



Tuesday, October 1st

9:30 - Morning Meditation (CY)
10:30 -Total Body Conditioning (AR)
10:00- Daily Newsletter (AR)
11:00-International Coffee Day/Home-
made Coffee Drinks (AR)
1:30 – Months Facts and celebration of
October (AR)
2:30 -Piano Music w/Mary (LR)
3:30-Test your October IQ (AR)
4:00-Bible Study with Caroline (AR)
6:30- Movie Night (TR)

Wednesday, October 2nd

9:30 - Morning Meditation (CY)
10:30 – Flow Yoga (AR)
10:45- Daily Newsletter (AR)
11:00- Civic Service Discussion group
(AR)
1:30-Tai Chi with Kevin (AR)
2:30 – Chuck Gee Live Music (AR)
3:30 Word Wisdom A Discussion of our
Careers (CT)
4:00 Cardio Dance (TR)
6:30-Movie Night (TR)

Thursday, October 3rd

9:30-Morning Meditation (CY)
10:00 -Lower Body Conditioning (CY)
11:00- Daily Newsletter (AR)
11:30-Reminiscing Fall Fun (AR)
1:30 Crafting Table Fall Wreath Making
(LR)
3:00-Community Choir (AR) 4:00
- Lower Body Conditioning (AR)
6:30-Movie Night (TR)

Friday, October 4th

9:30-Morning Meditation (CY)
10:00-Cardio Drumming (LR)
11:00-Bible Study (AR)
2:30- Scenic Drive (AR)
3:30- Trivia Fun Fact Session (AR)
4:00-Upper Body Conditioning (AR)
6:30-Movie Night (TR)

Saturday, October 5th

9:30-Morning Meditation (CY)
10:00-Medicine Ball Exercise (AR)
10:30- Daily Newsletter (AR)
11:00-Brain Game places And Faces
(AR)
1:30- Armchair Virtual Travel- Haunted
House (AR)
2:30-Kitchen Creation Making Boo Bars
(AR)
3:30-Piano Music with Mary (BR)
4:00-Strength and Balance (AR)
6:30-Movie Night (TR)

Sunday, October 6th

9:30-Morning Meditation (CY)
10:00-Walker Posture (AR)
10:30- Daily Newsletter (AR)
11:00-First Baptist Church Service (TR)
1:30-Piano music with Mary (LR)
2:30- Scenic Drive Ice Cream (AR)
3:30-Bingo (LR)
4:00-Lay Servant Bible Study (AR)
6:30-Movie Night (TR)

Monday, October 7th

9:30-Morning Meditation (CY)
10:00-Daily Newsletter (AR)
10:30- Barre Exercise (HW)
11:00- Fall Short Stories AR)
1:30-Art Relaxation Fall Picture (AR)
2:30-Engaged Life Meeting (AR)
4:00- Walking Session (CY)
6:30-Movie Night (TR)

Tuesday, October 8th

9:30-Morning Meditation (CY)
10:00-Cardio Drumming (AR)
11:00- Daily Newsletter (AR)
11:30-Piano Music with Mary (AR)
1:30-Kitchen Creation Monster Mash
(AR)
2:30-Devotional & Positive Thoughts (LR)
4:00- Bible Study with Caroline (LR)
6:30-Movie Night

Wednesday, October 9th

9:30-Morning Meditation (CY)
10:00 – Flow Yoga (AR)
10:30- Daily Newsletter (AR)
12:00-Ambassador Lunch (CT)
1:30 –Weekly Story Wise (AR)
2:30-Columbus Day Discussion Session
(AR)
3:30- Word Wonders (LR)
4:00 – Weighting Workout (AR)
6:30-Movie Night (TR)

Thursday, October 10th

9:30-Morning Meditation (CY)
10:00 -Flexing Fitness (CY)
11:00- Daily Newsletter (AR)
1:30- Cake Decorating Day decorate
cupcakes (AR)
2:30-Reminiscing: Fall Fun (AR)
2:30- Piano Music W/Mary (AR)
4:00- Strength and Balance (AR)
6:30-Movie Night (TR)

Friday, October 11th

9:30-Morning Meditation (CY)
10:00-Upper Body Conditioning (AR)
10:30- Daily Newsletter (AR)
11:00-ODU: All About Art (AR)
2:30-Sticker Art Project (AR)
2:30- Southern Food Heritage Day
Tasting (AR)
4:30- Weight Workout (AR)
6:30-Movie Night (TR)

Saturday, October 12th

9:00-Morning Walks (CY)
10:00-Flow Yoga (AR)
11:00-Morning Manicures (AR)
11:00- Daily Newsletter (AR)
2:30-Positivetea: Optimism (AR)
3:30- I Pledge Allegiance” Day (AR)
4:00-Bingo (LR)
4:30-Cardio Fitness (AR)
6:30-Movie Night (AR)

Sunday, October 13th

9:30-Morning Meditation (CY)
10:00-Walker Posture (AR)
10:30- Daily Newsletter (AR)
11:00-First Baptist Church Service (AR)
1:30- United States Navy Birthday (AR)
2:30- Scenic Drive Ice Cream (AR)
3:30- Bingo (LR)
4:00- Lay Servant Bible Study (AR)
6:30-Movie Night (TR)

Monday, October 14th

9:30-Morning Meditation (CY)
10:00-Total Body Fitness (CY)
11:00- Daily Chronicle (AR)
1:30-Laughter Therapy: Fall Jokes (LR)
2:30- Fall Harvest Happy Hour (CT)
3:30-Piano Music with Mary (LR)
4:00-Walking Challenge (AR)
6:30- Movie Night (TR)

Tuesday, October 15th

9:30-Morning Meditation (CY)
10:00- Total Body Fitness (AR)
11:00-Trivia Riddles (AR)
11:30: Daily Newsletter (AR)
11:40- Manicure Social (AR)
1:30- Piano W/Mary (LR)
3:30- Word Wonders (AR)
4:00-Carolina Bible Study (AR)
6:30- Movie Night (TR)

Wednesday, October 16th

9:30-Morning Meditation (CY)
10:00 Flow Yoga (AR)
10:30- Daily Newsletter (AR)
11:00-Bible Study
1:30 Tai Chi with Kevin (AR)
2:30-Chuck Gee Music (LR)
3:30- Pumpkin Spice & Cider Soiree
(LR)
4:00 -Trivia Facts Session (AR)
6:30-Movie Night (TR)

Thursday, October 17th

9:00- Morning Meditation (CY)
10:00-Strength & Balance (AR)
11:00- Daughter Of Kings Communion
(AR)
2:00 -Brain Buster Math Trivia (AR)
3:00-Food for thought (AR)
3:30-Bingo (LR)
4:30-Balance Life Exercise (AR)
6:30-Movie Night (TR)

Friday, October 18th

9:30-Morning Meditation (CY)
10:30- Cha Cha Fitness (AR)
11:00-Bible Study (AR)
1:30-Breast Cancer Awareness Day (AR)
2:30- Wear It Pink Day (LR)
3:30-Bingo (LR)
4:00- Dance Movement (AR)
6:30-Movie Night (TR)

Saturday, October 19th

9:30-Morning Meditation (CY)
10:00-Flexing balance (AR)
11:00: Daily Newsletter (AR)
11:30-Manicure Social (AR)
1:30- Hocus Pocus Holiday Movie
Screening (AR)
2:30-Learning to play Cards (AR)
3:30-Bingo (AR)
4:30-Flexing Fitness (AR)
6:30-Movie Night (TR)

Sunday, October 20th

9:30-Morning Meditation (CY)
10:00- Flow Yoga (AR)
10:30- Daily Newsletter (AR)
11:00-Bible Study (AR) 1:30- Orionids
Meteor Shower Peaks
3:00-Baking Class (LR)
4:00-Total body Fitness (AR)
6:30-Movie Night (TR)

Monday, October 21st

9:30-Morning Meditation (CY)
10:00-Weight Workout (AR)
11:00- Daily Newsletter (AR)
11:00-Arts And Crafts with Columbia
College Students (AR)
1:30-Starbucks coffee and dessert tasting
(AR)
3:30-Art Relaxation Coloring (LR)
4:00- Bible Study with Caroline (LR)
6:30-Movie Night (TR)

Tuesday, October 22nd

9:30-Morning Meditation (CY)
10:00-Marching Fitness (LR)
10:30- Daily Newsletter (AR)
11:00-Arts And Crafts with Columbia
College Students (AR)
1:30-Fall Equinox Around the World
(CT)
2:30- Zodiac & Horoscope October
(AR)
3:30- Armchair Travel Seven World
Wonders (CT)
4:00-Cardio Dance (AR)
6:30-Movie Night (TR)

Wednesday, October 23rd

9:30-Morning Meditation (CY)
10:00-Posture and Stretch (CY)
11:00- Daily Newsletter (AR)
1:30-Birthday Trivia (LR)
2:00—Live Music Chip
2:30- Resident Birthday Party (LR)
3:30-Solo Walking (HW)
4:00- Learning To Play Cards (TR)
6:30-Movie Night (TR)

Thursday, October 24th

9:30-Morning Meditation (CY)
10:00-Weight Workout Challenge (CY)
11:00- Daily Newsletter (AR)
2:30-Music W/ Mary (CT) 3:30-Photog-
rapher Appreciation Day Photo Taking
Day (LR)
4:00-Walking Challenge (LR)
6:30-Movie Night (TR)

Friday, October 25th

9:30-Morning Meditation (CY)
10:00-Hand Grip Exercise (AR)
11:00-Bible Study (LR)
2:30-Chef Presentation World Paste Day
(LR)
3:00-Art Relaxation Fall Flowers (AR)
4:00-Fall Book Club (TR)
4:30-Barre Exercise (HW)
6:30-Movie Night (TR)

Saturday, October 26th

9:30-Morning Meditation (CY)
10:00- Flow Yoga (AR)
11:00-Morning Manicures (AR)
11:00-Event Newsletter (LR)
1:30- Board Games (CT)
3:00-Bingo (LR)
3:30-National Pumpkin Day Painting (LR)
4:00-Walking Club (LR)
6:30-Movie Night (TR)

Sunday, October 27th

9:30-Morning Meditation (CY)
10:00- Barre Exercise (CY)
10:30-Event Newsletter (LR)
11:00-First Baptist Church (TR)
11:30-Morning Manicures (AR)
1:30-Bingo (LR)
2:30-Scenic Drive Ice Cream (CT)
4:00-Lay Servant Bible Study (TR)
6:30-Movie Night (TR)

Monday, October 28th

9:30-Morning Meditation (CY)
10:00-Flex & Stretch
11:00-Event Newsletter (LR)
2:30- Fall Equinox Dissuasion (AR)
3:00-Bingo Auction (LR)
4:00-Colorful Weight Workout (AR)
6:30-Movie Night (TR)

Tuesday, October 29th

9:30-Morning Meditation (CY)
10:00- Tai Chi (AR)
11:00: Daily Newsletter (AR)
11:30Making Music Handbells (AR)
1:30- Laughter Therapy Riddles (LR)
3:30-Drama Skit club reading (AR)
4:00-Bible Study Carolina (AR)
6:30- Movie Night (TR)

Wednesday, October 30th

9:30-Morning Meditation (CY)
10:00 – Hand Grip Exercise (AR)
11:30- Daily Newsletter (AR)
1:30 – History Talks (AR)
2:30-Sips And Dips Happy Hour (LR)
3:30- Dance Movement (LR)
4:00 – Piano Music with Mary (TR)
6:30-Movie Night (TR)

Thursday, October 31st

9:30-Morning Meditation (CY)
10:00-Posture Balance (AR)
11:00- Daily Newsletter (AR)
1:30-Origins of Halloween (AR)
2:30- Halloween Costume Contest (LR)
3:30-Community Flower Arranging
(CT)
4:00-Hand Grip Exercises (AR)
6:00-Kids, Kindness and Candy Drive
Thur (LR)