

Forest Springs Assisted
Living Programming



October 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

A - Artisans
GG - Group Games
I - Inspirations
JG - Just the Guys
K - Keeping it Sharp/Reminisce
L - Lifelong Learning
M - Music to My Ears
S - Signature Events
V - Vitality

					1 V 9:30 Tai Chi Aerobics - Ch.4 S 10:00 Calendar Planning Meeting - HCRR A 10:30 Autumn Leaf Masking - HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Happy Hour/Piano with Sally- HCRR	2 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR M 6:00 Lawrence Welk on KET
3 I 9:00 Inspired Sunday Service Channel 4 I 9:30 Communion K 10:30 Media Cart RtoR I 10:30 Catholic Mass- Ch 104 I 11:00 South East Christian Ch 102 K 11:45 Mealtime Chronicles- ADA I 2:30 Catholic Prayer Service- HCRR	4 V 10:30 TrilogyFit- RDR A 10:30 Fox & Owl Painting- HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Newsies- The Broadway Musical- Ch.4 -Dt S 2:00 Resident Council Meeting HCRR V 2:30 SoulFit-PCRR	5 V 9:30 Chair Dancing Fitness- Ch.4 L 10:30 Germany- Channel 4 K 11:45 Mealtime Chronicles- ADA K 2:00 Movie/Cold Mountain - Ch. 4 - N K 5:30 National Geographic- Ch. P	6 GG 2:15 Bingo- HCRR V 10:30 TrilogyFit- RDR A 10:30 Witch Cone Crafts- HCRR I 10:30 Communion RtoR K 11:45 Mealtime Chronicles- ADA S 2:00 Chef's Circle HCRR I 7:30 Mass Ch 130	7 V 9:30 Simply Seated Exercise- Ch. 4 K 10:30 It's Time For Laughter- HCRR JG 11:45 Mealtime Chronicles- ADA K 2:00 Gentlemen's Club- HCRR K 5:30 Life on A Farm- Ch.4 YT GG 6:00 Games/Residents Choice PCRR	8 V 9:30 Tai Chi Aerobics - Ch.4 A 10:30 Jack-o-Lantern Pillows- HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Happy Hour/Curtis Williams	9 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR M 6:00 Lawrence Welk on KET
10 I 9:00 Inspired Sunday Service Channel 4 I 9:30 Communion K 10:30 Media Cart RtoR I 10:30 Catholic Mass- Ch 104 I 11:00 South East Christian Ch 102 K 11:45 Mealtime Chronicles- ADA K 2:00 Make'Em Smile- HCRR	11 Columbus Day V 10:30 TrilogyFit- RDR A 10:30 Munich Art - HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 German Folk Music and Treat's - HCRR V 2:30 SoulFit-PCRR	12 V 9:30 Chair Dancing Fitness- Ch.4 L 10:30 Germany- Channel 4 K 11:45 Mealtime Chronicles- ADA S 2:00 20 Facts about Germany - HCRR K 5:30 All in The Family Ch.4 -P	13 V 10:30 TrilogyFit- RDR A 10:30 Pumpkin Jars- HCRR I 10:30 Communion RtoR K 11:45 Mealtime Chronicles- ADA S 2:00 Chef's Circle HCRR K 2:15 Travel Guide to Germany- HCRR I 7:30 Mass Ch 130	14 V 9:30 Simply Seated Exercise- Ch. 4 K 10:30 Who Am I? K 11:45 Mealtime Chronicles- ADA K 2:00 Oktoberfest Mind Games - HCRR S 5:00 Germany Oktoberfest Theme Dinner	15 V 9:30 Tai Chi Aerobics - Ch.4 A 10:30 Funny Sugar Skull Art- HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Happy Hour/ Marie Augustine/ German Beer & Pretzels	16 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR M 6:00 Lawrence Welk on KET
17 I 9:00 Inspired Sunday Service Channel 4 I 9:30 Communion K 10:30 Media Cart RtoR I 10:30 Catholic Mass- Ch 104 I 11:00 South East Christian Ch 102 K 11:45 Mealtime Chronicles- ADA GG 2:00 Shut The Box- HCRR	18 V 10:30 TrilogyFit- RDR A 10:30 Pumpkin Door Wreath- HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Rock & Roll Ball Exercise- HCRR V 2:30 SoulFit-PCRR	19 V 9:30 Chair Dancing Fitness- Ch.4 L 10:30 Germany- Channel 4 K 11:45 Mealtime Chronicles- ADA A 2:00 Scratch Bookmarks- HCRR K 5:30 Secrets of Whales- Ch.4 D+	20 V 10:30 TrilogyFit- RDR A 10:30 Paper Book Pumpkins- HCRR I 10:30 Communion RtoR K 11:45 Mealtime Chronicles- ADA S 11:59 Taste of Town ADA S 2:00 Chef's Circle HCRR K 2:15 Pumpkin Bingo HCRR	21 V 9:30 Simply Seated Exercise- Ch. 4 K 10:30 Quiz Me Form A to Z- HCRR K 11:45 Mealtime Chronicles- ADA M 1:30 Movie/High School Musical Ch.4-Dt K 5:30 Movie/Lilies of The Field- Ch.4 P	22 V 9:30 Tai Chi Aerobics - Ch.4 A 10:30 Popsicle Stick Quilt- HCRR K 11:45 Mealtime Chronicles- ADA S 2:00 Happy Hour/Artis Seay	23 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR M 6:00 Lawrence Welk on KET
24 I 9:00 Inspired Sunday Service Channel 4 I 9:30 Communion K 10:30 Media Cart RtoR I 10:30 Catholic Mass- Ch 104 I 11:00 South East Christian Ch 102 K 11:45 Mealtime Chronicles- ADA K 2:00 What's Next- HCRR	25 V 10:30 TrilogyFit- RDR A 10:30 Wine Bottle Scare Crows- HCRR K 11:45 Mealtime Chronicles- ADA S 2:00 Resident Council Meeting PC M 2:30 Music & Scarves- HCRR V 2:30 SoulFit-PCRR	26 V 9:30 Chair Dancing Fitness- Ch.4 L 10:30 Germany- Channel 4 K 11:45 Mealtime Chronicles- ADA K 2:00 Trivia Excursions- HCRR M 5:30 Annie- Ch.4 -P	27 V 10:30 TrilogyFit- RDR A 10:30 Witch Hangers- HCRR I 10:30 Communion RtoR K 11:45 Mealtime Chronicles- ADA S 2:00 Chef's Circle HCRR K 2:15 Witch Bingo HCRR I 7:30 Mass Ch 130	28 V 9:30 Simply Seated Exercise- Ch. 4 K 10:30 The Common Factor- HCRR K 11:45 Mealtime Chronicles- ADA V 2:00 Bowling- HCRR K 5:30 Movie/The Hero- Ch.4 P	29 V 9:30 Tai Chi Aerobics - Ch.4 A 10:30 Sunflower Kissing Ball- HCRR K 11:45 Mealtime Chronicles- ADA S 12:00 Halloween Luncheon ADA M 2:00 Happy Hour/Halloween Party	30 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR M 6:00 Lawrence Welk on KET
31 Halloween I 9:00 Inspired Sunday Service Channel 4 I 9:30 Communion K 10:30 Media Cart RtoR I 10:30 Catholic Mass- Ch 104 I 11:00 South East Christian Ch 102 K 11:45 Mealtime Chronicles- ADA K 2:00 Halloween Movie/Hocus						

Forest Springs Health Center Programming



October 2021

Sunday

Monday

Tuesday

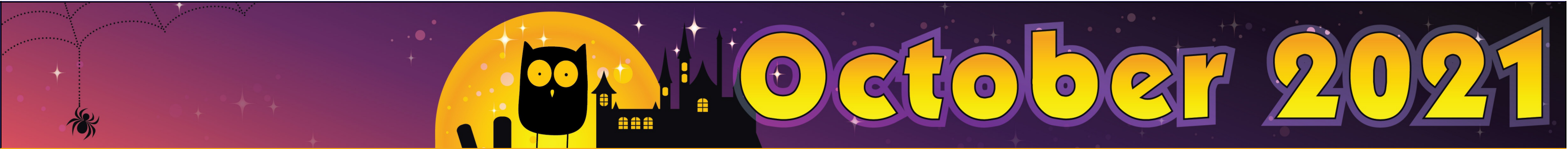
Wednesday

Thursday

Friday

Saturday

A - Artisans GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears S - Signature Events V - Vitality	All Activities Are Subject To Change				1 V 9:30 Tai Chi Aerobics - Ch.4 S 10:00 Calendar Planning Meeting - HCRR A 10:30 Autumn Leaf Masking - HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Happy Hour/Piano with Sally- HCRR	2 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR MM 3:30 Nature Videos Ch.4 M 6:00 Lawrence Welk on KET
3 I 9:00 Inspired Sunday Service Channel 4 I 9:30 Communion K 10:30 Media Cart RtoR I 10:30 Catholic Mass- Ch 104 I 11:00 South East Christian Ch 102 K 11:45 Mealtime Chronicles- ADA I 2:30 Catholic Prayer Service- HCRR	4 V 9:30 Sit & Be Fit - Channel 4 A 10:30 Fox & Owl Painting- HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Newsies- The Broadway Musical- Ch.4 -Dt S 2:00 Resident Council Meeting HCRR MM 3:30 Hand Massages- HCRR	5 V 9:30 Chair Dancing Fitness- Ch.4 L 10:30 Germany- Channel 4 K 11:45 Mealtime Chronicles- ADA K 2:00 Movie/Cold Mountain - Ch. 4 - N MM 3:30 Noodlesize- HCRR K 5:30 National Geographic- Ch. P	6 GG 2:15 Bingo- HCRR V 9:30 Stronger Senior Exercise- Ch.4 A 10:30 Witch Cone Crafts- HCRR I 10:30 Communion RtoR K 11:45 Mealtime Chronicles- ADA S 2:00 Chef's Circle HCRR MM 3:30 Chicken Soup For The Soul	7 V 9:30 Simply Seated Exercise- Ch. 4 K 10:30 It's Time For Laughter- HCRR JG 11:45 Mealtime Chronicles- ADA JG 2:00 Gentlemen's Club- HCRR MM 3:30 Relaxation and Aroma Therapy- HCRR K 5:30 Life on A Farm- Ch 4 YT	8 V 9:30 Tai Chi Aerobics - Ch.4 A 10:30 Jack-o-Lantern Pillows- HCRR K 11:45 Mealtime Chronicles- ADA M 2:00 Happy Hour/Curtis Williams MM 3:30 Good Old Day- HCRR	9 M 9:30 Coffee, Music and Prayer- HCRR K 11:45 Mealtime Chronicles- ADA GG 2:00 Bingo- HCRR MM 3:30 Nature Videos Ch.4 M 6:00 Lawrence Welk on KET
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 2:00 Bingo and Happy Hour	2
3	4 Campus Dining Room Open To Villas	5 9:00 Office Hours 10:00 Trilogy Fit	6	7 9:00 Office Hours 10:00 Trilogy Fit	8 2:00 Bingo and Happy Hour	9
10	11 Columbus Day 11:00 Book Club	12 9:00 Office Hours 10:00 Trilogy Fit	13	14 9:00 Office Hours 10:00 Trilogy Fit S 5:00 Germany Octoberfest Theme Dinner	15 2:00 Bingo and Happy Hour	16
17	18	19 9:00 Office Hours 10:00 Trilogy Fit 1:00 Community Meeting 2:00 Movie Matinee	20	21 9:00 Office Hours 10:00 Trilogy Fit	22 2:00 Bingo and Happy Hour	23 Clubhouse Reserved
24	25	26 9:00 Office Hours 10:00 Trilogy Fit	27	28 9:00 Office Hours 10:00 Trilogy Fit	29 12:00 Halloween Party	30
31 Halloween K 2:00 Halloween Movie/Hocus Pocus Ch.4 Dt						