

October Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1 🔄 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics 🏠 1:00 Rummikub (R) 🏠 2:00 Calendar Talk 🔄 2:30 Sit Fit w/ Beth (R) ♣️ 3:00 Photo Share (R) 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)		2 🔄 9:00 Power Flow w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance ☕ 11:30 Ladies Who Lunch (R) 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🔄 4:00 Balance Bar Class 📺 6:00 "Live" Concert Series Featuring Boz Scaggs (R) 🍷 7:30 Firepit Social (R)	3 🍷 Outings - Greek Festival or Bluff Park Art Show 📺 TBA AU/Tenn Game (R) 📺 TBA ALA/Miss St Game (R) ☕ 8:00 Walking Club (R) 🏠 10:30 Men's Coffee (R) 🏠 2:00 Cards and Games (R) ♣️ 4:00 Mexican Train (R) 🍷 7:00 Cornhole (R)
4 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) ♣️ 1:00-4:00 Sourdough Gentleman Pop Up 🏠 2:00 Open Art Studio (R) 🏠 2:00 Mahjong (R) 🏠 3:00 Puzzle Club (R) 🏠 4:00 Poetry Share (R) 🏠 5:00 Pepper Pong (R) ☕ 7:00 Sunset Walking Club (R)	5 🔄 9:00 Yoga w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 📺 3:00 New Resident Orientation 📺 4:00 Book Club (R) 📺 5:00 Movie: Miracle in the Woods 🔄 5:30 Meet Me at the Gym (R) 🔄 6:00 Line Dancing (R) 🌸 7:30 Grounding in the Garden (R)	6 🏠 9:30 October B'day Breakfast 🔄 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 📺 4:00 Ted Talk Tuesday (R) 📺 4:30 Welcome Wagon Mtg (R) 🔄 5:00 Sit Fit w/Beth (R) 🏠 6:30 Ready, Set, Bet! Horseracing Game (R)	7 🔄 10:00 Stretch and Balance 🔄 10:30 Sit, Stand, Repeat! 🔄 1:00 Brain and Body Class 🏠 2:00 Air-dry Clay Ghosts ♣️ 3:00 Wii Bowling (R) 🔄 5:00 Strength and Stability ♣️ 6:00 Wine Down Wednesday 🏠 6:30 Make & Take: Non-toxic All- Purpose Cleaner 🌸 7:30 Grounding in the Garden (R)	8 🏠 9:15 Coffee w/ Candace 🔄 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics 🏠 12:00 -2:00 Private Event ♣️ 1:00 Rummikub (R) 🔄 2:30 Sit Fit w/ Beth (R) 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R) 📺 6:00 ASO @ Saturn-free concert 🏊 7:30 Evening Swim (R)	9 🔄 9:00 Power Flow w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance ☕ 11:30 ROMEO Club (R) 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🏠 3:00 Art Class w/ Holly (R) 🔄 4:00 Balance Bar Class ♣️ 7:00 S'mores at the Firepit 🍷 7:30 Firepit Social (R)	10 ☕ 8:00 Walking Club (R) 🏠 10:30 Men's Coffee (R) 🏠 3:00 Cards & Games (R) 📺 TBA BAMA/Georgia Game (R) ♣️ 4:00 Mexican Train (R) 🏠 7:00 Axe Throwing (R)	
11 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Mahjong (R) 🏠 3:00 Puzzle Club (R) ☕ 4:30-6:00 Free Concert Outing at Pelham Park - Black Sedan Band (Hoss C) ☕ 7:00 Sunset Walking Club (R)	12 🔄 9:00 Yoga w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 🏠 2:00 Monday Market (R) ♣️ 4:00 Left, Right, Center (R) 📺 5:00 Movie: Bad Counselors 🔄 5:30 Meet Me at the Gym (R) ♣️ 6:00 Wii Bowling (R) 🌸 7:30 Grounding in the Garden (R)	13 🏠 9:00-10:00 Sip and Socialize 🔄 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics 🏠 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 📺 4:00 Ted Talk Tuesday (R) ☕ 4:30 Pickleball @ Hunter Street Outing (R) 🔄 5:00 Sit Fit w/Beth (R) 🌸 7:30 BYOB Garden Hangout (R)	14 🔄 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🔄 1:00 Brain and Body Class ♣️ 2:00 Resident Jam Session (R) ♣️ 3:00 Wii Bowling (R) 🏠 4:00 Out on the Town Club (R) 🔄 5:00 Strength and Stability 🏠 6:00 After work Air-dry Clay Ghosts 🌸 7:30 Grounding in the Garden (R)	15 ☕ 9:30 Farm Bowl Walkover 🔄 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics 🔄 1:00 Rummikub (R) 🔄 2:30 Sit Fit w/ Beth (R) 🏠 3:00 Writing Club (R) 🏠 5:00-6:00 Picnic Pickup Happy Hour 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)	16 🔄 9:00 Power Flow w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🏠 3:00 Apple Challenge Cook-off 🔄 4:00 Balance Bar Class 📺 6:00 Laugh Lounge - Leanne Morgan 🍷 7:30 Firepit Social (R)	17 ☕ 8:00 Walking Club (R) ☕ 9:30 Guided Hike, Lake Trail at Oak Mountain State Park (R) 🏠 10:30 Men's Coffee (R) 📺 TBA BAMA/Tennessee Game (R) ♣️ 4:00 Mexican Train (R) 🏠 5:00 Cards and Games (R) 📺 TBA AU/Georgia Game (R)	
18 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) 🏠 2:00 Mahjong (R) 🏠 5:00 Pepper Pong (R) ☕ 4:30-6:00 Free Concert Outing at Pelham Pk - Deputy 5 (R) ☕ 7:00 Sunset Walking Club (R)	19 🔄 9:00 Yoga w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 🏠 2:00 Out on the Town Club (R) 📺 3:00 Grief Group (R) 📺 5:00 Movie: The Impossible 🔄 5:30 Meet Me at the Gym (R) 🔄 6:00 Progressive Affair (R) 🌸 7:30 Grounding in the Garden (R)	20 🏠 9:00-10:00 Sip and Socialize 🔄 10:30 Pilates (level 2) 🏊 11:00 Mobility Class ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 📺 4:00 Ted Talk Tuesday (R) 🔄 5:00 Sit Fit w/Beth (R) 🏠 5:30 D & D: Medicare New Rules/Retirement 🏠 6:30 Board Games w/ Jimbo (R)	21 🔄 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🔄 1:00 Brain and Body Class 🏠 1:30 Fall Prevention & BP Clinic ♣️ 2:00 Fried Oreos Treat ♣️ 3:00 Wii Bowling (R) 🔄 5:00 Strength and Stability ♣️ 6:00 After Work Fried Oreos 🌸 7:30 Grounding in the Garden(R)	22 🏠 8:00 Walk and Talk w/ Betsy 🔄 10:30 Pilates (level 2) 🔄 11:00 Mobility Class 🏠 1:00 Rummikub (R) 🔄 2:30 Sit Fit w/ Beth (R) ♣️ 3:30 Signature Sips w/ Ashley 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)	23 🔄 9:00 Power Flow w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance ☕ 11:30 Lunch Bunch (R) 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🔄 2:00 Balance Bar Class ☕ 4:00-6:00 Big Whiskey's Outing for happy hour (1/2 price items) 🍷 7:30 Firepit Social (R)	24 ☕ 8:00 Walking Club (R) 🏠 10:30 Men's Coffee (R) 📺 11:00 AU/LSU Game (R) 📺 TBA ALA/Texas A&M Game (R) 🏠 2:00 Cards and Games (R) ♣️ 4:00 Mexican Train (R) 🏠 7:00 Axe Throwing (R)	
25 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) 🏠 2:00 Mahjong (R) 🏠 3:00 Puzzle Club (R) 📺 4:30 Sound Bath w/ Maike ☕ 7:00 Sunset Walking Club (R)	26 🔄 9:00 No yoga today 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 📺 5:00 Movie: The Last Rodeo 🔄 5:30 Meet Me at the Gym (R) ♣️ 6:00 Wii Bowling (R) 🌸 7:30 Grounding in the Garden(R)	27 🏠 9:00-10:00 Sip and Socialize 🔄 10:30 Pilates(level 2) 🔄 11:00 Mobility Class ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 📺 4:00 Ted Talk Tuesday (R) 📺 4:30 Resident Sing Along (R) 🔄 5:00 Sit Fit w/Beth (R)	28 🔄 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🔄 1:00 Brain and Body Class ♣️ 2:00 Front Porch Stories (R) ♣️ 3:00 Wii Bowling (R) 🔄 5:00 Strength and Stability (R) 🏠 5:00 Grab & Go: for 9-5 Crew 🏠 6:00 Maker's Space Art/Crafts (R) 🌸 7:30 Grounding in the Garden (R)	29 🔄 8:30 Cardio and Cognition 🔄 10:30 Pilates (level 2) 🔄 11:00 Mobility Class 🏠 1:00 Rummikub (R) 🏠 2:00 Writing Club (R) 🔄 2:30 Sit Fit w/ Beth (R) ♣️ 3:00-4:00 Private Event 🏠 4:00-6:00 Halloween Costume Party 🌸 7:30 Evening Swim (R)	30 🔄 9:00 Power Flow w/ Michelle 🔄 10:00 Forever Strong 🔄 10:30 Stretch and Balance 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🏠 2:00 Lost Hauntings of Alabama, Jim Phillips, historian 🔄 4:00 Balance Bar Class 🍷 8:00 Spooky Outdoor Movie 🍷 7:30 Firepit Social (R)	31 ☕ 8:00 Walking Club (R) 📺 TBA AU/Ole Miss Game (R) 🏠 10:30 Men's Coffee (R) 🏠 2:00 Cards and Games (R) ♣️ 4:00 Mexican Train (R) 🏠 7:00 Axe Throwing (R)	

LEGEND

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

• Please note a level 2 exercise class would include floor work
• (R) means resident run
• Daily Devotional Group (R) 11:00 every weekday in the Gentry

October is Bringing the Fun!

October is shaping up to be a busy and fun-filled month at Arise Knox Square, with plenty of new activities, special events, and a few seasonal favorites!

We're getting crafty with **air-dry clay ghosts**, and this month we're offering two opportunities to participate—one during the day and **an after-hours option** just for our working residents. Choose the time that works best for you—you only need to attend one! We'll do the same with our **Fried Oreos treat**, offering a daytime time and an evening option for the working crowd. Pick one and come enjoy!

Our **Concert Series continues with Boz Scaggs**, and we're adding some laughs with a **Laugh Lounge featuring Leanne Morgan**, presented comedy-club style. Come relax, enjoy a special treat, and get ready to laugh! We'll also have two special Happy Hours this month: a **Picnic Pickup** and a **Halloween Costume Party**. Details to follow about those events. Plus, bring your favorite apple creation to our **Apple Challenge Cook-Off** and see what everyone comes up with! Prizes for the winners!

Our **Monday Market** returns as an opportunity to exchange homemade goodies, crafts, and other creations with your neighbors. And local historian Jim Phillips will be back to share some spooky stories with **Lost Hauntings of Alabama**. We'll even take the movie outdoors with a spooky movie night in the grill area using our outdoor projector.

It's also time for our quarterly **Progressive Affair**! If you'd like to host a stop in October, let me know—we'd love to have you be part of it.

And don't forget to check the calendar for our October outings, including free concerts, walkovers, hikes, and more. There's a lot happening this month, so grab your calendar and come join the fun!

"The best communities aren't built with bricks—they're built with hellos, invitations, and shared laughs."

OCTOBER 2026



COMMUNITY NEWSLETTER

Lights, Camera, Your Opinion!

Our resident-run movie screenings are being discontinued for now due to low attendance. But our movie buffs—we want to hear from you! What would make you want to come to a movie in the theater? Is it the day or time, the movies being offered, or something else? Let your voice be heard so we can better understand what you'd like to see. Ideally, we'd also love to have a group of residents willing to help with movie programming—choosing movies, starting the movie occasionally, and helping create a schedule that works for the community. Having several residents involved would allow us to better serve the whole community without the burden falling on one person. So, let us know if you are willing to help. For next month, movies will be limited to those scheduled and hosted by staff. But the theater is always available for you to use!

No reservation is needed unless you want the theater completely private. Bring your own DVD, use our free movie apps or paid services like YouTube TV, Angel Studios and MagellanTV, or sign into your personal streaming services such as Netflix or Prime Video. Not sure how to use the theater? Just ask! We're happy to give you a quick lesson.

Happy Birthday

- Oct 2nd - David W
- Oct 3rd - Linda C and Marie O
- Oct 4th - Paula A
- Oct 8th - Bruce S
- Oct 10th - Cynthia W
- Oct 15th - Michael B
- Oct 16th - Ric L and Susan V
- Oct 18th - Monique H
- Oct 26th - Bruce E and Alice Ann K
- Oct 29th - Tina S