

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2011



1
10:00 Flea Market
7:30 Bingo

2
5:00 Vespers

3
6:45 Zumba
9:00 Foot Care
10:00 Morning Out:
Multi-Stop
Northlake
10:00 Stretch & Flex
11:15 Circuit Training
12:00 Sit & Get Fit
1:30 Watercolor and
drawing
Sessions

4
6:45 Zumba
9:00 Wii Bowling
Tournament
1:00 Bingo
2:30 Pilates
4:45 Supper Out:
Colonnade

5
6:45 Zumba
8:30 Men's fitness
class
10:00 Kroger
10:00 Stretch & Flex
10:00 Mobile Nails
11:15 Veggie Man
11:30 Eleventh Floor
Luncheon
12:30 Sit & Get Fit
3:00 Bible Study

6
6:45 Zumba
10:00 In-town School
Performs
10:00 Publix
1:00 Activities
committee
meeting
2:30 Tai-Chi
3:45 Vespers Choir
6:00 Strength &
Conditioning

7
6:45 Zumba
9:30 Stroke
Prevention
Outing
10:00 Stretch & Flex
1:00 Flu Shot Day
2:00 Ceramics
7:00 Movie: Shall We
Dance?

8
9:00 Breakfast Buffet
10:00 Pet Therapy
11:00 Strength &
Conditioning
7:30 Bingo

9
5:00 Vespers

10
6:45 Zumba
9:00 Foot Care
10:00 Stretch & Flex
11:15 Circuit Training
12:00 Sit & Get Fit
1:00 Joyous
Dependency
Orientation
1:30 Watercolor and
drawing
Sessions
7:00 Movie: Madea's
Big Happy Family

11
6:45 Zumba
9:30 Wii Bowling
1:00 Special "Bingo
for Prizes"
2:30 Pilates
3:30 The Formation
of the Holy
Scriptures with
Chaplain Joe
4:45 Supper Out:
Lucky Key

12
6:45 Zumba
8:30 Men's fitness
class
10:00 Kroger
10:00 Stretch & Flex
11:15 Veggie Man
3:00 Bible Study

13
6:45 Zumba
10:00 Publix
2:30 Tai-Chi
3:45 Vespers Choir
6:00 Strength &
Conditioning
7:00 Family Open
House

14
6:45 Zumba
10:00 Stretch & Flex
10:00 Newcomer
committee
meeting
10:00 Mobile Eye Dr.
11:30 Birthday Lunch:
Violettes
1:00 Garden
committee
meeting
2:00 Ceramics

15
11:00 Strength &
Conditioning
7:30 Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 5:00 Vespers	17 6:45 Zumba 9:00 Foot Care 10:00 Breakfast Out: Old Hickory House 10:00 Stretch & Flex 11:15 Circuit Training 11:30 Ground & first floor luncheon 12:00 Sit & Get Fit 1:00 New Resident Orientation 1:30 Watercolor and drawing Sessions	18 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 3:00 ICS meeting 3:30 Storytelling 4:45 Supper Out: Blue Ribbon	19 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:00 Senate meeting 11:15 Veggie Man 12:30 Sit & Get Fit 3:00 Bible Study	20 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 7:00 New Resident Reception	21 6:45 Zumba 10:00 Stretch & Flex 11:30 Lunch Out: Hibachi Grill 1:30 Art Appreciation 7:00 Movie: <u>Jane Eyre</u>	22 11:00 Strength & Conditioning 7:30 Bingo
23 1:00 Lunch Buffet 5:00 Vespers	24 6:45 Zumba 9:00 Foot Care 10:00 Morning Out: Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions	25 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Olive Garden 7:00 Friendship Group with Chaplain Joe	26 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 3:00 Bible Study	27 6:45 Zumba 10:00 Publix 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	28 6:45 Zumba 9:30 Trip to Helen 10:00 Stretch & Flex 2:00 Ceramics	29 11:00 Strength & Conditioning 11:00 Shop & Lunch: Northlake Mall 7:30 Bingo
30 5:00 Vespers	31 6:45 Zumba 9:00 Foot Care 10:00 Morning Out: Multi-Stop Decatur 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions 5:30 Halloween Party					