

# AVENIDALIFE



**HAPPY BIRTHDAY**

Frank Wilson 10/1  
Bill Marks 10/2  
Donna Sharp 10/2  
Ruth Borrell 10/6  
Glenn Sachs 10/7  
Bertha Wilson 10/9  
Joyce Reeser 10/9  
Craig Dillworth 10/10  
Rose Mitchell 10/13  
Lois Argo 10/15  
Eileen Preville 10/20  
Candice Ousley 10/20  
Beatrice Witt 10/21  
Kent Russ 10/22  
Robert Peterson 10/23  
James Harris 10/24  
John Ogle 10/25

**SHARE THE EXCITEMENT**

A community like no other, located in the heart of Franklin—welcome to Avenida Cool Springs! Invite your friends and family to join our community and get double the perks: fabulous new neighbors coupled with \$1,500\* for every referral.

\*Residents will receive referral reward in the form of a rent credit, 30 days after referred party moves-in. Non-residents should contact an associate for details regarding referral reward

**STAY INFORMED**

Resident Forum, October 20th at 3pm  
New Resident Orientation, October 27th at 9:30am



**ACTIVE AGING WEEK 2020**

Started in 2003 by the International Council on Active Aging, Active Aging Week celebrates aging and active living each year. Host organizations engage older adults in their local communities with wellness activities and events provided in a safe, friendly, and fun atmosphere. Active aging is about much more than just exercise. It’s about broader engagement—physically, socially, cognitively, spiritually, professionally, and civically. Active aging is about engaging with family, friends, and/or community, learning and trying new things, volunteering, mentoring, pursuing further professional development or entrepreneurial endeavors, traveling, maintaining an active spiritual/religious life, and leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress-management.

Started by ICAA in 2003 as a grassroots initiative to celebrate, promote and support healthy aging at the hometown level, Active Aging Week has grown into a global movement that recognizes the social, economic, and personal/public health dynamics that come with changes in age demographics.

Responding to an unprecedented reality, Active Aging Week 2020, presented by Humana and spanning Oct. 5-11, expands this year to include virtual, as well as in-person, events and activities to celebrate older-adult health and wellness, and those who support an engaged lifestyle. As Presenting Sponsor, Humana helps make this year’s Active Aging Week possible. “COVID-19 and social distancing are presenting many challenges, yet they also highlight the importance of an active lifestyle and social connections to health and well-being. We applaud Active Aging Week for adapting and offering creative solutions to keep people moving and safe.”

Avenida Partners encourages you to stay informed of programs and events happening in your community. Join us and participate in this year’s Active Aging Week as we highlight a different dimension of wellness each day starting on Monday, October 5th.

**YOUR AVENIDA TEAM**



**Sally Ostheimer**  
Executive Director  
Ext. 2002



**Lisa Peak**  
Business Office Director  
Ext. 2004



**Claudia Harris**  
Sales & Marketing Director  
Ext. 2007



**Katherine Rau**  
Sales & Marketing Director  
Ext. 2003



**Nikki Jo Olsen**  
Resident Enrichment Director  
Ext. 2005



**Jim McElhany**  
Maintenance Director  
Ext. 2006





**All Week Walking Challenge**

Residents will track the time they spend walking. This is intentional time each resident is actively engaged to take a walk. Turn in your time sheet to the front desk by 4pm on Sunday, October 11<sup>th</sup>.

**Monday, October 5<sup>th</sup>**

**Dimension Highlight: Live Confidently**  
Ryan Ramsey from the Tennessee Commission on Aging and Disability will be doing a virtual conference at 3:30 pm about the upcoming Medicare enrollment. He will also be going over scams and fraud the department is currently seeing. Join us in the Great Room or a link will be sent out to join us from the comfort of your own home.

**Tuesday, October 6<sup>th</sup>**

**Dimension Highlight: Live & Learn**  
Join Jason Collins from I love Juice in the Bistro at 1:30, 2:00, 2:30, or 3:00 pm for a discussion on hydration and the benefits of smoothies. You will receive a sample to bring to the Theater to join Lynn as she discusses the benefits and resources for One Day University.

**Wednesday, October 7<sup>th</sup>**

**Dimension Highlight: Live Life**  
Let's get creative! Fall is here and what better way to kick off October than with some pumpkin painting. Join us in the Creative Arts room at 10:00, 10:45 or 11:00am to paint pumpkins to decorate your doorways. We will have foam pumpkins available or, you can purchase and bring your own pumpkin.

**Thursday, October 8<sup>th</sup>**

**Dimension Highlight: Live in Motion**  
Join Dave Bilinger in the Yoga Room for an introduction to Tai Chi class at 3:00, 3:30, 4:00 or 4:30.

**Friday, October 9<sup>th</sup>**

**Dimension Highlight: Get Connected**  
Avenida Cool Springs is filled with clubs and organizations that are solely run by each of you. Join us in the Great Room for the *Get Connected at Avenida Expo* from 12:00 – 1:00 pm. Resident leaders will have tables set up to explain more in detail about their specific club offerings.

**Three Ways To Win**

- 1. The Avenida community with the highest percentage of attendance at all active aging events combined will win a party.
- 2. Participants will be entered into a drawing who have attended every Active Aging Week event. Two residents will win prizes.
- 3. The top two participants with the highest walking times for the week will win prize.

**Groups and Clubs at Avenida**

- Men's Poker Night** | Mondays at 6pm in the Club Room. Paul Bender at (717)434-4523.
- A Novel Idea** | The Book Club meets on the 2nd Tuesday of the month at 2pm in the Sky Lounge. Maureen Napoli at (615)400-8201.
- Page Turners** | The second newly formed book club meets on the 3<sup>rd</sup> Wednesday of the month at various locations at 5pm. Edie Martin at (916)205-4231.
- Master Minds Trivia** | Avenida Trivia is twice a month in great room on Wednesday at 4pm. Prizes awarded.
- Ladies Corner** | The ladies are encouraged to grab lunch and meet in the great room or courtyard area to enjoy lunch together. Lunch is on the last Wednesday of the month.
- Men's Corner** | The men are encouraged to grab lunch and meet in the great room or courtyard area to enjoy lunch together. Lunch on the 3rd Wednesday of the month.
- The Stitchers** | Needle work and more! Join us in the sky lounge on Thursdays at 12pm. Gayle Gilmer at (615)587-4007.
- Bible Study** | Join us Thursdays at 6pm in the great room. Rick Madden at (615)364-8215 or Ed Anthony (615)775-2605.
- Fellowship & Worship** | Join residents of Avenida in the Great Room at 6pm on Sunday.
- Gocce Ball** | It's Bocce with a golf club on Tuesday's in the courtyard at 9am. Diane Mazarra at (313)600-9179.
- Bingo** | Every other Wednesday in the Great Room at 4pm. Prizes awarded.
- Investment Club** | Talks on financial industry topics on the 2<sup>nd</sup> Monday of the month. Chevonne Farler U.S. Bancorp Investments at (615)305-5901.
- Card and Game Club** | Ladies play games every Thursdays at 3pm. Jeanda Ward (615)772-4262.
- Mahjong Mondays** | Play a favorite Chinese tile game on Mondays at 3pm. Mary Ann Rank at (727)389-7895.
- Veterans of Avenida** | Meet in the Sky Lounge the last Friday of the month. Paul Bender at (717)434-4523.
- Weekend Walking Club** | Meet in the lobby to go on a leisure or brisk walk at 6pm on Saturday and Sunday.

**Newly Forming Clubs | Days and Times will be Determined.**

- Bridge Club** | Stop by the booth for more information during our *Get Connected Avenida Expo* on Friday, October 9<sup>th</sup> from 12-1pm in the Great Room. Al Baird at (615)210-9375.
- Chess Club** | Drop in and play chess at the "Chess is the Best" on National Chess Day on Saturday, October 10<sup>th</sup> from 1-3pm in the Club Room. David Hirsch at (702)809-5120.







**Live Life**  
**Mindful Meditation**  
Mondays at 4:00 pm in the yoga room

**Walking Trail**  
Challenge yourself to discover something new. The City of Franklin invites us each Tuesday in October at 9:00 am to take a leisurely walk through beautiful local area parks.  
October 6<sup>th</sup> | Pinkerton Park  
October 13<sup>th</sup> | Jim Warren Park  
October 20<sup>th</sup> | Eastern Flank Battle Field  
October 27<sup>th</sup> | The Park at Harlinsdale Farm

**Live & Learn**  
**A Rollercoaster Ride Through History**  
Bill Fairchild will take through each decade of history with a presentation in the Theater every Friday at 11:00 am.

**One Day University**  
Live Stream the most fascinating lectures from the best professors across the country. Talks are about history, psychology, the arts, political science and more. Join us at 3:00 pm on: October 1<sup>st</sup> , 5<sup>th</sup> , 8<sup>th</sup> , 12<sup>th</sup> , 13<sup>th</sup> , 15<sup>th</sup> , 20<sup>th</sup> , 22<sup>nd</sup> , and 29<sup>th</sup>

**Live in Motion**  
**Chair Yoga**  
Monday, Wednesday and Friday at 1:30pm  
**Yoga Flow**  
Monday, Wednesday and Friday at 2:30pm  
**Line Dancing**  
Friday October 9<sup>th</sup> and 23<sup>rd</sup>  
**Cardio Sculpt** (Low Impact Cardio and Weights)  
Tuesday and Thursday at 9:30am  
**Balance and Stability**  
Tuesday and Thursday at 10:30am  
**Cardio Fit**  
Saturday at 10:00 am on October 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup>

**Fitness Assessment**  
Saturday October 10<sup>th</sup> from 1:30 – 3:30 Lynn will be in the Yoga Room assessing and measuring your functional fitness. Sign up at the front desk.

**Live Connected**  
**October Movies**  
Join us in the theatre on Wednesdays at 2pm and Fridays at 6pm  
Week 1 | Hocus Pocus  
Week 2 | Witches of Eastwick  
Week 3 | Frankenstein  
Week 4 | Sleepy Hollow

**October Food Trucks 11am-1pm**  
Friday, October 2nd | Jay’s Chicago Hotdogs  
Wednesday, October 7th | Mostarda  
Wednesday, October 14th | CoreLife Eatery  
Wednesday, October 21st | That’s My Dawg  
Wednesday, October 28th | Taziki’s Café

**Live Entertainment**  
Thursday, October 1st | Bill Sleeter at 4pm  
Thursday, October 8th | Morry & Gavin Trent at 5pm  
Thursday, October 17th | Doug Allen at 4pm

**Themed Happy Hour**  
Join us on Tuesdays at your designated time, starting at 3:45pm  
October 6th | Cheese and Crackers  
October 13th | Cheese Pizza  
October 20th | Veggies  
October 28th | Hot Cinnamon Pretzel Twists

**Breast Cancer Awareness**  
Join the PINK OUT workout on Thursday, October 1<sup>st</sup> at 1:30 and 2:30 pm. Wear pink clothing to bring awareness to breast cancer to the Cardio Sculpt and Stability and Balance classes. Dedicate your workout to someone who is a breast cancer survivor by wearing their name on a special nametag during class. Participants will receive a pink ribbon to wear publicly and show solidarity with women who currently have breast cancer. A healthy snack will be provided after class.

**Wreaths and Coffee Talk**  
Join Lynn in the Creative Arts Room for a fall wreath making class on Friday, October 2<sup>nd</sup> at 10:30 am.

**Avenida Block Party**  
Our block party on Thursday, October 8<sup>th</sup> will be held from 4:30-6:30. This will give opportunity for neighboring businesses to get together with our residents, learn about our community and have fun. We will block off our front circle for Roscoe’s Smoked BBQ food truck and live music.

**Introduction to Pickleball**  
Join our very own Susan Russ on Tuesday October 13<sup>th</sup> at 2:00 pm to learn the basics of pickleball. Location TBD. Pickleball is something of a mix between tennis, racquetball, and ping pong. Rackets, balls and a copy of the rules will be provided.

**Dessert Demo**  
To celebrate National Dessert Day, on Monday, October 14<sup>th</sup> we will be demonstrating our favorite fall dessert recipes at 10:00 am. A copy of the recipe and samples will be offered.

**Arrington Vineyard Fall Foliage Bus Trip**  
The winery has been providing a “wine country experience” of award-winning wines set among the picturesque rolling hills of middle Tennessee. Owned by country music artist Kix Brooks, master vintner Kip Summers, and Nashville businessman John Russell, Arrington Vineyards has truly become “Nashville’s Wine Country”. Pack a picnic lunch and enjoy this trip on Saturday, October 24<sup>th</sup> 11:00 – 3:00 pm. Maximum of 25 people will be allowed on the bus seating socially distanced.


**Annual Halloween Dog Costume Parade**  
Dress your dog in a Halloween costume on Friday, October 30<sup>th</sup> and meet out in the front circle at 3:30 pm for a doggie parade. Get a photo with your dog at our fall backdrop. Best costume will be awarded.

**Halloween Costumes and Charades**  
It’s time to celebrate Halloween. Dress in your favorite Halloween costume and play Charades in the Great Room on Saturday October 31<sup>st</sup> at 4:00 pm.



RSVP FOR ALL EVENTS AND  
ACTIVITIES ON SAGELY



October 2020 Program Calendar															
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div></div> <div><b>Location Keys</b></div> <div><div><div>Bistro</div><div>Club Room</div><div>Courtyard</div><div>Creative Arts Room</div><div>Great Room</div><div>Meet in Lobby</div><div>Sky Lounge</div><div>Theater</div><div>Web Based Application</div><div>Yoga Room</div></div><div><div>B</div><div>CR</div><div>CY</div><div>CAR</div><div>GR</div><div>LB</div><div>SL</div><div>T</div><div>WEB</div><div>YR</div></div></div>								<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Cardio Sculpt-PINK OUT [YR]</div> <div>10:30 Balance &amp; Stability-PINK OUT [YR]</div> <div>11-12 Rick's Tech Corner [GR]</div> <div>12:00 The Stitchers [SL]</div> <div>3:00 One Day University [T]</div> <div>3:00 Sagely Help Desk [GR]</div> <div>4:00 Bill Sleeter Live Music Entertainment [CY]</div> <div>6:00 Bible Study [GR]</div> <div>1</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>10:30 Fall Wreath Making with Lynn [CAR]</div> <div>11:00 A Rollercoaster Through History Series [T]</div> <div>11-1 Jay's Chicago Hotdog Food Truck</div> <div>1:30 Chair Yoga [CY]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:30 Pictionary [GR]</div> <div>4:00 S'mores and More [CY]</div> <div>6:00 Friday Night Movie: Groundhog Day [T]</div> <div>2</div>		<div>8-12 Franklin Farmers Market</div> <div>9:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Cardio Fit [YR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>3</div>			
		<div>6:00 Fellowship and Worship [GR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>4</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Weekly Market Update [WEB]</div> <div>10:00 Acrylic Painting [CAR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:00 Mahjong Monday [GR]</div> <div>3:00 One Day University [T]</div> <div>3:30 AAW: Medicare Scams &amp; Open Enrollment [GR]</div> <div>4:00 Meditation [YR]</div> <div>6:00 Golf Chipping [CY]</div> <div>5</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Gocce Ball [CY]</div> <div>9:00 Walking Trails Tuesdays</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>1:30 AAW: Hydration, Nutrition &amp; One Day University [B]</div> <div>3:45 Happy Hour: 1st Floor, 2nd and 3rd Floors [B]</div> <div>6</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 AAW: Pumpkin Painting [CAR]</div> <div>10:00 Corn Hole [CY]</div> <div>10:45 AAW: Pumpkin Painting [CAR]</div> <div>11:00 Mostarda Food Truck</div> <div>11:30 AAW: Pumpkin Painting [CAR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:00 Cards and Games [GR]</div> <div>2:00 Matinee Movie: Hocus Pocus [T]</div> <div>2:30 Yoga Flow [YR]</div> <div>4:00 Trivia [GR]</div> <div>7</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>11-12 Rick's Tech Corner [GR]</div> <div>12:00 The Stitchers [SL]</div> <div>2:00 A Novel Idea [SL]</div> <div>3:00 AAW: Intro to Tai Chi [YR]</div> <div>3:00 One Day University [T]</div> <div>3:00 Sagely Help Desk [GR]</div> <div>3:30 AAW: Intro to Tai Chi [YR]</div> <div>4:00 AAW: Intro to Tai Chi [YR]</div> <div>4:30 AAW: Intro to Tai Chi [YR]</div> <div>4:30 Avenida Block Party</div> <div>6:00 Bible Study [GR]</div> <div>8</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Line Dancing [YR]</div> <div>11:00 A Rollercoaster Through History Series [T]</div> <div>12:00 AAW: Get Connected at Avenida [GR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>4:00 S'mores and More [CY]</div> <div>6:00 Friday Night Movie: Hocus Pocus [T]</div> <div>9</div>		<div>8-12 Franklin Farmers Market</div> <div>9:00 Grab and Go Continental Breakfast [B]</div> <div>1-3 Chess is the Best [CR]</div> <div>1:30 Free Fitness Assessment [YR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>10</div>	
		<div>6:00 Fellowship and Worship [GR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>11</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Weekly Market Update [WEB]</div> <div>10:00 Acrylic Painting [CAR]</div> <div>10:30 Investment Club [B]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:00 Mahjong Monday [GR]</div> <div>3:00 One Day University [T]</div> <div>4:00 Meditation [YR]</div> <div>6:00 Golf Chipping [CY]</div> <div>12</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Gocce Ball [CY]</div> <div>9:00 Walking Trails Tuesdays</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>2:00 Intro To Pickleball</div> <div>3:00 One Day University [T]</div> <div>3:45 Happy Hour: 1st Floor, 2nd and 3rd Floors [B]</div> <div>13</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Corn Hole [CY]</div> <div>10:00 Dessert Demo with Jackie [CR]</div> <div>12:00 CoreLife Eatery</div> <div>1:00 Oil Painting [CAR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:00 Cards and Games [GR]</div> <div>2:00 Matinee Movies: Witches of Eastwick [T]</div> <div>2:30 Yoga Flow [YR]</div> <div>4:00 Bingo [GR]</div> <div>14</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>11-12 Rick's Tech Corner [GR]</div> <div>12:00 The Stitchers [SL]</div> <div>3:00 One Day University [T]</div> <div>3:00 Sagely Help Desk [GR]</div> <div>6:00 Bible Study [GR]</div> <div>15</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>11:00 A Rollercoaster Through History Series [T]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:30 Wheel of Fortune [GR]</div> <div>4:00 S'mores and More [CY]</div> <div>6:00 Friday Night Movie: Witches of Eastwick [T]</div> <div>16</div>		<div>8-12 Franklin Farmers Market</div> <div>9:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Cardio Fit [YR]</div> <div>5:00 Doug Allen Live Entertainment [CY]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>17</div>	
		<div>6:00 Fellowship and Worship [GR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>18</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Weekly Market Update [WEB]</div> <div>10:00 Acrylic Painting [CAR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:00 Mahjong Monday [GR]</div> <div>4:00 Meditation [YR]</div> <div>6:00 Golf Chipping [CY]</div> <div>19</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Gocce Ball [CY]</div> <div>9:00 Walking Trails Tuesdays</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>3:00 One Day University [T]</div> <div>3:00 Resident Forum [GR]</div> <div>3:45 Hallway Happy Hour, 1st, 2nd and 3rd Floors [B]</div> <div>20</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Corn Hole [CY]</div> <div>11:00 That's My Dawg Food Truck</div> <div>11:30 Men's Group Lunch [CY]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:00 Cards and Games [GR]</div> <div>2:00 Matinee Movie: Young Frankenstein [T]</div> <div>2:30 Yoga Flow [YR]</div> <div>4:00 Trivia [GR]</div> <div>5:00 Page Turners Book Club</div> <div>21</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>11-12 Rick's Tech Corner [GR]</div> <div>12:00 The Stitchers [SL]</div> <div>3:00 One Day University [T]</div> <div>3:00 Sagely Help Desk [GR]</div> <div>6:00 Bible Study [GR]</div> <div>22</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Line Dancing [YR]</div> <div>11:00 A Rollercoaster Through History Series [T]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:30 What's My Line [GR]</div> <div>4:00 S'mores and More [CY]</div> <div>6:00 Friday Night Movie: Young Frankenstein [T]</div> <div>23</div>		<div>8-12 Franklin Farmers Market</div> <div>9:00 Grab and Go Continental Breakfast [B]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>11-3 Arrington Vineyards Fall Foliage Trip</div> <div>24</div>	
		<div>6:00 Fellowship and Worship [GR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>25</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Weekly Market Update [WEB]</div> <div>10:00 Acrylic Painting [CAR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:00 Mahjong Monday [GR]</div> <div>4:00 Meditation [YR]</div> <div>6:00 Golf Chipping [CY]</div> <div>26</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:00 Gocce Ball [CY]</div> <div>9:00 Walking Trails Tuesdays</div> <div>9:30 Cardio Sculpt [YR]</div> <div>9:30 New Resident Orientation [T]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>3:45 Happy Hour 1st, 2nd and 3rd Floors [B]</div> <div>3:30 National American Beer Day [B]</div> <div>27</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Corn Hole [CY]</div> <div>11:30 Tazikis Cafe</div> <div>11:30 The Ladies Corner [LB]</div> <div>1:00 Oil Painting [CAR]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:00 Cards and Games [GR]</div> <div>2:00 Matinee Movie: Sleepy Hollow [T]</div> <div>2:30 Yoga Flow [YR]</div> <div>4:00 Bingo [GR]</div> <div>28</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>9:30 Cardio Sculpt [YR]</div> <div>10:30 Balance &amp; Stability [YR]</div> <div>11-12 Rick's Tech Corner [GR]</div> <div>12:00 The Stitchers [SL]</div> <div>3:00 One Day University [T]</div> <div>3:00 Sagely Help Desk [GR]</div> <div>6:00 Bible Study [GR]</div> <div>29</div>		<div>8:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Veterans Group Meeting [SL]</div> <div>11:00 A Rollercoaster Through History Series [T]</div> <div>1:30 Chair Yoga [YR]</div> <div>2:30 Yoga Flow [YR]</div> <div>3:30 Halloween Dog Costume Parade</div> <div>4:00 S'mores and More [CY]</div> <div>6:00 Friday Night Movie: Sleepy Hollow [T]</div> <div>30</div>		<div>8-12 Franklin Farmers Market</div> <div>9:00 Grab and Go Continental Breakfast [B]</div> <div>10:00 Cardio Fit [YR]</div> <div>4:00 Costumes and Charades [GR]</div> <div>6:00 Weekend Walking Club [LB]</div> <div>31</div>	
<div>Live Life</div> <div>Live Confidently</div> <div>Live in Motion</div> <div>Live &amp; Learn</div> <div>Live Connected</div>															