

# DAILY ACTIVITIES

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
| 8:00 Walk & Talk<br>9:30 Tai Chi<br>10:30 Pottery<br>12:30 Watercolor<br>1:30 SAIL Exercise | 8:00 Walk & Talk<br>9:00 Adult Color<br>9:00 Circuit Training<br>10:00 Shadow Box Class<br>1:00 Movie & Popcorn<br>6:00 Dance Class | 8:00 Walk & Talk<br>10:30 Free Art Time<br>10:30 Tai Chi<br>1:30 SAIL Exercise<br><b>7:30 Jerry Duncan Band</b> | 8:00 Walk & Talk<br>9:00 Fitness & Exercise<br>9:00 Adult Color<br>10:00 Shadow Box Class<br>1:00 Bingo<br>2:00 Dance Class | 8:00 Walk & Talk<br>9:00 Donuts & Coffee Social Hour<br>11:00 Puzzle Mania<br>12:45 Writing Your Memories (8wk)<br>1:00 Quilting Club<br>1:00 Walk this Way |

# OCTOBER SPECIAL EVENTS

| Monday                                 | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
|  |  |  |   | <b>1</b><br>10:30 ECU Nursing Health Screens<br>1:00 Book Club - Before We Were Yours |
| <b>4</b><br>12:15 Monday Trivia        | <b>5</b><br>9:00 Create Fall Coloring Pages for Nursing Homes<br>Movie: Peanut Butter Falcon | <b>6</b><br>9:30 OSU Nutrition<br>10:45 Blood Pressure Checks                  | <b>7</b><br>11:30 Get Fresh Summer & Serve  | <b>8</b><br>Pumpkin Decorating Contest Due for Voting                                 |
| <b>11</b><br><b>CLOSED FOR HOLIDAY</b> | <b>12</b><br>12:15 S'mores Outdoors<br>1:00 Show & Share<br>Movie: Mulan                     | <b>13</b><br>9:30 J. Kelly Cooking Class<br>10:45 Blood Pressure Checks        | <b>14</b><br>12:15 Thursday Trivia<br>12:30 Jigsaw/Fall Puzzle Contest<br>12:15 Homemade Ice Cream on Patio | <b>15</b><br>12:15 Root Beer Floats   |
| <b>18</b><br>"Post It" Gratitude Wall  | <b>19</b><br>Movie: Guardian   | <b>20</b><br>9:30 OSU Nutrition<br>10:45 Health Talk<br>12:15 Wednesday Trivia | <b>21</b><br>12:15 Homemade Apple Cider by Fireside   | <b>22</b>   |
| <b>25</b><br>BOO! Guess Who Display!   | <b>26</b><br>12:15 Tuesday Trivia<br>Movie: Homesman   | <b>27</b><br>10:30 Fall Art Project: Door Turkey Hanger                        | <b>28</b><br>12:15 Make Your Own Milkshake  | <b>29</b><br>1:00 Book Discussion<br>Trick or Treat Bags & Balloons                   |