

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
10:00-Morning Movement w/ Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30 Music with Zigi Haun - P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation + Reflection w/ Heidi - MCR 2:00-BINGO-M 3:00 Tech Help with Gracie – M 3:45- Monday Concert w/ Dennis Radar- P	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00- Cardio Drumming - CR 2:00- Mahjong Game- M 2:30-Travel Club: Boquete, Panama - MCR 3:30- Sip + Paint with Katrina - M	9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00- Fall + Halloween Wreath Making with Hot Cider - M 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – 2nd FI Terrace	9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Tai Chi w/ Dr. Cindy - CR 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Speaker Series: Family History – P 4:00-Wine & Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Read + Discuss - MCR 2:00-BINGO - M 3:15-October Calendar Review! - MCR 6:30- Movie & Popcorn-MCR	9:00-4:00-College Football– 4 th FI 9:30-Chair Yoga w/ Farah -CR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:30- Book Club w/ Louise Watkins -3 rd FI CR 2:30-Cinnamon Bun Tasting! – M 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR Simchat Torah Begins
10:00- NEW Barre Fusion modified w/ Lexi- CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30 Piano w/ Brett Bryant - P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Brain Games - MCR 2:00-BINGO-M 3:00 Culinary Committee – MCR 4:00- Before Dinner Bubbly- DR Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00- Cardio Drumming - CR 2:00- Mahjong Game- M 2:00- Team Trivia - M 3:00-Travel Club: El Valle de Anton, Panama– MCR 6:00 Bobí's Casino Night with Blackjack Dealer McKenzie - GR	9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00- Fall + Halloween Wreath Making w/ Hot Cider - M 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – M 6:00-8:00- Moonlighter's Big Band – ILC	9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Physical Therapy Month Education – Therapy Room 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Speaker Series: Family History – P 4:00-Wine & Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Apple Month Treat Tasting! - M 2:00-BINGO - M 3:15-Sing-along Time w/ Gracie -P 6:30- Movie & Popcorn-MCR	9:00-4:00-College Football– 4 th FI 9:30- Morning Exercise 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00-Volunteer + Resident Fall Crafts-M 2:30- Hot Chocolate Bar – M 3:00-Creative Writing Class w/ Sandra – 3rd FI CR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement w/ Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30 Music with David + Karlie - C 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Meditation + Reflection w/ Heidi – MCR 1:30-Writing Group with Amy Lyles Wilson – 3 rd FI CR 2:00-BINGO-M 3:30 German - American Oktoberfest Celebration! – ILC 4:00-Monday Concert w/ Cody Campbell	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00-Picnic & Music w/ Gracie @ Centennial Park! 2:00- Mahjong Game- M 2:00- Taste of Panama - M 3:00-Travel Club: David, Panama - MCR 4:00-Before Dinner Bubbly - DR	9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Meditative Art with Watercolor - MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – ILC	9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Sip, Slice + Step w/ Jai - M 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Speaker Series: Family History – P 3:15-Town Hall – P 4:00-Wine & Cheese - P	9:45-Exercise – CR 10:30-Good Morning Nashville – 2nd FI Balcony 10:30 Communion w/ Episcopal Church - MCR 1:00-NEW! Resident Art Walk (See Daily Sheet for Artwalk Hosts) 2:00-BINGO - M 3:30-Remisning Music Group with Kyshona Armstrong - P 4:30-Fine Dining Music w/ Jazz Flute- DR 6:30- Movie & Popcorn-MCR	9:00-4:00-College Football– 4 th FI 9:30-Chair Yoga w/ Courtney-CR 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:30-Music by Marin Kurita - P 2:00-Art Class with Philo – 3rd FI CR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR
10:00-Morning Movement w/ Baxie-CR 11:00-Westminster Presbyterian Livestream-MCR 1:30-Movie & Popcorn- MCR 2:30-Bridge Game-M 3:00-Mahjong Game-GR 3:30 Piano w/ Cole Landry -P 6:00-Sunday Evening Movie-MCR 6:00-Sunday Night Baseball-M	9:45-Exercise-CR 10:30-Good Morning Nashville-2nd Floor Balcony 1:00-Brain Games - MCR 2:00-BINGO-M 3:00- Tech Help w/ Gracie – M 4:30-October Birthday Dinner -CR	9:45-Exercise-CR 10:30-Good Morning Nashville – 2nd Floor Balcony 1:00- Cardio Drumming - CR 2:00- Mahjong Game- M 2:00- Team Trivia - M 3:00-Travel Club: Panama City / Panama Canal – MCR 6:00 Bobí's Casino Night with Blackjack Dealer McKenzie - GR	9:45-Exercise with Cassidy-CR 10:30-Good Morning Nashville – 2nd FI Balcony 1:00-Hope Chorus Practice – P 2:00-Mahjong Game-GR 2:30-Music Therapy-MCR 3:15-Israeli Dance - CR 4:00-Happy Hour – ILC 4:00-6:00- Pumpkin Painting with Ginny's Girls! - M	9:45-Exercise with Judy – CR 10:30-Good Morning Nashville-2nd Floor Balcony 10:30- A Taste of Home Chilli Cookoff- M 1:00-Trick or Treat with Abe's At Home Team! - M 1:30 Flower Arranging Committee-M 2:00-Mahjong Game – M 2:30-Speaker Series: Family History – P	9:45-Exercise – CR 10:30- NEW! Questions & Appetizers w/ Chef Silvio- M 1:00-World Music Spotlight with Gracie - MCR 2:00-BINGO - M 3:30-Spooky Cocktails + Costume Contest! - ILC 6:30- Movie & Popcorn-MCR	9:00-4:00p-College Football– 4 th FI 9:30- Morning Exercise 9:30-Bridge Game-M 10:00-Share Your Stories – 2nd Floor Balcony 1:00-Read + Discuss: History of Halloween – MCR 2:00- Halloween Day Treats - M 3:00-Creative Writing Class w/ Sandra – 3 rd FI CR 3:00-Drop in Rummikub – M 6:00-Movie & Popcorn- MCR Halloween

All activities are subject to change. Please see daily sheets for the most up to date itinerary.