

October Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
- Don't forget about the Weekly Brain Teaser Challenge. Pick up your challenge in the business center each week. - Please sign-in at all Wellness Activities (indicated by *) to entry drawing for Wellness prize.	- please note changes in times for exercise classes - R means resident run	- Daily Devotional Group w/ Beth, Jeff, and Sherry (R) 11:45-12:15 every day - Amazing Race rewatch Thursdays after Happy Hour in the Gentry (R)	1 10:00 Men's Circuit* 10:30 Women's Circuit* 1:00 Cookies & Calendar Talk 2:00 Canasta or Marble game (R)	2 9:30 Barefoot and Breath* 10:30 Learn a 9-minute daily routine for longevity w/ Betsy* 11:00 1-mile Happy Walk* 1:00 Fall Watercolor painting 4:00-5:00 Trivia Happy Hour	3 10:00 Forever Strong* 10:30 Stretch and Balance* 11:00 Lunch @ Olive Garden(R) 1:00 Hand and Foot Cards (R) 4:00 Movie-Walt Before Mickey 6:00-8:00 Ladies Only Dance Party*	4 10:00 Walking Club
5 3:00 Indoor Walking Club* 4:00 Movie Club (R)- Braveheart	6 10:00 Forever Strong* 10:30 Stretch and Balance* 2:00 Sock Pumpkin Craft 3:00 Grief & Growth: Regrets 4:00 Movie Club (R) - Little Women (2018 version) 7:00 Bocce Ball* (R)	7 9:00-10:00 Sip and Socialize 10:30 Pilates* 11:00 Power in Motion* 1:00 Mexican Train (R) 3:00 Dance Class* 4:00 Documentary Club (R) - Notorious Women of the Bible	8 10:00 Men's Circuit* 10:30 Women's Circuit* 11:30 Lunch and Learn w/ BCA - Healthcare and Long-Term Care Costs 2:00 Canasta or Marble game (R)	9 9:30 Barefoot and Breath* 10:30 Pilates* 11:00 Power in Motion* 3:00 Signature Sips w/ Ashley 4:00-5:00 Open Mic Comedy Happy Hour	10 10:00 Forever Strong* 10:30 Stretch and Balance* 1:00 Hand and Foot Cards (R) 2:00 New Resident Orientation 3:00 Pumpkin Challenge Cook-Off 4:00 Movie Club (R)- Queen Bees	11 10:00 Walking Club
12 3:00 Indoor Walking Club* 4:00 Movie Club (R)- The Dress Maker	13 10:00 Forever Strong* 10:30 Stretch and Balance* 2:00 Beginner Crochet Club(R) 3:00 Grief & Growth: Grief and your Household 4:00 Movie Club (R)- My Cousin Vinny 5:00 Grab-n-go: 9-5 crew 7:00 Cornhole* (R)	14 9:30 October Birthday Brunch 10:30 Pilates* 11:00 Power in Motion* 1:00 Mexican Train (R) 3:00 Dance Class* 4:00 Documentary Club (R) - M*A*S*H The Comedy that Changed Television	15 10:00 Men's Circuit* 10:30 Women's Circuit* 2:00 Canasta or Marble game(R) 3:00 Yappy Hour w/ Alex & Pet Costume Contest 5:00 Resident Potluck	16 9:30 Barefoot and Breath* 10:30 Pilates* 11:00 Power in Motion* 1:00 Make and Take: Bread Dip Mix 4:00-5:00 Karaoke Happy Hour	17 10:00 Forever Strong* 10:30 Stretch and Balance* 1:00 Hand and Foot Cards (R) 4:00 Movie Club (R)-The Basket 9:15-3:00 Day trip to Barber Motor Sports and Irondale Cafe (R)	18 10:00 Walking Club
19 3:00 Indoor Walking Club* 4:00 Movie Club (R)- Casablanca	20 10:00 Forever Strong* 10:30 Stretch and Balance* 2:00 Apple Cider and Churro Bar 3:00 Grief & Growth: Grief and Your Friendships 4:00 Movie Club (R)- A League of Their Own	21 9:30 Brunch and Learn w/ BUILD physical therapy 10:30 Pilates* 11:00 Power in Motion* 1:00 Mexican Train (R) 3:00 Dance Class* 4:00 Documentary Club (R) - The Truth about Stem Cells	22 10:00 Men's Circuit* 10:30 Women's Circuit* 1:00 Veteran's Group (R) 2:00 Canasta or Marble game (R) 4:00 Bingo	23 9:30 Barefoot and Breath* 10:30 Pilates* 11:00 Power in Motion* 2:00 Creative and Historical Writing Club (R) 4:00-7:00 ARISE Fall Festival (Invite your friends and family)	24 10:00 Forever Strong* 10:30 Stretch and Balance* 1:00 Hand and Foot Cards (R) 3:00 Olivia's Picks & Tips 4:00 Movie Club (R)- The Map that Leads to You 7:00 Bocce Ball* (R)	25 10:00 Walking Club
26 3:00 Indoor Walking Club* 4:00 Movie Club (R)- Schindler's List	27 10:00 Forever Strong* 10:30 Stretch and Balance* 2:00 Men Not at Work (R) 3:00 Grief & Growth: Questions for God 4:00 Movie Club (R)- On a Wing and a Prayer 6:30 Firepit Social	28 9:00-10:00 Sip and Socialize 10:30 Pilates* 11:00 Power in Motion* 1:00 Mexican Train (R) 3:00 Dance Class* 4:00 Documentary Club (R) - How China got Rich	29 10:00 Men's Circuit* 10:30 Women's Circuit* 1:00 Learn Gua Sha Facial Techniques 2:00 Canasta or Marble Game (R) 4:00 Poker Club (R)	30 9:30 Barefoot and Breath* 10:30 Pilates* 11:00 Power in Motion* 4:00-5:30 Halloween Costume Party	31 10:00 Forever Strong* 10:30 Stretch and Balance* 2:00 Lost Hauntings of 1800's Alabama w/ Jim Phillips 4:00 Spooky Movie Party (R)- Hocus Pocus	

LEGEND

The Gentry

The Club Room

Wellness Center

Fitness Studio

Studio 205

The Press

Community Garden

Dog Park

Bocce Ball Court

The Preserve

Saltwater Pool

The View

Grill Area