

2021 October Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 Fresh Start Garden Apple Cider & Our Garden Zucchini Bread 11:00 The Nature Connection-Seeds of Season 2:00 Knitting & Lacing Circle 2:30 Likable Legends The Men's Group 4:00 CL& Namaste Wellness Chair Tai Chi 6:00 Netflix Movie	10:00 Morning Stretch Hello 11:00 Spiro 100 Let's Move Safely Exercises 11:30 Light & Easy Hand Strengthening Exercises 2:00 Bingo Game of Chance 4:00 Not Just TV Salt Box TV 6:00 Movie Choice
10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 ESR Reflections Of Hope w/ Nehemiah 2:00 ESR Music Discussion ESR The Real Book Part 1 w/Big Ben Hillman 2:30 Mind Stretchers 4:00 Reading Hour: Poetry Of The Season 6:00 TV Choice	10:00 Good News & Happenings 11:00 Weekly News Round Up 11:30 Tabletop Games 2:00 Balance Barre Fitness 2:30 Fresh Air Friends Courtyard Conversations 4:00 CL & Namaste Wellness Chair Yoga 4:30 It Happened This Week. 6:00 Teatime & Treasured Stories	10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 2:00 Spelling Bee Challenge w/ Karen 2:30 Artful Art: Watercolor s 3:30 Bridge Club w/ Michael C. 4:00 ESL Canadian Warplane Heritage Museum Virtual Tour 6:00 It's Better Together Jigsaw Puzzles	10:00 Good News & Happenings 10:30 Move & Groove w/ L. Juitt 11:00 Community Good Works: Edibles for the Eliot Kitchen Apple Cookies 2:00 Classic Favorites w/ Ted Powers 4:00 ESL Memphis Zoo: African Penguins ** 6:00 Bingo Game of Chance	10:00 Good News & Happenings 10:30 CL & Namaste Wellness Chair Pilates 11:00 Bridges Golden Notes Choir 11:30 Sights & Sounds of Autumn Road Trip 1 2:00 Word Game Challenge w/ Dawn 4:00 Atlanta History Center Locomotion Railroads 6:00 Color For Mindfulness	10:00 The Kids Are Alright NVTH 11:00 Team Building: Marshmallows Pasta Towers 2:00 That's Sew Crafty: Mitsy Kit Sewing Circle 2:30 Likable Legends: The Men's Group 4:00 CL & Namaste Wellness Chair Tai Chi 6:00 Netflix Movie	10:00 Morning Stretch Hello 11:00 Travel Destination Discovering Denmark 11:30 Reminisce Ball Toss 1:30 More Clue Trivia 2:00 Bingo Game of Chance 4:00 Inquiring Minds 6:00 Movie Choice
10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 Inspirational People w/ Bridget 2:00 ESR Music Discussion ESR The Real Book Part 2 w/Big Ben Hillman 2:30 More Mind Stretchers 4:00 The Artist At Work: Bob Ross 6:00 TV Choice	10:00 Good News & Happenings 11:00 Debbie Block Presents 11:30 All About Indigenous People Day 2:00 Balance Barre Fitness 2:30 Weekly News Round Up 4:00 CL Wellness Chair Yoga For Tranquility 4:30 It Happened This Week 6:00 Teatime & Treasured Stories	10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 2:00 Fragrant Flower Arranging: Colors Of Fall 3:30 Bridge Club w/ Michael C. 4:00 ESL Dr. Pepper Museum Reminisce By Gone Sodas 6:00 It's Better Together Jigsaw Puzzles	10:00 Good News & Happenings 10:30 Light & Lively Morning Stretch 11:00 Bible Study w/ Rev. S. Wade 2:00 Broadway Musicals w/ Joe Malone 2:30 Shake Rattle & Stroll 4:00 ESL Royal BC Museum Ask An Orca Enthusiast ** 6:00 Bingo Game Of Chance	10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Bridges Golden Notes Choir Rehearsal w/ Jeanne M. 11:30 Fall Garden Group: Planting Mums 2:00 Zumba /Stretch & Tone w/ Carol 4:00 ESL Australian Environmental Australian Animals 6:00 Color For Mindfulness	10:00 The Kids Are Alright NVTH 11:00 The Nature Connection 2:00 Knitting & Lacing Circle 2:30 Likable Legends: The Men's Group 4:00 CL& Namaste Wellness Chair Tai Chi 4:30 Heartfelt Stories 6:00 Netflix Movie	10:00 Morning Stretch Hello 11:00 Confection Connection Banana Pineapple Cake 11:30 Manicures & Hand Massages 1:30 Mind Stretchers 2:00 Bingo Game of Chance 4:00 Not Just TV Salt Box TV 6:00 Movie Choice
10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 ESR Reflections Of Hope w/Nehemiah 2:00 Call Out The Answer 2:30 Seasonal Social Apple Pie & Ice Cream 4:00 Favorite Songs To Sing 6:00 TV Choice	10:00 Good News & Happenings & More 11:00 Weekly News Round Up 11:30 Drumming Your Dreams w/A. Lopez 2:00 Balance Barre Fitness w/Gretchen 2:30 Artful Art: Fall Collages 4:00 ESL Finding Empowerment Through Song w/ Angel S. ** 4:30 It Happened This Week 6:00 Teatime & Treasured Stories	10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 2:00 John Clark Presents 3:30 Bridge Club w/ Michael C. 4:00 ESL Royal Botanical Gardens The Squash Family 6:00 It's Better Together Jigsaw Puzzles	10:00 Good News & Happenings 10:30 Move & Groove w/ L. Juitt 11:30 Artful Art: Pumpkin Painting 2:00 Karaoke Favorites w/ Cindy 2:30 Tabletop Games 4:00 Spiritual Service w/ St. Marks Church & Rev. Wade ** 6:00 Bingo Game Of Chance	10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Bridges Golden Notes Choir Rehearsal w/ Jeanne M. 11:30 Discussion Topics TED ED 1:30 Finish The Lyrics 2:30 Jazz Musician Brian Kane 4:00 Listening Library: Stories 6:00 Color For Mindfulness	10:00 The Kids Are Alright NVTH 11:00 Photography & Fall Foliage Miller State Park w/ Amanda 2:00 That's Sew Crafty: Mitsy Kit 2:30 Likable Legends: The Men's Group 4:00 CL & Namaste Wellness Chair Tai Chi 4:30 Conversation Starters 6:00 Netflix Movie	10:00 Morning Stretch Hello 11:00 ESR Name That Tune: Halloween Edition 11:30 Reminisce Ball Toss 1:30 You Be The Judge Vol 3 2:00 Bingo Game of Chance 4:00 Rick Steves Travel Video 6:00 Movie Choice
10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 Inspirational People w/ Bridget 2:00 ESR Music Discussion Simon & Garfunkel 2:30 Brain Fitness w/ Bridget 4:00 The Artist At Work Bob Ross 6:00 TV Choice	10:00 Good News & Happenings 11:00 Steps In Time: Ballroom Dancing 2:00 Weekly News Round Up 2:30 Cranium Crunches 4:00 CL& Namaste Wellness Chair Yoga For Tranquility 4:30 It Happened This Week 6:00 Teatime & Treasured Stories	10:00 Good News & Happenings 10:30 CL& Namaste Wellness Chair Pilates 11:00 Praying of the Rosary 2:00 Retro Recipe Remake w/ Tom 2:30 Sights & Sounds Of Autumn Road Trip 3:30 Bridge Club w/ Michael C. 4:00 Cranium Crunches 6:00 It's Better Together Jigsaw Puzzles	10:00 Good News & Happenings 10:30 Men's Coffee w/ Al 11:00 Shake Rattle Stroll: Walking Group 11:30 Musical Twister 2:00 One Of Kind: Music w/ Denise D. 4:00 CL& Namaste Wellness Chair Yoga 6:00 Bingo Game Of Chance	10:00 Good News & Happenings 10:30 CL & Namaste Wellness Chair Pilates 11:00 Confection Connection Gingerbread Build Halloween 1 2:00 Zumba Stretch & Tone w/ Carol 4:00 ESL Liberty Hall Museum Governors, Ghosts & George Washington 6:00 Color for Mindfulness	10:00 The Kids Are Alright NVTH 11:00 Confection Connection: Gingerbread Build-Halloween 2 1:30 ESL Birds Of Prey Owls 2:00 Resident Council w/ Erica 2:30 Mwa-Ha Ha -Michael G. Halloween Show 4:00 CL & Namaste Wellness Chair Tai Chi 6:00 Netflix Movie	10:00 Morning Stretch Hello 11:00 Travel Destination The Red Square In Russia 11:30 Manicures & Hand Massages 1:30 This Or That 2:00 Bingo Game of Chance 4:00 Brain Fitness w/ Bridget 6:00 Movie Choice
10:00 Prayers & Communion w/Blessed Trinity Parish 11:00 ESR Reflections Of Hope w/ Nehemiah 2:00 Conversation Starters 2:30 Mwa-Ha-Ha Take 2 Michael G. Halloween Show 4:00 Reading Hour Poetry of the Season 6:00 TV Choice			ELS: Eversound Live Streaming Eversound Live Streaming is dedicated to bringing older adults the best in live interactive educational and entertaining programming from exceptional presenters and organizations, such as museums, art institutes, and other cultural, historic and artistic venues that make up our content partner community. ESR: Eversound Recorded Programs		**4:00PM CL & Namaste Wellness Chair Yoga Class Programs Subject To Change	