

October 2026

Assisted Living

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**All activities
subject to change!**



Pink Day!

Wear Fall Colors Day!!

Jersey day!

HALLOWEEN!

4 Independent Church Service <u>Independent Activity</u> • Coloring • Word search • crosswords • cards • Dominoes	5 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm- Bingo 5:30pm- Dinner	6 8:30am- Coffee & Convo 9:00am- Take a walk! 10:00am- Senior Choir 12:00pm- Lunch 1:30pm - ROSS MOORE MUSIC 2:45pm- BINGO 5:30pm- Dinner	7 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Chefs Corner 12:00pm- Lunch 2:30pm- PoKeNo 5:30pm- Dinner	8 9:00am- Take a walk! 9:30am- Voting 10:00am- Seated Exercise 11:00am- All Resident Town Hall 12:00pm- Lunch 2:30pm- BINGO 5:30pm- Dinner	9 8:30am- Coffee & Convo 9:00am- Morning Crossword 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2-4pm- STAFF MEETING 5:30p- Dinner	10 Independent Activity • Coloring • Word search • crosswords 1:00pm-cards 3:00pm- Dominoes
11 4:00pm- Mount Juliet Church of Christ <u>Independent Activity</u> • Coloring • Word search • crosswords • cards • Dominoes	8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 1:30pm- Nail Salon 2:30pm- Bingo 5:30pm- Dinner	13 8:30am- Coffee & Convo 9:00am- Take a walk! 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 1:00pm- Flu Clinic 2:30pm- BINGO 5:30pm- Dinner	14 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Church Service 12:00pm- Lunch 2:30pm- PoKeNo 5:30pm- Dinner	15 9:30am- Gather and Sip! 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm- BINGO 5:30pm- Dinner	16 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm- BINGO 5:30pm- Dinner	17 9:00pm- Chair Yoga Independent Activity • Coloring • Word search • crosswords 1:00pm-cards 3:00pm- Dominoes
18 Independent Church Service <u>Independent Activity</u> • Coloring • Word search • crosswords • cards • Dominoes	19 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm- Bingo 5:30pm- Dinner	20 8:30am- Coffee & Convo 9:00am- Take a walk! 10:30am - DULCIMERS! 12:00pm- Lunch 2:30pm- BINGO 5:30pm- Dinner	21 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am-Pastor Raymond leading Worship! 12:00pm- Lunch 1:30 pm - JESSICA JUNE MUSIC 3:00 pm - PoKeNo 5:30pm- Dinner	22 9:00am- Take a walk! 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm- BINGO 5:30pm- Dinner	23 8:30am- Coffee & Convo 9:00am- Morning Crossword 10:00am-Seated Exercise 11:00am- Word Games 11:00am- Free Market 12:00pm- Lunch 2:30pm- BINGO 5:30p- Dinner	24 9:00am- Chair Yoga Independent Activity • Coloring • Word search • crosswords 1:00pm-cards 3:00pm- Dominoes
25 2:00pm- Lebanon Road Church of Christ. <u>Independent Activity</u> • crosswords • cards • Dominoes	26 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 1:30pm- Nail Salon 2:30pm- Bingo 5:30pm- Dinner	27 8:30am- Coffee & Convo 9:00am- Take a walk! 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 1:30pm-Melody Music 2:30pm- BINGO 5:30pm- Dinner	28 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am-Pastor Raymond leading Worship! 12:00pm- Lunch 2:30pm- PoKeNo 5:30pm- Dinner	29 9:30am- Gather and Sip! 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm-BINGO 5:30pm- Dinner	30 DRESS UP FOR HALLOWEEN 8:30am- Coffee & Convo 9:00am- Morning News 10:00am- Seated Exercise 11:00am- Word Games 12:00pm- Lunch 2:30pm- Bingo 5:30pm- Dinner 8:00pm- TRICK OR TREAT NIGHT	31 HALLOWEEN! 9:00am- Chair Yoga Independent Activity • Coloring • Word search • crosswords 1:00pm-cards 3:00pm- Dominoes