

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:45am Brain Puzzle (L,S) 10:30am Sandy's Fitness (A) 1:00pm Calvary Devotion (MC) 3:00pm LIVE Marc Beecher/Happy Hour (A)	9:30 Kroger SIGN UP 10:30 Morning Stretch (A) 1:30pm Scavenger Hunt at the Park (A) SIGN UP 3:00pm Decoupage Pumpkin Craft (A)	10:30am Bingo (A) 1:00pm Jo-Ann's Saturday Movie Gathering (JR)
4	5	6	7	8	9	10
11:30am Brunch w/ Signature Drink 2:00pm Octoberfest Cart (RR) 3:00pm Temple Baptist Church Service (A)	9:45am Junk Drawer Detectives (L,S) 10:30am Chair Yoga (A) 1:30pm Life Enrichment Planning (A) 3:00pm Resident Council (A) 5:45pm Movie (JR)	9:30am Catholic Service & Communion (L) SIGN UP 10:00 T.J., Max SIGN UP 10:30am Tai Chi Gung w/ Carrie (A) 2:00pm LIVE Steve Carr (A) 3:30pm Men's Group "Baseball Cards" (L)	9:45am Flower Arranging (L) 10:00am Morning Walk (FL) 1:30pm Book Club w/ Mary Ann (L) 2:30pm Bingo (A) 3:30pm Fred's Time Machine (A)	9:45am Brain Puzzle (L,S) 10:30am Sandy's Fitness (A) 2:00pm Health Talk w/ Servant Rehab (A) 2:00pm Art w/ Sheryl (MC)	9:30 Aldi SIGN UP 10:00am Making Thank You Meals for our Culinary Staff (A) 1:30pm Walking at IJAMS Nature Center (FL). SIGN UP 3:00pm T's TV Concert/ Happy Hour (A)	10:00am Weightlifting (A) 10:30am Bingo (A) 1:00pm Jo-Ann's Saturday Movie Gathering (JR)

Calender Key:
A – Activity Room
FL - Front Lobby

CY - Courtyard
L - Library
MC - Memory Care

JR - Jefferson Room
DR - Dining Room
RR - Room to Room

S - Self led

N- New
event/entertainer/Host

StoryPoint Knox West Assisted Living		Week 3-5 October 2026 Life Enrichment Monthly Calendar					Activities are subject to change
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
11 3:00pm Temple Baptist Church Service (A)	12 <u>Indigenous Peoples' Day</u> 9:45am Junk Drawer Detectives (L,S) 10:30am Chair Yoga (A) 2:00pm Bridge (L,S) 3:00pm Making Yarn Sticks & Learning about Indigenous Culture (A) NO MOVIE TONIGHT	13 9:30am Catholic Service & Communion (L) <u>10:00am Scenic Drive SIGN UP</u> 10:30am Tai Chi Gung w/ Carrie (A) 2:00pm A Caring Community w/ Taylor (A)	14 9:00am VOTING: FEDERAL/STATE GENERAL ELECTION (L) 10:00am Hydration and Daily Chronicles (MC) 10:30am Chair Yoga (MC) 3:00pm Bingo (MC)	15 9:45am Brain Puzzle (L,S) 10:30am Sandy's Fitness (A) 1:00pm Calvary Devotion (MC) 3:00pm LIVE Piano w/ Terri (A) 5:30pm Resident Spotlight "Shirley" Social (MC)	16 9:30 <u>Food City SIGN UP</u> 10:30am Weightlifting (MC) 3:00pm LIVE Blue Shadows (A)	17 10:30am Bingo (A) 1:00pm Jo-Ann's Saturday Movie Gathering (JR)	
18 1:30pm Games w/ Marita 3:00pm Temple Baptist Church Service (A)	19 9:45am Junk Drawer Detectives (L,S) 10:30am Chair Yoga (A) 3:00pm Donuts &The History of the Salvation Army (A) 5:45pm Movie (JR)	20 9:30am Catholic Service & Communion (L) 10:30am Tai Chi Gung w/ Carrie (A) 1:30pm The Origins of Common Superstitions (MC) 3:00pm Ghost Craft (MC)	21 Flu Clinic 10:00am Morning Walk (FL) 1:30pm Axe Throwing (A) 2:30pm Bingo (A) 3:30pm Rhyme Time Game (A)	22 9:45am Brain Puzzle (L,S) <u>10:00am Tour & Lunch at The Museum of Appalachia SIGN UP</u> 10:30am Sandy's Fitness (A) 1:30 Bingo Store (A) 2:15pm Knot Tying (CY) 3:00pm Singo W/ T (A)	23 9:30 <u>Publix SIGN UP</u> 10:30am Morning Stretch (MC) 1:30pm Sticky Hand Game (L) 3:00pm LIVE Pattie & Donnie (MC)	24 10:00am Weightlifting (A) 10:30am Bingo (A) 1:00pm Jo-Ann's Saturday Movie Gathering (JR)	
25 1:30pm Games w/ Marita 3:00pm Temple Baptist Church Service (A)	26 9:45am Junk Drawer Detectives (L,S) 10:30am Chair Yoga (A) 1:30pm Pick a costume the wear at the fashion show (A) 2:00pm Bridge (L,S) 3:00pm Hunter's Moon "Pie" Social (A) 5:45pm Movie (JR)	27 9:30am Catholic Service & Communion (L) 10:30am Tai Chi Gung w/ Carrie (A) <u>1:30pm Bearden Library SIGN UP</u> 3:00pm Virtual Reality w/ Shalom (A)	28 9:45am Flower Arranging (L) 10:00am Morning Walk (FL) 2:00pm Halloween Fashion Show (A)	29 9:45am Brain Puzzle (L,S) 10:30am Sandy's Fitness (A) 1:30pm Polishing Nails (A) 2:30pm Halloween Bingo (A)	30 9:30 <u>Butler & Bailey SIGN UP</u> 10:30 Morning Stretch (A) 1:30pm Magazine Game w/ Ron (L) 3:00pm Reverse Trick or Treat (First Floor)	31 10:00am Weightlifting (A) 10:30am Bingo (A) 1:00pm Saturday Movie Gathering (JR)	
Calender Key: A – Activity Room FL - Front Lobby		CY - Courtyard L - Library MC - Memory Care	JR - Jefferson Room DR - Dining Room RR - Room to Room	S - Self led	N- New event/entertainer/Host	STORYPOINT Senior Living	