

OCTOBER 2021

The Springs of Richmond
A Five Star Campus



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"All Activities are subject to Change"</p> <p>These activities are located on our Lifeshare channel. Channel 2-1</p>	Happy New Year	Super Bowl February 7th	Theme Dinner February 25th		<p>1</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation</p>	<p>2</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>
<p>3</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation</p>	<p>4</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>5</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>6</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>7</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 11:15 Inspired Living Committee 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>8</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation</p>	<p>9</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>
<p>10</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation</p>	<p>11 Columbus Day</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>12</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>13</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>14</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 11:15 Resident Council (MPR) 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>15</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation</p>	<p>16</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>
<p>17</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation</p>	<p>18</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>19</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>20</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>21</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>22</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation</p>	<p>23</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>
<p>24</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation</p>	<p>25</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>26</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>27</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation</p>	<p>28</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>	<p>29</p> <p>9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 10:15 Yoga (MPR) 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation</p>	<p>30</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation</p>
<p>31 Halloween</p> <p>9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation</p>						



October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change!</p> <p>TUESDAYS OUTINGS ARE TEMPORARILY CANCELED, WE WILL RESUME AS SOON AS COUNTY RATE IS BELOW 5%. WE ARE DOING OUR BEST TO KEEP YOU SAFE DURING THIS</p>	<p>Birthdays</p>	<p>LOCATIONS FOR ACTIVITIES: MPR IS---MULTI PURPOSE ROOM COURT YARD-FRONT OF BUILDING TO YOUR RIGHT PUB-----PUB LOCATED BY THE DINING ROOM</p>	<p>Special Days in October 10/5 World Teachers' Day 10/13 Nat'l M & M Day 10/14 Theme Dinner (Germany) 10/16 Sweetest Day 10/25 World Pasta Day 10/31 Halloween</p>	<p>You must be fully vaccinated to attend all INDOOR Happy Hours. RESIDENTS ONLY Live Entertainment Outdoors: Richard Scott 10/1 Gary Stearns 10/8</p>	<p>1</p> <p>10:00 Yoga (MPR) 10:30 Pampered Hands (MPR) 10:30 Zen Music (MPR) 2:45 Chefs Circle (PUB) 3:00 Happy Hour (Richard Scott)</p>	<p>2</p> <p>10:00 Flex those Pecks (MPR) 10:20 Artisan (MPR) 1:00 Wellness Cart (IN ROOM VISITS) From Denise 2:00 Sundae's on Saturdays (PUB) 2:45 Mindful Moments</p>
<p>3</p> <p>10:00 Devotions (MPR) 10:30 Christian Hymns (MPR) 11:00 Chair Cardio (MPR) 2:00 Sunday Matinee (MPR)</p>	<p>4</p> <p>10:00 Video Exercises (MPR) 11:00 Karaoke (MPR) 11:30 Word Search on Lifeshare (MPR) 2:00 Movie in (MPR) 3:00 Trivia (MPR)</p>	<p>5</p> <p>10:00 Strength Building (MPR) 10:20 Brain Games (MPR) 10:40 Short Stories (MPR) 6:00 Arts and Crafts (MPR)</p>	<p>6</p> <p>10:00 Morning Brew (MPR) 10:30 Word Wizards (MPR) 10:45 Inspirational Journaling (MPR) 2:30 Inspired Living Committee (MPR)</p>	<p>7</p> <p>10:00 Balance Buddies (MPR) 10:20 Humorous Chuckles (MPR) 11:00 Resident Council (MPR) 2:00 Country Drive 6:00 Bingo (PUB)</p>	<p>8</p> <p>10:00 Yoga (MPR) 10:30 Pampered Hands (MPR) 10:30 Zen Music (MPR) 2:45 Chefs Circle (PUB) 3:00 Happy Hour (Gary Stearns)</p>	<p>9</p> <p>10:00 Flex those Pecks (MPR) 10:20 Artisan (MPR) 1:00 Wellness Cart (IN ROOM VISITS) From Denise 2:00 Sundae's on Saturdays (PUB) 2:45 Mindful Moments</p>
<p>10</p> <p>10:00 Devotions (MPR) 10:30 Christian Hymns (MPR) 11:00 Chair Cardio (MPR) 2:00 Sunday Matinee (MPR)</p>	<p>11 Columbus Day</p> <p>10:00 Video Exercises (MPR) 11:00 Karaoke (MPR) 11:30 Word Search on Lifeshare (MPR) 2:00 Movie in (MPR) 3:00 Trivia (MPR)</p>	<p>12</p> <p>10:00 Strength Building (MPR) 10:20 Brain Games (MPR) 10:40 Short Stories (MPR) 2:00 Pampered Hands 6:00 Arts and Crafts (MPR)</p>	<p>13</p> <p>10:00 Morning Brew (MPR) 10:30 Word Wizards (MPR) 10:45 Inspirational Journaling (MPR) 2:00 Movie (MPR)</p>	<p>14</p> <p>10:00 Balance Buddies (MPR) 10:20 Humorous Chuckles (MPR) 10:40 Reminiscing (Good Old Memories) (MPR) 2:00 Hayes Arboretum (Drive-Through)</p>	<p>15</p> <p>10:00 Yoga (MPR) 10:30 Pampered Hands (MPR) 10:30 Zen Music (MPR) 2:45 Chefs Circle (PUB) 3:00 Happy Hour (COURT YARD)</p>	<p>16</p> <p>10:00 Flex those Pecks (MPR) 10:20 Artisan (MPR) 1:00 Wellness Cart (IN ROOM VISITS) From Denise 2:00 Sundae's on Saturdays (PUB) 2:45 Mindful Moments</p>
<p>17</p> <p>10:00 Devotions (MPR) 10:30 Christian Hymns (MPR) 11:00 Chair Cardio (MPR) 2:00 Sunday Matinee (MPR)</p>	<p>18</p> <p>10:00 Video Exercises (MPR) 11:00 Karaoke (MPR) 11:30 Word Search on Lifeshare (MPR) 2:00 Movie in (MPR) 3:00 Trivia (MPR)</p>	<p>19</p> <p>10:00 Strength Building (MPR) 10:20 Brain Games (MPR) 10:40 Short Stories (MPR) 6:00 Arts and Crafts (MPR)</p>	<p>20</p> <p>10:00 Morning Brew (MPR) 10:30 Word Wizards (MPR) 10:45 Inspirational Journaling (MPR) 2:00 Movie (MPR)</p>	<p>21</p> <p>10:00 Balance Buddies (MPR) 10:20 Humorous Chuckles (MPR) 2:00 Hayes Aboredem 6:00 Bingo (PUB)</p>	<p>22</p> <p>10:00 Yoga (MPR) 10:30 Pampered Hands (MPR) 10:30 Zen Music (MPR) 2:45 Chefs Circle (PUB) 3:00 Happy Hour</p>	<p>23</p> <p>10:00 Flex those Pecks (MPR) 10:20 Artisan (MPR) 1:00 Wellness Cart (IN ROOM VISITS) From Denise 2:00 Sundae's on Saturdays (PUB) 2:45 Mindful Moments</p>
<p>24</p> <p>10:00 Devotions (MPR) 10:30 Christian Hymns (MPR) 11:00 Chair Cardio (MPR) 2:00 Sunday Matinee (MPR)</p>	<p>25</p> <p>10:00 Video Exercises (MPR) 11:00 Karaoke (MPR) 11:30 Word Search on Lifeshare (MPR) 2:00 Movie in (MPR) 3:00 Trivia (MPR)</p>	<p>26</p> <p>10:00 Strength Building (MPR) 10:20 Brain Games (MPR) 10:40 Short Stories (MPR) 2:00 Pampered Hands (MPR) 6:00 Arts and Crafts (MPR)</p>	<p>27</p> <p>10:00 Morning Brew (MPR) 10:30 Word Wizards (MPR) 10:45 Inspirational Journaling (MPR) 2:00 Movie (Mpr)</p>	<p>28</p> <p>10:00 Balance Buddies (MPR) 10:20 Humorous Chuckles (MPR) 11:00 Word Wizards (MPR) 2:00 Orchard (Country Drive) On bus 6:00 Bingo (PUB)</p>	<p>29</p> <p>10:00 Yoga (MPR) 10:15 Yoga (MPR) 10:30 Pampered Hands (MPR) 10:30 Zen Music (MPR) 2:00 Just us Guys 2:45 Chefs Circle (PUB) 3:00 Happy Hour</p>	<p>30</p> <p>10:00 Flex those Pecks (MPR) 10:20 Artisan (MPR) 1:00 Wellness Cart (IN ROOM VISITS) From Denise 2:00 Sundae's on Saturdays (PUB) 2:45 Mindful Moments</p>
<p>31 Halloween</p> <p>10:00 Devotions (MPR) 10:30 Christian Hymns (MPR) 11:00 Chair Cardio (MPR) 2:00 Sunday Matinee (MPR)</p>	<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games J - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning</p>	<p>MN - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>What's Lucky in October? Lucky Color: Green Lucky Animal: Shark Lucky Letter: L Lucky Day: Tuesday Lucky Plant: Pumpkin</p>	<p>"How beautifully leaves grow old. How full of light and color are their last days."~John Burroughs</p>	<p>Famous Dates in October: 10/1 1908 Henry Ford introduced the Model T car Cost: \$825 10/2 1975 Joe Frazier faces off against Muhammad Ali in the famous "The Fight of the Century"</p>	<p>October Zodiacs: Libra (the Scales) October 1-22 Scorpio (the Scorpion) October 23-31</p>

Outing are temporarily halted do to the County Covid Rate. We will resume as soon as the rate is less than 5%.