

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEAR PINK EVERY FRIDAY FOR BREAST CANCER AWARENESS MONTH						
				9:30am Morning Stretch (AR) 1 10:00am Bible Study (CHPL) 11:00am Chef Chat (DR) 1:00pm Halloween Word Scramble Brain Game (AR) 2:00pm Walmart Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Relaxing Stretch (AR)	Wear Pink 2 9:30am Morning Stretch (AR) 10:30am Chair Zumba (AR) 1:30pm Prayer Team (CHPL) 1:30pm Fall Harvest & Autumn Memories Event (AR) 3:15pm Uno (AR) 3:00pm Oktoberfest Happy Hour (AT) 6:00pm Documentary Night: "Inside the Mind of a Dog" (CHPL)	3 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Trivia (AR) 1:00pm Golden Memories (AR) 2:00pm Canasta (GR) 2:00pm Mac Ganoë Music (AT) 3:15pm Uno (AR)
10:15am Sunday Service 4 (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:00pm Student Piano Recital (AT)	5 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 1:30pm Breast Cancer Awareness Chat with Williamson County Health Department (AR) 2:30pm Live Music from Prad B. (AT) 3:30pm Uno (AR)	6 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:15am Religion Class with Chuck (AR) 1:00pm Beo Bucks Store (AR) 2:00pm Canasta (GR) 2:00pm Live Music from Billy Buchanan! (AT) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	7 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: "Cracker Barrel" 1:00pm Vitals Check with Total Wellness Therapy (AR) 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Live Music from Dean Patrick (AT) 6:00pm Movie Night: "Ghostbusters" (CHPL)	8 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Town Hall (DR) 1:00pm Words of Encouragement Cards for Vandy Breast Cancer Patients (AR) 2:00pm Target Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Relaxing Stretch (AR)	9 Wear Pink 9:30am Morning Stretch (AR) 10:00am Resident Council Intro Meeting for Council Members (CHPL) 11:00am Chair Zumba (AR) 1:30pm Prayer Team (CHPL) 2:00pm Happy Hour with Robert May Music (AT) 3:15pm Uno (AR) 6:00pm Documentary Night: "Inside the Mind of a Cat" (CHPL)	10 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Trivia (AR) 1:00pm Spintopia (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)
11 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	12 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 1:30pm Matinee Movie & Popcorn: "Nonnas" (CHPL) 2:30pm Rummikub (AR) 3:30pm Uno (AR)	13 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:15am Religion Class with Chuck (AR) 1:00pm Spintopia (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	14 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: "Jim & Nicks BBQ" 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:45pm Uno (AR)	15 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Chef Chat (DR) 1:00pm Noodleball (AT) 2:00pm Walmart Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	16 Wear Pink 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Left Right Center (AR) 1:30pm Prayer Team (CHPL) 2:00pm Rummikub (AR) 3:00pm Happy Hour with Ross Moore Music (AT)	17 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Trivia (AR) 1:00pm Golden Memories (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)
18 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	19 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 1:30pm Matinee Movie & Popcorn: "Anaconda" (CHPL) 2:30pm Rummikub (AR) 3:30pm Uno (AR)	20 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:15am Class with Chuck (AR) 1:00pm Critter Connection - Reptile Meet and Greet (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 6:00pm Ted Talk & Discussion (AR)	21 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: Scenic Drive & Stop at "Morning Glory Orchard" + Residents Choice Lunch 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:30pm Live Music from Cody Campbell (AT) 6:00pm Movie Night: "Beetlejuice" (CHPL)	22 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Chair Exercise (AR) 1:00pm Pumpkin Painting (AR) 2:00pm Target Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Relaxing Stretch (AR)	23 Wear Pink 9:30am Morning Stretch (AR) 11:00am Chair Zumba (AR) 1:30pm Prayer Team (CHPL) 2:00pm Rummikub (AR) 3:00pm Happy Hour with Nancy Liker Music (AT) 6:00pm Documentary Night: "My Octopus Teacher" (CHPL)	24 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Trivia (AR) 1:00pm Spintopia (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)
25 10:15am Sunday Service (CHPL) 11:15am Sit & Get Fit (AR) 1:00pm Noodleball (AT) 2:00pm Rummikub (AR) 3:15pm Uno (AR)	26 Flannel Day 9:30am Stretch Session with Total Wellness Therapy (AR) 10:30pm Chair Exercise (AR) 1:30pm Matinee Movie & Popcorn: "9-5" (CHPL) 2:30pm Rummikub (AR) 3:30pm Uno (AR)	27 Fun Hat Day 9:00am Croquet (FP) 9:30am Morning Stretch (AR) 10:15am Class with Chuck (AR) 1:00pm Spintopia (AR) 2:00pm Canasta (GR) 2:00pm Karaoke (AR) 3:15pm Uno (AR) 3:30pm Noodleball (AT) 6:00pm Ted Talk & Discussion (AR)	28 Fall Colors Day 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Bus Outing: "Meridee's Breadbasket Bakery & Restaurant" 2:00pm Rummikub (AR) 3:00pm Bingo (AR) 3:45pm Uno (AR) 6:00pm Movie Night: "Hocus Pocus" (CHPL)	29 Halloween Spirit 9:30am Morning Stretch (AR) 10:00am Bible Study (CHPL) 11:00am Chef Chat (DR) 2:00pm Walmart Bus Trip 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 2:30pm Halloween Party, Costume Contest, & Bill Sleeter Music (AT) 6:00pm Relaxing Stretch (AR)	30 Pink Out 9:30am Morning Stretch (AR) 11:00am Chair Zumba (AR) 1:30pm Prayer Team (CHPL) 2:00pm Mike Kanski Music (AT) 3:15pm Uno (AR) 6:00pm Documentary Night: "What the Health" (CHPL)	31 Halloween 9:30am Morning Stretch (AR) 10:30am Chair Exercise (AR) 11:00am Halloween Trivia (AR) 1:00pm Golden Memories (AR) 2:00pm Canasta (GR) 2:00pm Rummikub (AR) 3:15pm Uno (AR)

Calender Key:
AT – Atrium
AR – Activity Room
CHPL – Chapel
DR - Dining Room
GR – Game Room
LIB –Library
CY – Courtyard