

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2020

				<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 11:00 Daily Chronicle (GP) <b>Ice Cream</b> 2:00 2A 2:15 2B 2:30 3B 2:45 3A 3:30 1<sup>st</sup> Floor <b>International Coffee Day</b></p>	<p>10:30 Hallway Exercise 2A 10:30 Hallway Exercise 2B <b>Fresh Popcorn &amp; Drink (GP)</b> 2:00 1<sup>st</sup> &amp; 3<sup>rd</sup> Floors 2:30 2B 3:00 2A  Sukkot Begins</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 11:00 Friendly Conversations (L) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)</p>
<p>Crossword Puzzle (L) Daily Chronicle (L) Jigsaw Puzzles (L) Art Supplies on 3A</p>	<p>10:00 Hallway Exercise 2A 10:30 Hallway Exercise 2B 11:00 Relaxation Class (GP) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)</p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B 10:00 Walking Club (FP) 10:00 Front Porch Conversations 11:00 Seated Yoga (GP) 2:00 Traveling Tuesday (GP) 2:00 Word in a Word (L) 3:00 Yarn Works (L)</p>	<p><b>Presidential Election</b> 9:00 1<sup>st</sup> Floor (GP) 9:30 2A (GP) 10:30 3<sup>rd</sup> Floor (GP) 11:15 2B (GP) <b>Turkey Wreath</b> (Sign-up required) 2:00 Turkey Wreath Class A 3:30 Turkey Wreath Class B</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B <b>10:30 Hymn Sing-along (GP)</b> 11:00 Tai Chi (GP) <b>Tune Loving Sing-along (GP)</b> 2:00 1<sup>st</sup> Floor &amp; 3<sup>rd</sup> Floors 2:45 2A 3:30 2B</p>	<p><b>9:30 Muscle Training Class with Stewart (GP)</b> 10:00 Hallway Exercise 2A 10:00 Hallway Exercise 2B 10:30 Fun Friday Arts &amp; Crafts (GP-Sign-up required) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)</p>	<p>Crossword Puzzle (L) Daily Chronicle (L) Jigsaw Puzzles (L) Art Supplies on 3A  Simchat Torah Begins</p>
<p>Crossword Puzzle (L) Daily Chronicle (L) Jigsaw Puzzles (L) Art Supplies on 3A</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 10:30 Seated Yoga (GP) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)  Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B 10:00 Daily Chronicle (GP) 11:00 Tai Chi (GP) 2:00 Traveling Tuesday (GP) 3:00 Any Book Club Interest? (L)</p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B 10:00 Daily Chronicle (GP) 11:00 Fun Facts &amp; Trivia (GP) <b>Ink &amp; Drink</b> 2:00 1<sup>st</sup> Floor &amp; 3<sup>rd</sup> Floors 2:45 2A 3:30 2B</p>	<p><b>Resident Flu Shots</b>  <b>We will let you know when we are on your floor.</b>  For list of Activities see Daily Sheet</p>	<p><b>9:30 Muscle Training Class with Stewart (GP)</b> 10:00 Hallway Exercise 2A 10:00 Hallway Exercise 2B 10:30 Fun Friday Arts &amp; Crafts (GP-Sign-up required) 2:00 Wii Bowling Group 1 (GP) 3:00 Wii Bowling Group 2 (GP)</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2 11:00 Friendly Conversations (L) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)</p>
<p>Crossword Puzzle (L) Daily Chronicle (L) Jigsaw Puzzles (L) Art Supplies on 3A</p>	<p>10:00 Hallway Exercise 2A 10:30 Hallway Exercise 2B 11:00 Relaxation Class (GP) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)</p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B 10:00 Walking Club (FP) 10:00 Front Porch Conversations 11:00 Seated Yoga (GP) 2:00 Traveling Tuesday (GP) 2:00 Fact or Fake (GP) 3:00 Yarn Works (L)  <b>World Series Begins</b></p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B <b>10:00 MQA Choir (GP)</b> <b>Popping Hallways</b> 2:00 2A 2:15 2B 2:30 3A 2:45 3B 3:00 1<sup>st</sup> Floor</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 11:00 Friendly Chat (GP) 11:00 Ask Alexa Anything (L) <b>Tune Loving Sing-along (GP)</b> 2:00 1<sup>st</sup> Floor &amp; 3<sup>rd</sup> Floors 2:45 2A 3:30 2B</p>	<p><b>9:30 Muscle Training Class with Stewart (GP)</b> 10:00 Hallway Exercise 2A 10:00 Hallway Exercise 2B 10:30 Fun Friday Arts &amp; Crafts (GP-Sign-up required)  2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)</p>	<p>Crossword Puzzle (L) Daily Chronicle (L) Jigsaw Puzzles (L) Art Supplies on 3A</p>
<p>Crossword Puzzle (L) Daily Chronicle (L) Jigsaw Puzzles (L) Art Supplies on 3A</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 10:00 Seated Yoga 11:00 Relaxation Class (GP) <b>Made in Tennessee</b> <b>1:45 Come &amp; try Jack Daniels, Moon Pies, Goo Goo's and Mountain Dew (GP)</b> <b>3:00 Hour of Hope (GP)</b> <b>National Tennessee Day</b></p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B 10:00 Daily Chronicle (GP) 11:00 Tai Chi (GP) 2:00 Traveling Tuesday (GP) 2:00 Group Crossword (L) <b>3:00 American Beer Day (GP)</b></p>	<p>9:30 Hallway Exercise 2A 9:30 Hallway Exercise 2B 10:00 Wii Bowling Group 1 (GP) 11:00 Wii Bowling Group 2 (GP) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)  <b>National Chocolate Day</b></p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 11:00 Daily Chronicle (GP) 11:00 Name That Tune (L) 2:00 Coffee, Cake, &amp; Chat (GP) 3:30 I love Lucy (GP)</p>	<p><b>9:30 Muscle Training Class with Stewart (GP)</b> 10:00 Hallway Exercise 2A 10:00 Hallway Exercise 2B 10:30 Fun Friday Arts &amp; Crafts (GP-Sign-up required) <b>Halloween w/ The Munster's</b> 2:00 1A &amp; 3<sup>rd</sup> Floor (GP) 2:45 2A (GP) 3:30 2B (GP)</p>	<p>9:30 Hallway Exercise 2A 10:00 Hallway Exercise 2B 11:00 Friendly Conversations (L) 2:00 Bingo 2A (1<sup>st</sup> floor join 2A) 3:00 Bingo 2B (3<sup>rd</sup> Floor join 2B)  Halloween</p>

\*\* Activities are subject to change without notice.