

October 2021 Assisted Living Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <i>Redefining Retirement Living</i> SINGH	LOCATION AL Theater (T) Bistro (B) Fitness Room (F) Game Room (G) Hobby Room (H) Theater (T)		Programs are subject to change		Diversity Day <i>Pink for Breast Cancer</i> 9:30 Group Walking 10:00 Cardio Class (H) 10:30 BINGO (H) 11:00 Outing: Hawthorne's Pizza 1:30 Movie (T) 2:00 Chair Yoga (F) 2:30 Spelling Bee (H) 3:00 Around the World Social (G) 4:00 Tunes Before Dinner (B)	Custodial Workers Day 10:00 Stretch (H) 10:30 Name That Tune (H) 1:30 Movie (T) 2:30 Apple Cider & Danish Social (G)
9:30 Morning Music & Relaxation (H) 10:30 St Matthews Catholic Service (T) 1:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:45 Whiteboard Games (H) 3:30 Weddington UMC Worship & Communion Service (T)	Active Aging Week Begins Motivational Monday 9:30 Group Walking 10:00 Cardio Class (H) 10:30 Music Bingo (H) 11:00 Motivate to Move (H) 11:00 Devotional with Jim Stump (T) 1:30 Movie (T) 2:00 Cornhole (H) 3:00 Baking: Butter Cookies (H) 4:00 Men's Social & Billiards (G) 4:00 Tunes Before Dinner (B) 5:30 Game Night (H) 6:30 Evening Movie (T)	Tune-Up Tuesday 9:30 Group Walking 10:00 Strength Class (H) 10:30 Tune-Up Wheelchairs and Walkers (G) 11:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:00 Bowling (H) 2:30 Pet Therapy with Britan (G) 3:00 Craft: Jewelry Making (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie	Wellness Wednesday 9:30 Group Walking 10:00 Cardio Class (H) 10:30 Health Chat & Vitals with Bayada (G) 11:00 The Perk: Word Search (H) 1:30 Movie (T) 2:00 Brandy the Mini Horse 2:30 Daily Chronicle (H) 3:00 Travelogue: Rome, Italy (H) 3:30 Travel Treats (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	Thankful Thursday <i>National Frappe Day</i> 9:30 Group Walking 10:00 Strength Class (H) 10:30 Price is Right (H) 11:00 Thankful Cards 1:30 Movie (T) 2:00 Stretch (H) 2:30 Pet Therapy with Hadley 3:00 Craft: Paint Pumpkins (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	Fellowship Friday Hero Day <i>Pink for Breast Cancer</i> 9:30 Group Walking 10:00 Cardio Class (H) 10:30 BINGO (H) 11:00 Westin Group (G) 11:30 Outing: Bad Daddy's Burgers 1:30 Movie (T) 2:00 Chair Yoga (F) 2:30 Fellowship Fiesta (G) 3:00 Concert: Patrick Hudson (T) 4:00 Tunes Before Dinner (B)	10:00 Stretch (H) 10:30 Name That Tune (H) 1:30 Movie (T) 2:30 Apple Cider & Danish Social (G)
9:30 Morning Music & Relaxation (H) 10:30 St Matthews Catholic Service (T) 1:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:45 Whiteboard Games (H) 3:30 Weddington UMC Worship & Communion Service (T)	Indigenous Peoples' Day 9:30 Group Walking 10:00 Cardio Class (H) 10:30 Indigenous People Discussion (H) 11:00 The Perk: Word Search (B) 1:30 Movie (T) 2:00 Cornhole (H) 2:30 Grocery Store Outing 3:00 Cooking: Cheesy Pull-Apart Bread (H) 4:00 Men's Social & Billiards (G) 4:00 Tunes Before Dinner (B) 5:30 Game Night (H) 6:30 Evening Movie (T)	9:30 Group Walking 10:00 Strength Class (H) 10:30 One Man Band (G) 1:30 Movie (T) 2:00 Bowling (H) 2:30 Pet Therapy with Britan (G) 3:00 Craft: Paint By Number (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie	9:30 Group Walking 10:00 Cardio Class (H) 10:30 Jeopardy (H) 11:00 The Perk: Word Search (H) 1:30 Movie (T) 2:00 Chair Exercise BINGO (H) 2:30 Daily Chronicle (H) 3:00 Travelogue: Venice, Italy (H) 3:30 Travel Treats (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	<i>National Dessert Day</i> 9:30 Group Walking 10:00 Strength Class (H) 10:30 Price is Right (H) 11:00 Who am I? (H) 1:30 Movie (T) 2:00 Stretch (H) 3:00 Craft: Rustic Wood Candy Corn (H) 3:30 Dessert Social (G) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	Boss's Day <i>Pink for Breast Cancer</i> 9:30 Group Walking 10:00 Cardio Class (H) 10:30 BINGO (H) 11:00 Outing: MingFu 1:30 Movie (T) 2:00 Chair Yoga (F) 2:30 Spelling Bee (H) 3:00 Happy Hour (G) 4:00 Tunes Before Dinner (B)	10:00 Stretch (H) 10:30 Name That Tune (H) 1:30 Movie (T) 2:30 Apple Cider & Danish Social (G)
9:30 Morning Music & Relaxation (H) 10:30 St Matthews Catholic Service (T) 1:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:45 Whiteboard Games (H) 3:30 Weddington UMC Worship & Communion Service (T)	9:30 Group Walking 10:00 Cardio Class (H) 10:30 Brian McCarn Performance (G) 1:30 Movie (T) 2:00 Cornhole (H) 3:00 Theresa Vintage Singer (G) 4:00 Men's Social & Billiards (G) 4:00 Tunes Before Dinner (B) 5:30 Game Night (H) 6:30 Evening Movie (T)	9:30 Group Walking 10:00 Strength Class (H) 10:30 Trivia (H) 11:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:00 Bowling (H) 2:30 Pet Therapy with Britan (G) 3:00 Craft: Jewelry Making (H) 4:00 Charles on the Piano (B) 6:30 Evening Movie	9:30 Group Walking 10:00 Cardio Class (H) 10:30 Cranium Crunches (H) 11:00 The Perk: Word Search (H) 1:30 Movie (T) 2:00 Chair Exercise BINGO (H) 2:30 Daily Chronicle (H) 3:00 Concert: Ethan (T) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	9:30 Group Walking 10:00 Strength Class (H) 10:30 Price is Right (H) 11:00 Who am I? (H) 1:30 Movie (T) 2:00 Stretch (H) 2:30 Pet Therapy with Hadley 3:00 Craft: Wooden Pumpkins (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	<i>Pink for Breast Cancer</i> 9:30 Group Walking 10:00 Cardio Class (H) 10:30 BINGO (H) 10:30 Outing: Pumpkin Picking Hunter Farm & Picnic 1:30 Movie (T) 2:00 Chair Yoga (F) 2:30 Halloween bags for Cranfield Children (H) 3:00 Happy Hour (G) 4:00 Tunes Before Dinner (B)	<i>Boston Creme Pie Day</i> 10:00 Stretch (H) 10:30 Name That Tune (H) 1:30 Movie (T) 3:00 Boston Creme Pie Social
9:30 Morning Music & Relaxation (H) 10:30 St Matthews Catholic Service (T) 1:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:45 Whiteboard Games (H) 3:30 Weddington UMC Worship & Communion Service (T)	9:30 Group Walking 10:00 Cardio Class (H) 10:30 Music Bingo (H) 11:00 The Perk: Word Search (B) 1:30 Movie (T) 2:00 Cornhole (H) 2:30 Outing: Dollar Tree 3:00 Cooking: Bruschetta (H) 4:00 Men's Social & Billiards (G) 4:00 Tunes Before Dinner (B) 5:30 Game Night (H) 6:30 Evening Movie (T)	National Pumpkin Day 9:30 Group Walking 10:00 Strength Class (H) 10:30 Trivia (H) 11:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:00 Bowling (H) 2:30 Pet Therapy with Britan (G) 3:00 Craft: Paint By Number (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie	Fall Festival 9:30 Group Walking 10:00 Cardio Class (H) 10:30 Jeopardy (H) 11:00 The Perk: Word Search (H) 1:30 Movie (T) 2:00 Fall Festival 3:30 Outdoor Concert: John Lewis (G) 6:30 Evening Movie (T)	9:30 Group Walking 10:00 Strength Class (H) 10:30 Price is Right (H) 11:00 Who am I? (H) 1:30 Movie (T) 2:00 Stretch (H) 3:00 Craft: Wooden Fall Leaves (H) 4:00 Tunes Before Dinner (B) 6:30 Evening Movie (T)	<i>Pink for Breast Cancer</i> 9:30 Group Walking 10:00 Cardio Class (H) 10:30 BINGO (H) 11:00 Outing: Topsy Taco 1:30 Movie (T) 2:00 Chair Yoga (F) 2:30 Spelling Bee (H) 3:00 Happy Hour (G) 4:00 Tunes Before Dinner (B)	10:00 Stretch (H) 10:30 Name That Tune (H) 1:30 Movie (T) 2:30 Apple Cider & Danish Social (G)
Halloween 9:30 Morning Music & Relaxation (H) 10:30 St Matthews Catholic Service (T) 1:00 Chair Yoga with Jean (H) 1:30 Movie (T) 2:45 Whiteboard Games (H) 3:30 Weddington UMC Worship & Communion Service (T)						