


October 2019  
Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>6441 Jefferson Pike Frederick, MD 21703 301-668-6030</b>		<b>Beauty/Barber Shop 1</b> 10:00 <b>PE</b> Range of Motion 11:00 <b>CE</b> Morning Word Games 11:00 <b>CC</b> Women's Table Talk 2:00 <b>SS</b> Bible Focus w/Bishop Z 2:00 <b>LL</b> Special Interest Groups 3:00 <b>LL</b> Manicures & Nail Care 4:00 <b>CE</b> TedTalks 6:30 <b>LL</b> Tuesday TV	<b>Beauty/Barber Shop 2</b> <b>Catholic Communion</b> <b>Wags for Hope Pet Visit</b> 10:30 <b>PE</b> Relaxing Chair Yoga 11:00 <b>LL</b> Mindful Meditations 1:45 <b>LL</b> Peanuts Cartoon Day 3:30 <b>CC</b> Men's Mingle Group 4:00 <b>LL</b> Social Time 6:30 <b>LL</b> Movie in Great Room	10:00 <b>LL</b> Special Interest Groups <b>3</b> 11:00 <b>CC</b> <b>Resident Outing</b> 2:00 <b>AE</b> Garden Club Project: Tomato Cage Ghosts 3:00 <b>LL</b> Hot Chocolate, Tea & Tunes 4:00 <b>CE</b> Science Discoveries 6:30 <b>LL</b> Thursday TV	<b>TEAM SHIRT DAY 4</b> 10:00 <b>PE</b> Cardio & Balance 11:00 <b>LL</b> Morning Call Out Madness for TQ \$ 2:00 <b>LL</b> Bingo Blast 3:00 <b>LL</b> TGIF Meet Your Neighbor Cocktail Hour 4:00 <b>LL</b> Bridge Club 6:30 <b>LL</b> Friday Flick	11:15 <b>PE</b> Sit & Be Fit <b>5</b> 3:00 <b>CE</b> Trivia Trials w/ Sally 6:30 <b>LL</b> Saturday Sitcoms
9:30 <b>SS</b> Parkway Church Svc <b>6</b> 10:00 <b>SS</b> Communion Church Service w/ Bishop 11:15 <b>PE</b> Event Exercise 3:00 <b>CE</b> Snacks & Trivia 6:30 <b>LL</b> Sunday Cinema	10:00 <b>PE</b> Fitness 4 TQ \$\$ <b>7</b> 11:00 <b>AE</b> Drum Circle w/ Chris 2:00 <b>LL</b> Fact or Crap Competition 3:00 <b>LL</b> Happy Hour 4:00 <b>LL</b> American Bandstand Day 6:30 <b>LL</b> Monday Night Movie	<b>Beauty/Barber Shop 8</b> 10:30 <b>SS</b> <b>St. John's Catholic Service</b> 11:00 <b>CC</b> Women's Table Talk 2:00 <b>SS</b> Bible Focus w/Bishop Z 2:00 <b>LL</b> Special Interest Groups 3:00 <b>CE</b> Great Chicago Fire Day 4:00 <b>CE</b> YouTube 6:30 <b>LL</b> Tuesday TV	<b>Beauty/Barber Shop 9</b> <b>Catholic Communion</b> 10:30 <b>PE</b> Mindful Movements 11:00 <b>SS</b> Hydrate & Meditate 2:00 <b>LL</b> <b>Country Music Legends w/Ed</b> 3:00 <b>LL</b> Beer & Pretzel Day 4:00 <b>LL</b> Social Time 6:30 <b>LL</b> Movie in Great Room	10:00 <b>LL</b> Special Interest Groups <b>10</b> 11:00 <b>CC</b> <b>Resident Outing</b> 1:00 <b>CC</b> <b>Book Mobile</b> 2:00 <b>AE</b> Painting Pumpkins 4:00 <b>LL</b> Arm Chair History 6:00 <b>LL</b> <b>Family Night: Oktoberfest &amp; Polka's by Jean</b>	<b>Candy Sale Benefit for ALZ Walk 11</b> <b>FAV FALL T-SHIRT DAY</b> 10:00 <b>PE</b> Strength Building Exercise 10:45 <b>CC</b> <b>Visit by 7th Day Students</b> 2:00 <b>AE</b> <b>Spirit of Art w/Linda</b> 3:30 <b>LL</b> Music & Memories 4:00 <b>LL</b> Bridge Club 6:30 <b>LL</b> Friday Flick	11:15 <b>PE</b> Chair Fitness <b>12</b> 3:00 <b>CE</b> Trivia Trials w/ Sally 6:30 <b>LL</b> Saturday Sitcoms
<b>ALZHEIMER'S WALK DAY 13</b> <b>WEAR PURPLE DAY</b> 9:30 <b>SS</b> Parkway Church Svc 10:00 <b>SS</b> Communion Church Service w/Bishop 11:15 <b>PE</b> Sunday Fitness 3:00 <b>CE</b> Snacks & Trivia 6:30 <b>LL</b> Sunday Cinema	<b>Columbus Day 14</b> <b>Resident Errands &amp; Neighborhood Shopping</b> 10:00 <b>PE</b> Fitness 4 TQ \$\$ 11:00 <b>CE</b> Large Crossword 2:00 <b>LL</b> <b>Music by Stan</b> 3:00 <b>LL</b> Happy Hour 4:00 <b>LL</b> Oldies 6:30 <b>LL</b> Monday Night Movie	<b>Beauty/Barber Shop 15</b> 10:00 <b>PE</b> Bend & Flex 11:00 <b>AE</b> Pencil Coloring 11:00 <b>CC</b> Women's Table Talk 2:00 <b>SS</b> Bible Focus w/Bishop Z 2:00 <b>LL</b> Special Interest Groups 3:00 <b>LL</b> <b>Singing w/George</b> 4:00 <b>LL</b> Virtual Concert 6:30 <b>LL</b> Tuesday TV	<b>Beauty/Barber Shop 16</b> <b>Catholic Communion</b> 10:30 <b>PE</b> Tai Chi & Qi Gong 11:00 <b>SS</b> Spiritual Meditations 1:30 <b>LL</b> <b>Music by Ante Up</b> 3:00 <b>AE</b> Fall Flowers 4:00 <b>CC</b> Outreach Project 6:30 <b>LL</b> Movie in Great Room	10:00 <b>LL</b> Special Interest Groups <b>17</b> 11:00 <b>CC</b> <b>Museum &amp; Lunch Outing</b> 2:00 <b>LL</b> <b>Music/Family FX</b> 3:30 <b>LL</b> Classic Cinema 6:30 <b>LL</b> Thursday TV	<b>WEAR PINK/BREAST CANCER AWARENESS DAY 18</b> 10:30 <b>LL</b> <b>Fiddler Norm</b> 11:00 <b>CC</b> <b>Memory Cafe</b> 2:00 <b>AE</b> Get Creative Crafting 3:30 <b>LL</b> TGIF Cocktail Hour 4:00 <b>LL</b> Bridge Club 6:30 <b>LL</b> Friday Flick	11:15 <b>PE</b> Sit & Be Fit <b>19</b> 3:00 <b>CE</b> Trivia Trials w/ Sally 6:30 <b>LL</b> Saturday Sitcoms
9:30 <b>SS</b> Parkway Church Svc <b>20</b> 10:00 <b>SS</b> Communion Church Service w/ Bishop 11:15 <b>PE</b> Event Exercise 3:00 <b>CE</b> Snacks & Trivia 6:30 <b>LL</b> Sunday Cinema	10:00 <b>PE</b> Fitness 4 TQ \$\$ <b>21</b> 11:00 <b>LL</b> Classic Comedies 2:00 <b>AE</b> Singing Songs We Love 3:00 <b>LL</b> Happy Hour 4:00 <b>LL</b> Nature 6:30 <b>LL</b> Monday Night Movie	<b>Beauty/Barber Shop 22</b> 10:00 <b>PE</b> Range of Motion Exercise 11:00 <b>CE</b> Awesome Animals! 11:00 <b>CC</b> Women's Table Talk 2:00 <b>SS</b> Bible Focus w/Bishop Z 2:00 <b>LL</b> Special Interest Groups 3:00 <b>LL</b> Cooking & Cultures w/Lucia 4:00 <b>CE</b> How It's Made 6:30 <b>LL</b> Tuesday TV	<b>Beauty/Barber Shop 23</b> <b>Catholic Communion</b> 10:30 <b>PE</b> Move it & Groove it! 11:00 <b>CE</b> Learn Something New! 2:00 <b>LL</b> <b>Music by Steve Flynn</b> 3:00 <b>LL</b> Eat Something Pumpkin Day 6:30 <b>LL</b> Movie in Great Room	10:00 <b>LL</b> Special Interest Groups <b>24</b> 11:00 <b>LL</b> <b>Spooktacular Haunted Bus Ride &amp; Middletown Scarecrows &amp; Lunch</b> 1:30 <b>CC</b> Book Mobile 2:00 <b>LL</b> Taste of October 3:00 <b>AE</b> <b>Toonskool Art w/Jim</b> 4:00 <b>LL</b> National Geographic	<b>Flannel Shirt Day 25</b> 10:30 <b>LL</b> Traveling Morning Cafe 2:00 <b>LL</b> Outdoor Campfire, Songs & Marshmallows 3:30 <b>LL</b> Frankenstein Day 4:00 <b>LL</b> Bridge Club 6:30 <b>LL</b> Friday Flick	11:15 <b>PE</b> Chair Fitness <b>26</b> 3:00 <b>CE</b> Trivia Trials w/ Sally 6:30 <b>LL</b> Saturday Sitcoms
9:30 <b>SS</b> Parkway Church Svc <b>27</b> 10:00 <b>SS</b> Communion Church Service w/ Bishop 11:15 <b>PE</b> Sunday Fitness 1:30 <b>SS</b> <b>People's Baptist Church Svc</b> 3:00 <b>CE</b> Snacks & Trivia 6:30 <b>LL</b> Sunday Cinema	10:00 <b>PE</b> Fitness 4 TQ \$\$ <b>28</b> 11:00 <b>SS</b> Devotions 12:00 <b>LL</b> <b>Order Out Lunch</b> 2:00 <b>LL</b> Happy Hour 3:00 <b>LL</b> <b>Music/Douglas Ray</b> 4:00 <b>LL</b> National Parks 6:30 <b>LL</b> Monday Night Movie	<b>Beauty/Barber Shop 29</b> 10:00 <b>SS</b> Gospel Hymns w/ Bishop 11:00 <b>PE</b> Bend & Flex 11:00 <b>CC</b> Women's Table Talk 12:00 <b>LL</b> <b>Sept/Oct Birthday Lunch</b> 2:00 <b>SS</b> Bible Focus w/Bishop Z 2:00 <b>LL</b> Special Interest Groups & Manicures 3:00 <b>LL</b> National Cat Day 4:00 <b>LL</b> Internet Comedy 6:30 <b>LL</b> Tuesday TV	<b>Beauty/Barber Shop 30</b> <b>Catholic Communion</b> 10:30 <b>PE</b> Chair Yoga 11:00 <b>LL</b> Relax to Aromatherapy 2:00 <b>LL</b> Make Apple Cider Wine & Cheese 3:00 <b>LL</b> Resident Council & Dining Meeting 4:00 <b>LL</b> Social Time 6:30 <b>LL</b> Movie in Great Room	<b>Halloween 31</b> 10:00 <b>PE</b> Balance & Brains Exercise 11:00 <b>CC</b> <b>Resident Outing</b> 1:00 <b>CC</b> <b>Book Mobile</b> 2:00 <b>LL</b> <b>Masquerade Halloween Party</b> 3:30 <b>LL</b> Creature Features 6:30 <b>LL</b> Thursday TV	<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	