sing-A-Long-ALRR</p>	<p><b>5</b> <b>M</b> 9:30 Music of the World - HCRR <b>A</b> 11:00 Pumpkin Door Hanger - CIB <b>K</b> 1:00 Penny Ante- HCRR 2:30 Afternoon Matinee- HCRR</p>
<p><b>6</b> <b>V</b> 9:30 Walking Club-ALRR <b>I</b> 11:00 Deep Breathing and Meditation-HCRR <b>K</b> 1:00 October Trivia -HCRR <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>7</b> <b>M</b> 10:00 What song artist is this?-HCRR <b>V</b> 11:00 Chair Yoga-ALRR <b>A</b> 1:00 Life Collage -ALRR <b>GC</b> 3:00 Bingo-ALRR <b>GC</b> 6:00 Bowling-HCRR</p>	<p><b>8</b> <b>Yom Kippur Begins</b> <b>V</b> 9:45 Trilogy FIT-FC <b>O</b> 11:00 Lunch Bunch Outing at ButterBee's <b>GC</b> 3:00 Question Ball -ALRR <b>A</b> 3:45 Dunkin Pumpkins-ALRR</p>	<p><b>9</b> <b>I</b> 10:00 Church Service-HCRR <b>I</b> 10:30 Catholic Communion <b>M</b> 1:30 Our Favorite Tunes-ALRR <b>CC</b> 3:00 Pumpkin Apple Punch -ALRR <b>GF</b> 6:00 Bingo- ALRR</p>	<p><b>10</b> 9:45 Chef's Circle-HCRR <b>V</b> 10:30 Silver Sneakers -FC <b>O</b> 12:45 Shopping at the Mall <b>L</b> 3:30 New York-ALRR</p>	<p><b>11</b> <b>K</b> 10:00 What am I?-ALRR <b>GC</b> 1:30 Trouble- ALRR <b>S</b> 3:30 Happy Hour-ALRR <b>M</b> 4:00 Entertainment with Patty - ALRR</p>	<p><b>12</b> <b>A</b> 9:30 October Art-ALRR <b>M</b> 11:00 Rosary-ALRR <b>K</b> 1:00 Memory Streets-HCRR 2:30 Afternoon Matinee- HCRR</p>
<p><b>13</b> <b>V</b> 9:30 Walking Club-ALRR <b>I</b> 10:30 Hand Massages-HCRR <b>A</b> 1:30 Brushless Painting -ALRR <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>14</b> <b>Columbus Day</b> <b>M</b> 10:00 Musical Masterpiece- HCRR <b>V</b> 11:00 Chair Yoga-ALRR <b>GC</b> 3:00 Bingo-ALRR <b>K</b> 6:00 Table Talk - HCRR</p>	<p><b>15</b> <b>V</b> 9:45 Trilogy FIT-FC <b>O</b> 11:00 Lunch Bunch Outing at El Rancho Grande <b>K</b> 1:30 Wheel of Fortune-ALRR <b>GC</b> 2:30 Origami -ALRR <b>GF</b> 3:30 BINGO Store-ALRR</p>	<p><b>16</b> <b>I</b> 10:00 Church Service-HCRR <b>I</b> 10:30 Catholic Communion <b>M</b> 1:00 The Best of the 40's-ALRR <b>CC</b> 3:00 Pigs in a Blanket -ALRR <b>GF</b> 6:00 Bingo -ALRR</p>	<p><b>17</b> 9:45 Chef's Circle-HCRR <b>V</b> 10:30 Silver Sneakers -FC <b>O</b> 12:30 Drive to the Apple Orchard/Pumpkin Patch <b>JG</b> 3:00 Just the GuysHCRR <b>L</b> 4:00 Life on the Farm-ALRR</p>	<p><b>18</b> <b>K</b> 10:00 It's a Small World -ALRR 2:00 Resident Council -ALRR <b>S</b> 3:30 Happy Hour-ALRR <b>M</b> 4:00 Live Entertainment with Stacy Todd-ALRR</p>	<p><b>19</b> <b>K</b> 9:30 Memory Streets-HCRR <b>A</b> 11:00 Clay Pottery -ALRR <b>GC</b> 1:15 Ring Toss- HCRR 2:30 Afternoon Matinee- HCRR</p>
<p><b>20</b> <b>V</b> 9:30 Walking Club-ALRR <b>I</b> 11:00 Devotions for Seniors- HCRR <b>S</b> 11:30 Sunday Brunch <b>K</b> 1:30 Nashville Trivia -HCRR <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>21</b> <b>M</b> 10:00 Country Music -HCRR <b>V</b> 11:00 Chair Yoga-ALRR <b>A</b> 1:00 Halloween/Fall Wreath -ALRR <b>GC</b> 3:00 Bingo-ALRR <b>K</b> 6:00 Bible Trivia-HCRR</p>	<p><b>22</b> <b>V</b> 9:45 Trilogy FIT-FC <b>O</b> 11:00 Lunch Bunch Outing at Cracker Barrel <b>GC</b> 2:30 Po-Ke-No -ALRR <b>A</b> 3:30 Walker Caddy Bag-ALRR</p>	<p><b>23</b> <b>I</b> 10:00 Church Service-HCRR <b>I</b> 10:30 Catholic Communion <b>K</b> 1:15 Country Music Bingo -HCRR <b>CC</b> 3:00 Corn Bread-ALRR <b>GF</b> 6:00 Bingo- ALRR</p>	<p><b>24</b> 9:45 Chef's Circle-HCRR <b>V</b> 10:30 Silver Sneakers -FC <b>O</b> 1:00 Scenic Drive through the Area <b>L</b> 2:00 Bell Meade Plantation -HCRR <b>M</b> 4:00 Live Entertainment with Richard Scott-ALRR</p>	<p><b>25</b> <b>M</b> 11:00 Happy Halloween -ALRR <b>A</b> 1:00 Candy Corn Art-HCRR <b>S</b> 3:30 Happy Hour-ALRR <b>M</b> 4:00 Live Entertainment with Denny -ALRR</p>	<p><b>26</b> <b>M</b> 9:30 Sing-A-Long -HCRR <b>GC</b> 11:00 Toss and Catch -ALRR <b>GC</b> 1:00 Uno-HCRR 2:30 Afternoon Matinee- HCRR</p>
<p><b>27</b> <b>V</b> 9:30 Walking Club-ALRR <b>I</b> 10:15 Relaxation Exercises - HCRR <b>K</b> 1:30 Halloween Hilarity -ALRR <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>28</b> <b>M</b> 10:00 Follow the Beat -HCRR <b>V</b> 11:00 Chair Yoga-ALRR <b>K</b> 1:30 Would you Rather?-CY <b>GC</b> 3:00 Bingo-ALRR <b>K</b> 6:00 Random Trivia- HCRR</p>	<p><b>29</b> <b>V</b> 9:45 Trilogy FIT-FC <b>O</b> 11:00 Lunch Bunch Outing at APG <b>K</b> 1:30 Cranium Crunches- HCRR <b>M</b> 2:30 Remembering Halloween Songs-ALRR 3:30 BINGO Store-ALRR</p>	<p><b>30</b> <b>I</b> 10:00 Church Service-HCRR <b>I</b> 10:30 Catholic Communion <b>K</b> 1:00 LRC-ALRR <b>CC</b> 3:00 Pumpkin Bread -ALRR <b>GC</b> 6:00 Bingo - ALRR</p>	<p><b>31</b> <b>Halloween</b> 9:45 Chef's Circle-HCRR <b>V</b> 10:30 Silver Sneakers -FC <b>O</b> 12:30 Drive to the Pumpkin Patch/Apple Orchard <b>GC</b> 2:00 Just the Guys-HCRR <b>S</b> 4:00 Trick or Treating</p>	<p>We are currently looking to grow our volunteer program. If you or anyone you know would be willing to donate 1 hour a month by sharing your hobbies or passions with our residents, helping with Bingo, painting nails, etc., please contact our Life Enrichment Director, Mary Cales.</p>	<p>The calendar is subject to change. Please check your LifeShare daily for any updates.</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans  <b>CC</b> - Creative Cooking  <b>GF</b> - Gathering of Friends  <b>G</b> - Generations  <b>GC</b> - Group Games  <b>I</b> - Inspirations  <b>JG</b> - Just the Guys  <b>K</b> - Keeping it Sharp/Reminisce  <b>L</b> - Lifelong Learning  <b>MN</b> - Mindful Moments  <b>M</b> - Music to My Ears</p>	<p>Activity Location Key:            HCRR-Health Center Rec.Room            ALRR-Assisted Living Rec.Room            QC-Queen City Dining Room (HC)            UT-Union Terminal Dining Rm. (AL)            EP-Eden Park Parlor (HC)            B-Big Red Machine Café (HC)            C-Courtyard            S-Starlite Theatre (2nd Floor)</p>	<p><b>1</b>  <b>K</b> 9:00 Word Teasers-HCRR  <b>O</b> 11:00 Lunch Bunch Outing at Bob Evans  <b>M</b> 1:30 Music Trivia-HCRR  <b>GC</b> 2:30 LS Games-ALRR  <b>3:30</b> BINGO Store-ALRR  <b>MN</b> 4:00 Themed Sensations - HCRR</p>	<p><b>2</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>V</b> 11:00 Strength Training-ALRR  <b>MN</b> 11:30 Themed Sensations - HCRR  <b>K</b> 1:00 What am I?-HCRR  <b>G</b> 6:00 Bingo-ALRR</p>	<p><b>3</b>  <b>9:45</b> Chef's Circle-HCRR  <b>CC</b> 10:00 Pumpkin Pie Cocoa Cookies-QC  <b>O</b> 12:45 Scenic Drive by the River  <b>2:00</b> Just the Guys-HCRR  <b>L</b> 3:30 Computers and Tablets-ALRR  <b>MN</b> 4:15 Themed Sensations-</p>	<p><b>4</b>  <b>V</b> 10:00 Horseshoes-HCRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>S</b> 12:00 City BBQ- Taste of Town  <b>2:45</b> Inspired Living Committee Meeting-ALRR  <b>S</b> 3:30 Happy Hour-ALRR</p>	<p><b>5</b>  <b>M</b> 9:30 Music of the World - HCRR  <b>K</b> 1:00 Penny Ante- HCRR  <b>2:30</b> Afternoon Matinee-HCRR  <b>MN</b> 4:30 Themed Sensations-HCRR</p>
<p><b>6</b>  <b>I</b> 11:00 Deep Breathing and Meditation-HCRR  <b>MN</b> 11:15 Themed Sensations - HCRR  <b>K</b> 1:00 October Trivia -HCRR  <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>7</b>  <b>M</b> 10:00 What song artist is this?-HCRR  <b>V</b> 11:00 Chair Yoga-ALRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>A</b> 1:00 Sensory Bags- HCRR  <b>GC</b> 3:00 Bingo-ALRR  <b>GC</b> 6:00 Bowling-HCRR</p>	<p><b>8 Yom Kippur Begins</b>  <b>A</b> 9:45 Coloring Club- HCRR  <b>O</b> 11:00 Lunch Bunch Outing at ButterBee's  <b>K</b> 1:30 What am I? -HCRR  <b>GC</b> 3:00 Question Ball -ALRR  <b>MN</b> 4:00 Themed Sensations - HCRR</p>	<p><b>9</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>V</b> 11:00 Strength Training-ALRR  <b>MN</b> 11:30 Themed Sensations - HCRR  <b>K</b> 1:30 Wheel of Fortune-HCRR  <b>3:00</b> Resident Council-HCRR  <b>GF</b> 6:00 Bingo- ALRR</p>	<p><b>10</b>  <b>9:45</b> Chef's Circle-HCRR  <b>CC</b> 10:00 Pumpkin Apple Punch - QC  <b>O</b> 12:45 Shopping at the Mall  <b>L</b> 3:30 New York-ALRR  <b>MN</b> 4:15 Themed Sensations-HCRR</p>	<p><b>11</b>  <b>V</b> 10:00 Balloon Volleyball-HCRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>GC</b> 1:30 Jenga- HCRR  <b>S</b> 3:30 Happy Hour-ALRR  <b>M</b> 4:00 Entertainment with Patty - ALRR</p>	<p><b>12</b>  <b>A</b> 9:30 October Art-ALRR  <b>M</b> 11:00 Rosary-ALRR  <b>K</b> 1:00 Memory Streets-HCRR  <b>2:30</b> Afternoon Matinee-HCRR  <b>MN</b> 4:30 Themed Sensations-HCRR</p>
<p><b>13</b>  <b>I</b> 10:30 Hand Massages-HCRR  <b>MN</b> 11:15 Themed Sensations - HCRR  <b>A</b> 1:30 Brushless Painting - ALRR  <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>14 Columbus Day</b>  <b>M</b> 10:00 Musical Masterpiece-HCRR  <b>V</b> 11:00 Chair Yoga-ALRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>A</b> 1:30 Roaming Eye Necklace -HCRR  <b>GC</b> 3:00 Bingo-ALRR  <b>K</b> 6:00 Table Talk - HCRR</p>	<p><b>15</b>  <b>K</b> 9:00 Finish the Line- HCRR  <b>O</b> 11:00 Lunch Bunch Outing at El Rancho Grande  <b>GC</b> 2:30 Origami -ALRR  <b>GF</b> 3:30 BINGO Store-ALRR  <b>MN</b> 4:00 Themed Sensations - HCRR</p>	<p><b>16</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>V</b> 11:00 Strength Training-ALRR  <b>MN</b> 11:30 Themed Sensations - HCRR  <b>GC</b> 2:00 Jigsaw Puzzles- HCRR  <b>GF</b> 6:00 Bingo -ALRR</p>	<p><b>17</b>  <b>9:45</b> Chef's Circle-HCRR  <b>CC</b> 10:00 Pigs in a Blanket-QC  <b>O</b> 12:30 Drive to the Apple Orchard/Pumpkin Patch  <b>JG</b> 3:00 Just the GuysHCRR  <b>L</b> 4:00 Life on the Farm-ALRR  <b>MN</b> 4:15 Themed Sensations-HCRR</p>	<p><b>18</b>  <b>V</b> 10:00 Skee Ball-HCRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>A</b> 1:30 Paper Plate Spiders - HCRR  <b>S</b> 3:30 Happy Hour-ALRR  <b>M</b> 4:00 Live Entertainment with Stacy Todd-ALRR</p>	<p><b>19</b>  <b>K</b> 9:30 Memory Streets-HCRR  <b>GC</b> 1:15 Ring Toss- HCRR  <b>2:30</b> Afternoon Matinee-HCRR  <b>MN</b> 4:30 Themed Sensations-HCRR</p>
<p><b>20</b>  <b>I</b> 11:00 Devotions for Seniors-HCRR  <b>MN</b> 11:15 Themed Sensations - HCRR  <b>S</b> 11:30 Sunday Brunch  <b>K</b> 1:30 Nashville Trivia -HCRR  <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>21</b>  <b>M</b> 10:00 Country Music -HCRR  <b>V</b> 11:00 Chair Yoga-ALRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>GC</b> 3:00 Bingo-ALRR  <b>K</b> 6:00 Bible Trivia-HCRR</p>	<p><b>22</b>  <b>A</b> 9:00 Braided Bandana Braclets-HCRR  <b>O</b> 11:00 Lunch Bunch Outing at Cracker Barrel  <b>GF</b> 1:30 Resident Choice!-HCRR  <b>GC</b> 2:30 Po-Ke-No -ALRR  <b>MN</b> 4:00 Themed Sensations - HCRR</p>	<p><b>23</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>V</b> 11:00 Strength Training-ALRR  <b>MN</b> 11:30 Themed Sensations - HCRR  <b>K</b> 1:15 Country Music Bingo - HCRR  <b>GF</b> 6:00 Bingo- ALRR</p>	<p><b>24</b>  <b>9:45</b> Chef's Circle-HCRR  <b>CC</b> 10:00 Corn Bread-QC  <b>O</b> 1:00 Scenic Drive through the Area  <b>L</b> 2:00 Bell Meade Plantation - HCRR  <b>MN</b> 3:00 Themed Sensations-HCRR  <b>M</b> 4:00 Live Entertainment</p>	<p><b>25</b>  <b>V</b> 10:00 Ribbon Dancing-HCRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>A</b> 1:00 Candy Corn Art-HCRR  <b>S</b> 3:30 Happy Hour-ALRR  <b>M</b> 4:00 Live Entertainment with Denny -ALRR</p>	<p><b>26</b>  <b>M</b> 9:30 Sing-A-Long -HCRR  <b>GC</b> 1:00 Uno-HCRR  <b>2:30</b> Afternoon Matinee-HCRR  <b>MN</b> 4:30 Themed Sensations-HCRR</p>
<p><b>27</b>  <b>I</b> 10:15 Relaxation Exercises - HCRR  <b>MN</b> 11:15 Themed Sensations - HCRR  <b>K</b> 1:30 Halloween Hilarity - ALRR  <b>GF</b> 3:00 Nail Spa-ALRR</p>	<p><b>28</b>  <b>M</b> 10:00 Follow the Beat -HCRR  <b>V</b> 11:00 Chair Yoga-ALRR  <b>MN</b> 11:30 Themed Sensations-HCRR  <b>GC</b> 3:00 Bingo-ALRR  <b>K</b> 6:00 Random Trivia- HCRR</p>	<p><b>29</b>  <b>O</b> 11:00 Lunch Bunch Outing at APG  <b>K</b> 1:30 Cranium Crunches-HCRR  <b>M</b> 2:30 Remembering Halloween Songs-ALRR  <b>3:30</b> BINGO Store-ALRR  <b>MN</b> 4:00 Themed Sensations - HCRR</p>	<p><b>30</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>V</b> 11:00 Strength Training-ALRR  <b>MN</b> 11:30 Themed Sensations - HCRR  <b>K</b> 2:00 Friendship Circle - HCRR  <b>GC</b> 6:00 Bingo - ALRR</p>	<p><b>31 Halloween</b>  <b>MN</b> 9:00 Themed Sensations-HCRR  <b>9:45</b> Chef's Circle-HCRR  <b>CC</b> 10:00 Pumpkin Bread-QC  <b>O</b> 12:30 Drive to the Pumpkin Patch/Apple Orchard  <b>GC</b> 2:00 Just the Guys-HCRR  <b>S</b> 4:00 Trick or Treating</p>	<p>We are currently looking to grow our volunteer program. If you or anyone you know would be willing to donate 1 hour a month by sharing your hobbies or passions with our residents, help with Bingo, painting nails, etc., please contact our Life Enrichment Director, Mary Cales.</p>	<p>Calendar is subject to change. Please check LifeShare daily for any updates.</p>

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<p><b>6</b>  <b>V</b> 9:30 Walking Club-ALRR  <b>GC</b> 3:00 Skee Ball-CY</p>	<p><b>7</b>  <b>GF</b> 11:00 Coloring Club- CIB  <b>GC</b> 3:00 Bingo-ALRR</p>	<p><b>8</b> <b>Yom Kippur Begins</b>  <b>V</b> 9:45 Trilogy FIT-FC  <b>CC</b> 1:30 Hand and Foot-CIB</p>	<p><b>9</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>O</b> 11:00 Trip to Triple Creek  <b>GF</b> 6:00 Bingo- ALRR</p>	<p><b>10</b>  <b>V</b> 10:30 Silver Sneakers -FC  <b>CC</b> 3:30 Taco Bar-CIB  <b>GF</b> 6:00 Movie Night!-S</p>	<p><b>11</b>  <b>A</b> 9:30 Tye-Dying  <b>S</b> 3:30 Happy Hour-ALRR  <b>M</b> 4:00 Entertainment with Patty - ALRR</p>	<p><b>12</b>  <b>GF</b> 12:30 Nail Spa  <b>K</b> 1:00 Memory Streets-HCRR  <b>2:30</b> Afternoon Matinee- HCRR</p>
<p><b>13</b>  <b>V</b> 9:30 Walking Club-ALRR  <b>K</b> 4:00 Physics Fun!-CIB</p>	<p><b>14</b> <b>Columbus Day</b>  <b>GC</b> 10:00 Rummikub- CIB  <b>GC</b> 3:00 Bingo-ALRR</p>	<p><b>15</b>  <b>V</b> 9:45 Trilogy FIT-FC  <b>L</b> 2:00 Brain Games with Liz- CIB  <b>GF</b> 3:30 BINGO Store-ALRR</p>	<p><b>16</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>O</b> 11:15 Out to eat at Cracker Barrel  <b>GF</b> 6:00 Bingo -ALRR</p>	<p><b>17</b>  <b>V</b> 10:30 Silver Sneakers -FC  <b>CC</b> 4:00 Pigs in a Blanket- CIB  <b>GF</b> 6:00 Movie Night!-S</p>	<p><b>18</b>  <b>M</b> 10:30 Q-Cord- CIB  <b>S</b> 3:30 Happy Hour-ALRR  <b>M</b> 4:00 Live Entertainment with Stacy Todd-ALRR</p>	<p><b>19</b>  <b>GF</b> 12:30 Nail Spa-CIB  <b>2:30</b> Afternoon Matinee- HCRR</p>
<p><b>20</b>  <b>V</b> 9:30 Walking Club-ALRR  <b>I</b> 11:00 Devotions for Seniors- HCRR  <b>S</b> 11:30 Sunday Brunch</p>	<p><b>21</b>  <b>GF</b> 9:00 Chicken Foot- CIB  <b>GC</b> 3:00 Bingo-ALRR</p>	<p><b>22</b>  <b>V</b> 9:45 Trilogy FIT-FC  <b>A</b> 3:00 Tissue Paper Candy Corn-CIB</p>	<p><b>23</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>O</b> 11:00 Out to Belterra  <b>GF</b> 6:00 Bingo- ALRR</p>	<p><b>24</b>  <b>V</b> 10:30 Silver Sneakers -FC  <b>A</b> 2:00 Dunkin Pumpkin -CIB  <b>M</b> 4:00 Live Entertainment with Richard Scott-ALRR  <b>S</b> 5:00 Theme Dinner!  <b>GF</b> 6:00 Movie Night!-S</p>	<p><b>25</b>  <b>L</b> 10:30 Japan with Liz  <b>S</b> 3:30 Happy Hour-ALRR  <b>M</b> 4:00 Live Entertainment with Denny -ALRR</p>	<p><b>26</b>  <b>O</b> 9:00 Shopping at Kroger  <b>GC</b> 11:00 Toss and Catch -ALRR  <b>GC</b> 1:00 Uno-HCRR  <b>2:30</b> Afternoon Matinee- HCRR</p>
<p><b>27</b>  <b>V</b> 9:30 Walking Club-ALRR  <b>GF</b> 12:15 Nail Spa-CIB  <b>CC</b> 4:00 Pot Luck!- CIB</p>	<p><b>28</b>  <b>I</b> 11:00 Group Bible Study- CIB  <b>GC</b> 3:00 Bingo-ALRR</p>	<p><b>29</b>  <b>V</b> 9:45 Trilogy FIT-FC  <b>3:30</b> BINGO Store-ALRR</p>	<p><b>30</b>  <b>I</b> 10:00 Church Service-HCRR  <b>I</b> 10:30 Catholic Communion  <b>GC</b> 6:00 Bingo - ALRR</p>	<p><b>31</b> <b>Halloween</b>  <b>V</b> 10:30 Silver Sneakers -FC  <b>GC</b> 2:00 Just the Guys-HCRR  <b>S</b> 4:00 Trick or Treating  <b>GF</b> 6:00 Movie Night!-S</p>	<p>We are currently looking to grow our volunteer program. If you or anyone you know would be willing to donate 1 hour a month by sharing your hobbies or passions with our residents, help with Bingo, painting nails, etc., please contact our Life Enrichment Director, Mary Cales.</p>	<p>The calendar is subject to change. Please check your LifeShare daily for updates.</p>

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GF</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events <b>V</b> - Vitality</p>	<p>We are currently looking to grow our volunteer program. If you or anyone you know would be willing to donate 1 hour a month by sharing your hobbies or passions with our residents, please contact our Life Enrichment Director, Mary Cales.</p>	<p><b>1</b> <b>V</b> Cowboy Boogie <b>K</b> Best Friends Forever! <b>CC</b> Pumpkin Pie Chocolate Chip Cookies Relax &amp; Recharge <b>A</b> Pleated Pumpkin Centerpieces <b>M</b> Toot Your Flute <b>GG</b> Roll the Die &amp; Break the Ice Healthy Hands</p>	<p><b>2</b> <b>V</b> Chair Swimming <b>K</b> Autumn Spelling Words <b>I</b> Catholic Communion <b>CC</b> Little Lemon Scones Relax &amp; Recharge <b>A</b> Candy Corn Button Craft <b>M</b> Pass The Beat <b>GG</b> Lollipop Paddle Healthy Hands</p>	<p><b>3</b> <b>V</b> Basketball <b>K</b> Glorious Verbs! <b>CC</b> Mapledoodles Relax &amp; Recharge <b>A</b> Wine Cork Pumpkins <b>M</b> Feel The Heartbeat <b>GG</b> Turkey Toss Healthy Hands <b>GF</b> Time For Cowboy Tea!</p>	<p><b>4</b> <b>V</b> Pumpkin Pass <b>K</b> October Word Poem <b>CC</b> Swedish Cinnamon Buns <b>S</b> City BBQ- Taste of Town Relax &amp; Recharge <b>A</b> Have a Gentle Conversation <b>M</b> October Happy Hour <b>GG</b> Pin the Tail on Bessie Healthy Hands</p>	<p><b>5</b> <b>V</b> Mindfulness Matters <b>K</b> Turn Over <b>CC</b> Cracker Barrel Baked Cinnamon Apples Relax &amp; Recharge <b>A</b> Tissue Paper Leaves <b>M</b> Saturday Jazz <b>GG</b> Life on the Farm Healthy Hands</p>
<p><b>6</b> <b>V</b> Bowling <b>K</b> Create a Caption <b>CC</b> Game Day Beer Cheese Dip Relax &amp; Recharge <b>A</b> Paper Pumpkins <b>M</b> Celebrity Sunday <b>GG</b> Image Snap Healthy Hands <b>GF</b> Old Time Theater</p>	<p><b>7</b> <b>V</b> Bandana Dance <b>K</b> Football Frenzy! <b>CC</b> Pumpkin Cheesecake Swirl Muffins Relax &amp; Recharge <b>O</b> Scenic Drive through the City <b>A</b> Tissue Paper Flowers <b>M</b> Musical Moments <b>GG</b> Horseshoes</p>	<p><b>8</b> <b>Yom Kippur Begins</b> <b>V</b> Cowboy Boogie <b>K</b> Best Friends Forever! <b>CC</b> Apple Cider Cake Relax &amp; Recharge <b>A</b> Fall Salt Dough Ornaments <b>M</b> Toot Your Flute <b>GG</b> Roll the Die &amp; Break the Ice Healthy Hands <b>GF</b> Hangman</p>	<p><b>9</b> <b>V</b> Chair Swimming <b>K</b> Autumn Spelling Words <b>I</b> Catholic Communion <b>CC</b> Baked Coconut Custard Relax &amp; Recharge <b>A</b> Fall Salt Dough Ornaments <b>M</b> Pass The Beat <b>GG</b> Lollipop Paddle Healthy Hands</p>	<p><b>10</b> <b>V</b> Basketball <b>K</b> Glorious Verbs! <b>CC</b> Pumpkin Pie Truffles Relax &amp; Recharge <b>A</b> Stamped Pumpkin Placemat <b>M</b> Feel The Heartbeat <b>GG</b> Turkey Toss Healthy Hands <b>GF</b> Time for Cowboy Tea!</p>	<p><b>11</b> <b>V</b> Pumpkin Pass <b>K</b> October Word Poem <b>CC</b> Chocolate Banana Parfaits Relax &amp; Recharge <b>A</b> Dried Orange Garland <b>M</b> October Happy Hour <b>GG</b> Pin the Tail on Bessie <b>M</b> Entertainment with Patty - ALRR</p>	<p><b>12</b> <b>V</b> Mindfulness Matters <b>K</b> Turn Over <b>CC</b> Cinnamon Roll Sugar Cookies Relax &amp; Recharge <b>A</b> Pumpkin Rocks <b>M</b> Saturday Jazz <b>GG</b> Life on the Farm Healthy Hands <b>GF</b> Aquapainting</p>
<p><b>13</b> <b>V</b> Bowling <b>K</b> Create a Caption <b>CC</b> Cinnamon Apple Tart Relax &amp; Recharge <b>A</b> Cut &amp; Paste Pumpkin Face <b>M</b> Celebrity Sunday <b>GG</b> Image Snap Healthy Hands <b>GF</b> Old Time Theater</p>	<p><b>14</b> <b>Columbus Day</b> <b>V</b> Bandana Dance <b>K</b> Football Frenzy! <b>CC</b> Pumpkin Cobbler <b>O</b> Lunch Bunch Outing! Relax &amp; Recharge <b>A</b> Hocus Pocus Door Decor <b>M</b> Musical Moments <b>GG</b> Horseshoes Healthy Hands</p>	<p><b>15</b> <b>V</b> Cowboy Boogie <b>K</b> Best Friends Forever! <b>CC</b> Maple Oatmeal Cookies Relax &amp; Recharge <b>A</b> Autumn Leaf Bowl <b>M</b> Toot Your Flute <b>GG</b> Roll the Die &amp; Break the Ice Healthy Hands <b>GF</b> Hangman</p>	<p><b>16</b> <b>V</b> Chair Swimming <b>K</b> Autumn Spelling Words <b>I</b> Catholic Communion <b>CC</b> Pecan Pie Balls Relax &amp; Recharge <b>A</b> Autumn Leaf Bowl <b>M</b> Pass The Beat <b>GG</b> Lollipop Paddle Healthy Hands</p>	<p><b>17</b> <b>V</b> Basketball <b>K</b> Glorious Verbs! <b>CC</b> Grandma's Rice Pudding Relax &amp; Recharge <b>A</b> Dunkin Pumpkins <b>M</b> Feel The Heartbeat <b>GG</b> Turkey Toss Healthy Hands <b>GF</b> Time for Cowboy Tea!</p>	<p><b>18</b> <b>V</b> Pumpkin Pass <b>K</b> October Word Poem <b>CC</b> Apple Pecan Fall Salad Relax &amp; Recharge <b>A</b> Brushless Painting <b>M</b> October Happy Hour <b>GG</b> Pin the Tail on Bessie <b>M</b> Live Entertainment with Stacy Todd-ALRR</p>	<p><b>19</b> <b>V</b> Mindfulness Matters <b>K</b> Turn Over <b>CC</b> Chocolate-Frosted Yellow Cake Relax &amp; Recharge <b>A</b> Autumn Sun Printing Art <b>M</b> Saturday Jazz <b>GG</b> Life on the Farm Healthy Hands <b>GF</b> Aquapainting</p>
<p><b>20</b> <b>V</b> Bowling <b>K</b> Create a Caption <b>CC</b> Southern Pecan Pie <b>S</b> Sunday Brunch Relax &amp; Recharge <b>A</b> Sunflower Centerpieces <b>M</b> Celebrity Sunday <b>GG</b> Image Snap Healthy Hands</p>	<p><b>21</b> <b>V</b> Bandana Dance <b>K</b> Football Frenzy! <b>CC</b> Tennessee Banana-Black Walnut Cake Relax &amp; Recharge <b>O</b> Scenic Drive with Doughnuts <b>A</b> DIY Garland <b>M</b> Musical Moments <b>GG</b> Horseshoes</p>	<p><b>22</b> <b>V</b> Cowboy Boogie <b>K</b> Best Friends Forever! <b>CC</b> Pig Pickin Cake Relax &amp; Recharge <b>A</b> Bandana Wreath <b>M</b> Toot Your Flute <b>GG</b> Roll the Die &amp; Break the Ice Healthy Hands <b>GF</b> Hangman</p>	<p><b>23</b> <b>V</b> Chair Swimming <b>K</b> Autumn Spelling Words <b>I</b> Catholic Communion <b>CC</b> Mom's Sweet Potato Bake Relax &amp; Recharge <b>A</b> Bolo Tie <b>M</b> Pass The Beat <b>GG</b> Lollipop Paddle Healthy Hands</p>	<p><b>24</b> <b>V</b> Basketball <b>K</b> Glorious Verbs! <b>CC</b> Nashville's Confetti Combread Relax &amp; Recharge <b>A</b> Cowboy Hat <b>M</b> Feel The Heartbeat <b>GG</b> Turkey Toss <b>M</b> Live Entertainment with Richard Scott-ALRR</p>	<p><b>25</b> <b>V</b> Pumpkin Pass <b>K</b> October Word Poem <b>CC</b> Nashville Crumb Cake Relax &amp; Recharge <b>A</b> Creative Storytelling <b>M</b> October Happy Hour <b>M</b> Live Entertainment with Denny -ALRR <b>GG</b> Pin the Tail on Bessie</p>	<p><b>26</b> <b>V</b> Mindfulness Matters <b>K</b> Turn Over <b>CC</b> Nashville's Best Buttered Biscuits Relax &amp; Recharge <b>A</b> Painting with Tissue Paper <b>M</b> Saturday Jazz <b>GG</b> Life on the Farm Healthy Hands</p>
<p><b>27</b> <b>V</b> Bowling <b>K</b> Create a Caption <b>CC</b> Apple Spice Dump Cake Relax &amp; Recharge <b>A</b> Cheesecloth Halloween Ghosts <b>M</b> Celebrity Sunday <b>GG</b> Image Snap Healthy Hands <b>GF</b> Old Time Theater</p>	<p><b>28</b> <b>V</b> Bandana Dance <b>K</b> Football Frenzy! <b>CC</b> Creamy Corn Casserole Relax &amp; Recharge <b>O</b> Drive to the Park! <b>A</b> Tissue Paper Pumpkin Favors <b>M</b> Musical Moments <b>GG</b> Horseshoes Healthy Hands</p>	<p><b>29</b> <b>V</b> Cowboy Boogie <b>K</b> Best Friends Forever! <b>CC</b> Pumpkin Roll Relax &amp; Recharge <b>A</b> Halloween Candy Wrappers <b>M</b> Toot Your Flute <b>GG</b> Roll the Die &amp; Break the Ice Healthy Hands <b>GF</b> Hangman</p>	<p><b>30</b> <b>V</b> Chair Swimming <b>K</b> Autumn Spelling Words <b>I</b> Catholic Communion <b>CC</b> Candy Corn Crunch Relax &amp; Recharge <b>A</b> Halloween Pumpkin Vase <b>M</b> Pass The Beat <b>GG</b> Lollipop Paddle Healthy Hands</p>	<p><b>31</b> <b>Halloween</b> <b>V</b> Basketball <b>K</b> Glorious Verbs! <b>CC</b> Halloween Whoopie Pies Relax &amp; Recharge <b>A</b> Halloween Wall Art <b>M</b> Feel The Heartbeat <b>GG</b> Turkey Toss <b>S</b> Trick or Treating Healthy Hands</p>	<p>The calendar is subject to change, based on the daily rhythms of our residents. Please check LifeShare for any updates.</p>	