

OCTOBER

SUN

MON

TUES

WED

THU

FRI

SAT

Main Hall
Fitness Center
Pub
Library
Craft Room
Movie Theatre
Courtyard
2nd Floor Lounge

RSVP

In The Sign Up
Book
(at the coffee bar)

(RL) - Resident Led

1

10am- Strength & Mobility
11:30am-Doc: "Lucy & Desi"
5pm- National Home Made
Cookie Day (RSVP)
7pm- Hand & Foot Canasta
(RL)

2

10:30am- Core Stability &
Functional Fitness
2pm- Being Jewish (RL -
Closed Group)
5pm- BYOB Happy Hour (RL)
6:30pm -Sing Along w/Jackie
(RL)

3

11am - Pastry Social
1pm- Knit Witts (Knitting with
Lois - RL)
5pm- Wine Time (RL)

4

9am-12pm-Woofies Groomers
(Call for Appointment)
10:30am- Weights & Chair Fitness
2pm-Poker-All Welcome \$5 Buy In
(RL)
3pm- Movie Showing: "Moving
On"
5pm- BYOB Happy Hour (RL)

5

10am- Coffee &
Conversations (RL)
3pm- Movie Showing: "The
Lost City"
5pm- BYOB Happy Hour(RL)

6

10:30am- Functional Fitness
3pm- Sports Talk w/Richard
Justice (RL)
5pm- BYOB Happy Hour (RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

7

9am-12pm - Bella Mio CAT
Groomer (Comes to Apartment
Call for Appointment)
10am- Yoga w/ Heather
12pm- Cooking Demo: Cooking
with Kim
2pm- Hand & Foot Canasta (RL)
7pm- Poker Night (RL)

8

10am- Strength & Mobility
11:30am- Doc: "Matthew
Perry- Not Just Friends"
5pm- Oktoberfest (RSVP)
7pm- Hand & Foot Canasta
(RL)

9

10:30am- Core Stability &
Functional Fitness
3pm- Women's Bible Study (RL)
3pm - Wine & Cheese
Medicare Review w/Lucas
Wealth (RSVP)
5pm- BYOB Happy Hour (RL)
6:30pm- Power Bingo (RL)

10

11am- Biscuits & Gravy Social
(RSVP)
1pm- Knit Witts (Knitting with Lois -
RL)
5pm- BYOB Happy Hour (RL)
6pm- Movie Showing: "RIPD: Rest
in Peace Department"
Food Truck: CJs Kuntry Kitchen

11

10:30am- Weights & Chair
Fitness
2pm-Poker-All Welcome \$5 Buy
In (RL)
3pm- Movie Showing: "Sister
Act"
5pm- BYOB Happy Hour (RL)

12

10am- Coffee &
Conversations (RL)
3pm- Movie Showing:
"Dirty Dancing"
5pm- BYOB Happy Hour(RL)

13

10:30am- Functional Fitness
2:30pm-Ambassadors Meeting
3pm- New Resident
Orientation
5pm- BYOB Happy Hour (RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

14

10am- Yoga w/ Heather
2pm- Hand & Foot Canasta
(RL)
2pm-Medicare the Musical
7pm- Bunco (RL)
7pm- Poker Night (RL)

15

10am- Strength & Mobility
11:30am- "Carry Grant"
3pm- Alders Book Club (RL)
5pm- Alders 3rd Annual Chili
Cook-Off (RSVP)
7pm- Hand & Foot Canasta
(RL)

16

10:30am- Core Stability &
Functional Fitness
2pm- Being Jewish (RL- Closed
Group)
3pm- Craft Corner: Fall
Decoupage Plates (RSVP)
5pm- BYOB Happy Hour (RL)
6:30pm- Sing Along w/Jackie (RL)

17

11am - Bagel Social (RSVP)
1pm- Knit Witts (Knitting with
Lois - RL)
2pm- Bingo w/Lincoln
Heritage
5pm- BYOB Happy Hour (RL)

18

10:30am- Weights & Chair
Fitness
1pm- Wood Forest Dance
Company- Halloween Number
2pm-Poker-All Welcome \$5 Buy
In (RL)
3pm- Movie Showing: "Rudy"
5pm- BYOB Happy Hour (RL)

19

10am- Coffee &
Conversations (RL)
3pm- Movie Showing:
"Now You See Me"
5pm- BYOB Happy Hour(RL)

20

10:30am- Functional Fitness
5pm- BYOB Happy Hour (RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

21

10am- Yoga w/ Heather
1pm- Dog Treat Baking
w/Diane (RSVP)
2pm- Hand & Foot Canasta
(RL)
7pm- Poker Night (RL)

22

10am- Strength & Mobility
11:30am- Doc: "ABBA -
Against the Odds"
5pm- October Milestone Mix
N Mingle w/Van Langs
(RSVP)
7pm-Hand & Foot Canasta (RL)

23

10:30am- Core Stability &
Functional Fitness
1:30pm- Robert Landau - I
LOVE Broadway
3pm- Women's Bible Study (RL)
5pm- BYOB Happy Hour (RL)
6:30pm - Power Bingo (RL)

24

11am- Alders Brunch (RSVP)
1pm- Knit Witts (Knitting with Lois
- RL)
5pm- BYOB Happy Hour (RL)
6pm- Movie Showing: "Butch
Cassidy & the Sundance Kid"
Food Truck: Tropicalia Bistro

25

10:30am- Weights & Chair
Fitness
2pm-Poker-All Welcome \$5 Buy
In (RL)
3pm- Movie Showing: "Hocus
Pocus"
5pm- BYOB Happy Hour (RL)

26

10am- Coffee &
Conversations (RL)
3pm- Movie Showing:
"Sleepy Hollow"
5pm- BYOB Happy Hour(RL)

27

10:30am- Functional Fitness
3pm-Craft Corner:
Halloween Sip & Paint
(RSVP)
5pm- BYOB Happy Hour (RL)
6pm- Poker (RL)
6:30pm- Five Crowns (RL)

28

10am- Yoga w/ Heather
2pm- Hand & Foot Canasta
(RL)
2pm- Scam Awareness
w/Medicare the Musical
7pm- Bunco (RL)
7pm- Poker Night (RL)

29

10am- Strength & Mobility
11:30am- Doc: "Martha"
5pm- Monster Mash Bash
w/DJ Jim Higgins (RSVP)
7pm- Hand & Foot Canasta
(RL)

30

10:30am- Core Stability &
Functional Fitness
4pm- Calendar Review
5pm- BYOB Happy Hour (RL)
6:30pm - Sing Along
w/Jackie (RL)

31

11am - Pastry Social
1pm- Knit Witts (Knitting with
Lois - RL)
4pm-6pm- Alders Trick or
Treat Haven
5pm- BYOB Happy Hour (RL)

