The Legacy at English Station

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears S - Signature Events V - Vitality	***All activities and location are subject to change.***	**1** V **10:00** Cowboy Boogie K **10:30** Best Friends Forever! CC **11:00** Pumpkin Pie Chocolate Chip Cookies **12:45** Relax & Recharge A **2:00** Pleated Pumpkin Centerpieces M **3:30** Toot Your Flute GG **4:00** Corn Hole	**2** V **10:00** Chair Swimming K **10:30** Autumn Spelling Words CC **11:00** Little Lemon Scones **12:45** Relax & Recharge A **2:00** Candy Corn Button Craft M **3:30** Pass The Beat L **4:00** Travel Chat- Hawaii **4:30** Healthy Hands	**3** V **10:00** Basketball M **10:30** Music- with Marie CC **11:00** Mapledoodles **12:45** Relax & Recharge A **2:00** Wine Cork Pumpkins M **3:30** Feel The Heartbeat GG **4:00** Turkey Toss **4:30** Healthy Hands GF **6:00** Time For Cowboy Tea!	**4** V **10:00** Pumpkin Pass K **10:30** October Word Poem CC **11:00** Swedish Cinnamon Buns **12:45** Relax & Recharge A **2:00** Have a Gentle Conversation M **3:30** October Happy Hour GG **4:00** Pin the Tail on Bessie	**5** V **10:00** Minfulness Matters K **10:30** Turn Over CC **11:00** Cracker Barrel Baked Cinnamon Apples **12:45** Relax & Recharge A **2:00** Tissue Paper Leaves M **3:30** Saturday Jazz GG **4:00** Life on the Farm **4:30** Healthy Hands
6 V **10:00** Bowling I **10:30** Devotions CC **11:00** Game Day Beer Cheese Dip **12:45** Relax & Recharge A **2:00** Paper Pumpkins M **3:30** Celebrity Sunday GG **4:00** Image Snap **4:30** Healthy Hands	**7** V **10:00** Bandana Dance K **10:30** Football Frenzy- IN2L CC **11:00** Pumpkin Cheesecake Swirl Muffins **12:45** Relax & Recharge A **2:00** Tissue Paper Flowers M **3:30** Musical Moments GG **3:30** BINGO GG **4:00** Horseshoes	**8** **Yom Kippur Begins** V **10:00** Cowboy Boogie K **10:30** Best Friends Forever! CC **11:00** Apple Cider Cake **12:45** Relax & Recharge A **2:00** Fall Salt Dough Ornaments M **3:30** Toot Your Flute GG **4:00** Roll the Die & Break the Ice	**9** V **9:00** Chair Swimming K **9:30** Autumn Spelling Words V **10:00** Chair Swimming K **10:30** Autumn Spelling Words CC **10:45** Baked Coconut Custard **12:45** Relax & Recharge A **2:00** Fall Salt Dough Ornaments	**10** V **10:00** Basketball K **10:30** Glorious Verbs! CC **11:00** Pumpkin Pie Truffles **12:45** Relax & Recharge A **2:00** Stamped Pumpkin Placemat M **3:30** Feel The Heartbeat GG **4:00** Turkey Toss **4:30** Healthy Hands	**11** V **10:00** Putt-Putt K **10:30** October Word Poem CC **10:45** Chocolate Banana Parfaits **12:45** Relax & Recharge A **2:00** Dried Orange Garland M **3:30** October Happy Hour GG **4:00** Pin the Tail on Bessie **4:30** Healthy Hands	**12** V **10:00** Minfulness Matters K **10:30** Turn Over CC **11:00** Cinnamon Roll Sugar Cookies **12:45** Relax & Recharge A **2:00** Pumpkin Rocks M **3:30** Saturday Jazz GG **4:00** Life on the Farm **4:30** Healthy Hands
13 V **10:00** Bowling I **10:30** Devotions CC **11:00** Cinnamon Apple Tart **12:45** Relax & Recharge A **2:00** Cut & Paste Pumpkin Face M **3:30** Celebrity Sunday GG **4:00** Image Snap **4:30** Healthy Hands	**14** **Columbus Day** V **10:00** Bandana Dance M **10:30** Music with Don CC **11:00** Pumpkin Cobbler **12:45** Relax & Recharge A **2:00** Hocus Pocus Door Decor M **3:30** Musical Moments GG **3:30** BINGO **4:30** Healthy Hands	**15** V **10:00** Cowboy Boogie K **10:30** Best Friends Forever! CC **11:00** Maple Oatmeal Cookies **12:45** Relax & Recharge A **2:00** Autumn Leaf Bowl M **3:30** Toot Your Flute GG **4:00** Corn Hole **4:30** Healthy Hands GF **6:00** Hangman	**16** V **10:00** Chair Swimming K **10:30** Autumn Spelling Words CC **11:00** Pecan Pie Balls **12:45** Relax & Recharge A **2:00** Autumn Leaf Bowl M **3:30** Pass The Beat L **4:00** Travel Chat- London **4:30** Healthy Hands GF **6:00** Garden Scentscape	**17** V **10:00** Basketball K **10:30** Glorious Verbs! CC **11:00** Grandma's Rice Pudding **12:45** Relax & Recharge A **2:00** Dunkin Pumpkins M **3:30** Feel The Heartbeat GG **4:00** Turkey Toss **4:30** Healthy Hands GF **6:00** Time for Cowboy Tea!	**18** V **10:00** Pumpkin Pass K **10:30** October Word Poem CC **11:00** Apple Pecan Fall Salad **12:45** Relax & Recharge A **2:00** Brushless Painting M **3:30** October Happy Hour GG **4:00** Pin the Tail on Bessie **4:30** Healthy Hands GF **6:00** LifeShare Games	**19** V **10:00** Minfulness Matters K **10:30** Turn Over CC **11:00** Chocolate-Frosted Yellow Cake **12:45** Relax & Recharge A **2:00** Autumn Sun Printing Art M **3:30** Saturday Jazz GG **4:00** Life on the Farm
20 V **10:00** Bowling I **10:30** Devotions CC **11:00** Southern Pecan Pie **12:45** Relax & Recharge A **2:00** Sunflower Centerpieces M **3:30** Celebrity Sunday GG **4:00** Image Snap **4:30** Healthy Hands GF **6:00** Old Time Theater	**21** V **10:00** Bandana Dance K **10:30** Football Frenzy! IN2L CC **11:00** Tennesee Banana-Black Walnut Cake **12:45** Relax & Recharge A **2:00** DIY Garland M **3:30** Musical Moments GG **3:30** BINGO **4:30** Healthy Hands	**22** V **10:00** Cowboy Boogie K **10:30** Best Friends Forever! CC **11:00** Pig Pickin Cake **12:45** Relax & Recharge A **2:00** Bandana Wreath M **3:30** Toot Your Flute GG **4:00** Roll the Die & Break the Ice **4:30** Healthy Hands	**23** V **10:00** Chair Swimming K **10:30** Autumn Spelling Words CC **11:00** Mom's Sweet Potato Bake **12:45** Relax & Recharge A **2:00** Bolo Tie M **3:30** Pass The Beat GG **4:00** Lollipop Paddle **4:30** Healthy Hands	**24** V **10:00** Basketball K **10:30** Glorious Verbs! CC **11:00** Nashville's Confetti Combread **12:45** Relax & Recharge A **2:00** Cowboy Hat M **3:30** Feel The Heartbeat GG **4:00** Turkey Toss **4:30** Healthy Hands	**25** V **10:00** Putt-Putt K **10:30** October Word Poem CC **11:00** Nashville Crumb Cake **12:45** Relax & Recharge A **2:00** Creative Storytelling M **3:00** Birthday Bash GG **4:00** Pin the Tail on Bessie **4:30** Healthy Hands GF **6:00** LifeShare Games	**26** V **10:00** Minfulness Matters K **10:30** Turn Over CC **11:00** Nashville's Best Buttered Biscuits **12:45** Relax & Recharge A **2:00** Painting with Tissue Paper M **2:30** Music with Allen H. GG **4:00** Life on the Farm
27 V **9:00** Bowling K **9:30** Create a Caption V **10:00** Bowling I **10:30** Devotions CC **10:45** Apple Spice Dump Cake **12:45** Relax & Recharge A **2:00** Cheesecloth Halloween Ghosts M **3:30** Celebrity Sunday	**28** K **10:30** Football Frenzy! IN2L CC **10:45** Creamy Corn Casserole **12:45** Relax & Recharge A **2:00** Tissue Paper Pumpkin Favors M **3:30** Musical Moments GG **3:30** BINGO **4:30** Healthy Hands GF **6:00** Animal Album	**29** V **10:00** Cowboy Boogie K **10:30** Best Friends Forever! CC **11:00** Pumpkin Roll **12:45** Relax & Recharge A **2:00** Halloween Candy Wrappers M **3:30** Toot Your Flute GG **4:00** Corn Hole **4:30** Healthy Hands	**30** V **10:00** Chair Swimming K **10:30** Autumn Spelling Words CC **11:00** Candy Corn Crunch **12:45** Relax & Recharge A **2:00** Halloween Pumpkin Vase M **3:30** Pass The Beat S **4:00** BINGO STORE **4:30** Healthy Hands	**31** **Halloween** V **10:00** Basketball K **10:30** Glorious Verbs! CC **11:00** Halloween Whoopie Pies **12:45** Relax & Recharge A **2:00** Halloween Wall Art M **3:30** Feel The Heartbeat GG **4:00** Turkey Toss **4:30** Healthy Hands	Exercise and Keeping it Sharp will take place on Wetherby Way in October. Creative Cooking will take place on Belle Blvd. in October. All other Daily Rhythms will continue to take place on Fountain Park in October.	