

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

<p>9:00 Exercise 9:30 Coffee/Chat 10:00 Music 11:00 Question Ball 12:00 Lunch / Quiet Time 2:00 Lemonade / Snacks / Trivia 3:00 Kickball 4:00 Weekend Walkers</p>	<p>9:00 Exercise 9:30 Coffee / Chat 10:00 Baking with Steph 11:30 Music 12:00 Lunch / Quiet Time 2:00 Whack a Noodle 3:00 Reminisce 4:00 Stretch Flex with Music</p>	<p>9:00 Chair Yoga 9:30 Coffee / Chat 10:00 Oldies Music 11:30 Ball Toss 12:00 Lunch / Quiet Time 1:30 Cooking with Steph 3:00 Sing Along 4:00 Comedy Hour</p>	<p>9:00 Sparkle & Sweat 9:30 Coffee / Chat 10:00 Bingo 11:00 Music 12:00 Lunch / Quiet Time 2:00 Gary Parks 3:30 Kickball 4:00 Sing Along</p>	<p>9:00 Sit & Get Fit 9:30 Coffee / Chat 10:00 Gaither Gospel Hour 11:00 Kick Ball 12:00 Lunch / Quiet Time 2:00 Kelly Almond 3:30 The Young and Breathless Walkers</p>	<p>9:00 Fitness Friday 9:30 Coffee / Chat 10:00 Magazines & Memories 11:00 Oldies Music 12:00 Lunch / Quiet Time 2:00 Cake 3:30 Comedy Hour</p>	<p>9:00 Exercise 9:30 Coffee/Chat 10:00 Music 11:00 Question Ball 12:00 Lunch / Quiet Time 2:00 Joe Morris 3:00 Fill in Blank 4:00 Weekend Walkers</p>
<p>9:00 Exercise 9:30 Coffee/Chat 10:00 Music 11:00 Question Ball 12:00 Lunch / Quiet Time 2:00 Lemonade / Snacks / Trivia 3:00 Kick Ball 4:00 Weekend Walkers</p>	<p>9:00 Exercise 9:30 Coffee / Chat 10:35 Gathan Graham 11:30 Music 12:00 Lunch / Quiet Time 2:00 Whack a Noodle 3:00 Reminisce 4:00 Stretch Flex with Music</p>	<p>9:00 Chair Yoga 9:30 Coffee / Chat 10:00 Oldies Music 11:30 Ball Toss 12:00 Lunch / Quiet Time 2:00 Residents Birthday Party HAPPY BIRTHDAY</p>	<p>9:00 Sparkle & Sweat 9:30 Coffee / Chat 10:00 Magazines & Memories 11:00 Music 12:00 Lunch / Quiet Time 2:00 Bingo 3:30 Kickball 4:00 Sing Along</p>	<p>9:00 Sit & Get Fit 9:30 Coffee / Chat 10:00 Gaither Gospel Hour 11:00 Kick Ball 12:00 Lunch / Quiet Time 2:00 Pizza Party *Traditions* 3:30 The Young and Breathless Walkers</p>	<p>9:00 Fitness Friday 9:30 Coffee / Chat 10:00 Magazines & Memories 11:00 Oldies Music 12:00 Lunch / Quiet Time 2:00 ELVIS * Impersonator* 3:30 Comedy Hour</p>	<p>9:00 Exercise 9:30 Coffee/Chat 10:00 Music 11:00 Question Ball 12:00 Lunch / Quiet Time 2:00 Whack a Noodle 3:00 Table games 4:00 Weekend Walkers</p>
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ACTIVITIES ARE SUBJECT TO CHANGE