



Wednesday 10/1

9:30 -Morning Strollers Walking Club with Legacy Healthcare-SLR
10:00 -Technology Club with Legacy Healthcare-AR
2:00 -Health Topics with Legacy Healthcare-AR (Brain Health)
3:00 -Audio Book-AR

Thursday 10/2

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually w/Chris Morgan-AR
1:30 -Bingo-AR
3:00 -Chapter Book Reading with Cathy Nines-AR

Friday 10/3

9:00 -Morning Strollers Walking Club-AR
9:30 -Chair Dancing w/Christyn & James-AR
10:30 -Karaoke Singing w/ James-AR
2:00 -"Back On Track: Trains and the Transformation of Western North Carolina" -AR (Presentation by Ray Rapp)
3:30- Men's Swim Meet at Mars Hill University (Sign Up in Advance in Notebook in Mailroom)

Saturday 10/4

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Resident Book Club Meets-TLR
1:30 -Movie Matinee-AR (Netflix)

Sunday 10/5

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Autumn Reminisce-SLR
4:00 -Vespers w/Hugh Elliott-AR (Music with Allen & Lilly Shelley)

Monday 10/6

9:30 -Morning Strollers Walking Club-AR
10:00 -Strength Training-AR
10:45 -Bridge Game-AR
2:00 -Music & Sing-along w/Nancy Larkin-AR
6:00 -Beech Glen Baptist Church Choir-AR

Tuesday 10/7

9:30 -Ingles Grocery Shopping Trip (Sign Up in Advance in Notebook in Mailroom)
1:00 -Bingo-AR
2:30 -Fall Foliage Scenic Drive-AR

Wednesday 10/8

9:30 -Morning Strollers Walking Club with Legacy Healthcare-SLR
10:00 -Technology Club with Legacy Healthcare-AR
10:30 -Menu Planning with Bud-AR
2:00 -Fall Prevention with Legacy Healthcare-AR
3:00 -Audio Book-AR

Thursday 10/9

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually with Chris Morgan-AR
1:30 -Bingo-AR
3:00 -Chapter Book Reading with Cathy Nines-AR
6:00 -Music w/John Crowder-AR

Friday 10/10

9:00 -Morning Strollers Walking Club-AR
9:30 -Chair Dancing w/Christyn & James-AR
11:00 -Poetry Reading with Asheville Community Theatre Autumn Players-AR
2:00 -Scam Prevention for Seniors with Julie Goodwin-AR (Better Business Bureau)

Saturday 10/11

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Checkers Game-SLR
1:30 -Movie Matinee-AR (Netflix)

Sunday 10/12

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Hymnal Favorites-SLR (Gospel Hymns with Alexa)
4:00 -Vespers w/Patrick Robinson-AR

Monday 10/13

Columbus Day
9:30 -Morning Strollers Walking Club-SLR
10:00 -Ageless Grace Chair Exercise with Ferebe Conchar-AR
10:45 -Story Circle-AR ("My Heritage, My Journey")
1:30 -Resident Council Meets-AR

Tuesday 10/14

9:30 -Ingles Grocery Shopping Trip (Sign Up in Advance in Notebook in Mailroom)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 10/15

9:30 -Morning Strollers Walking Club with Legacy Healthcare-SLR
10:00 -Technology Club with Legacy Healthcare-P
1:30 -Let's Visit the Local Library (Sign Up in Advance in Notebook in Mailroom)
3:00 -Audio Book-AR

Thursday 10/16

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually w/Chris Morgan-AR
1:30 -Bingo-AR
3:00 -Chapter Book Reading with Cathy Nines-AR

Friday 10/17

9:00 -Morning Strollers Walking Club-AR
9:30 -Chair Dancing w/Christyn & James-AR
10:30 -Lunch at Bellagio and Folk Art Center (Sign Up in Advance in Notebook in Mailroom)
2:00-Movie Matinee-AR (The Ghost & Mr. Chicken: "Don Knots")

Saturday 10/18

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Bananagrams-SLR
1:30 -Movie Matinee-AR (Netflix)

Sunday 10/19

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Bible Trivia-SLR (Gospel Hymns with Alexa)
4:00 -Vespers w/David Jarvis-AR

Monday 10/20

9:30 -Morning Strollers Walking Club-SLR
10:00 -Strength Training-AR
11:00 -Hearts Card Game-AR
2:00 -Memorial Service for Our Past Residents-AR

Tuesday 10/21

9:30 Grocery Shopping Trip (Sign Up in Advance in Notebook in Mailroom)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 10/22

9:30 -Morning Strollers Walking Club with Legacy Healthcare-SLR
10:00 -Technology Club with Legacy Healthcare-AR
12:00 -Resident Birthday Celebration-AR
1:30 -Bridge Game-AR

Thursday 10/23

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually w/Chris Morgan-AR
1:30 -Bingo-AR
3:00 -Chapter Book Reading with Cathy Nines-AR

Friday 10/24

9:00 -Morning Strollers Walking Club-AR
9:30 -Chair Dancing w/Christyn & James-AR
10:00 -Scrabble-AR
1:30 -Crafts-AR (Button Pumpkin Shadow Boxes)

Saturday 10/25

Residents Choice-Games, Cards & Movies Available-AR
10:30 -Fall Rock Painting-AR
1:30 -Movie Matinee-AR (Netflix)

Sunday 10/26

National Pumpkin Day
Residents Choice-Games, Cards & Movies Available-AR
10:30 -Pumpkin Day History, Facts & Pumpkin Latte's-AR
3:30 -Vespers w/Jim Hollifield- AR
4:00 -Music w/Petersburg Rolling Stones-AR

Monday 10/27

9:30 -Morning Strollers Walking Club-SLR
10:00 -Ageless Grace Chair Exercise w/Ferebe Conchar-AR
10:45 -Bridge Game-AR
2:00 -Music with Jim & Margie Haaga-AR

Tuesday 10/28

9:30 Grocery Shopping Trip (Sign Up in Advance in Notebook in Mailroom)
1:30 -Bingo-AR
3:00 -Wii Bowling-AR

Wednesday 10/29

9:30 -Morning Strollers Walking Club with Legacy Healthcare-SLR
10:00 -Technology Club with Legacy Healthcare-AR
12:00 -Resident Birthday Celebration-AR
1:30 -New Resident Orientation- AR

Thursday 10/30

10:00 -Balloon Volleyball-AR
11:00 -Learning and Growing Spiritually w/Chris Morgan-AR
1:30 -Bingo-AR
3:00 -Chapter Book Reading with Cathy Nines-AR
6:15 -Haunted Mountains "Scary Stories with Sheila Kay Adams @ Moore Auditorium" (Sign Up in Advance in Noteook in Mailroom)

Friday 10/31

9:00 -Morning Strollers Walking Club-AR
9:30 -Chair Dancing w/Christyn & James-AR
10:30 -History & Origin of The Brown Mountain Lights-AR
11:45 -Daniel Sage Entertains-DR
2:00 -A Taste of Halloween Coffee Klatch-AR
6:00 -Trick-or-Treaters Arrive-SLR

**For Further Information
Contact Donna Cole
at 689-7982**

Activities Subject to Change

**October Birthdays
10/1 Barbara Wilde
10/6 Rita Hernandez
10/30 Judy Ball**

**Directory
AR-Activity Room
DR-Dining Room
P-Patio
SLR-Second Floor
Living Room
TLR-Third Floor
Living Room**



Mars Hill Manor
Assisted Living