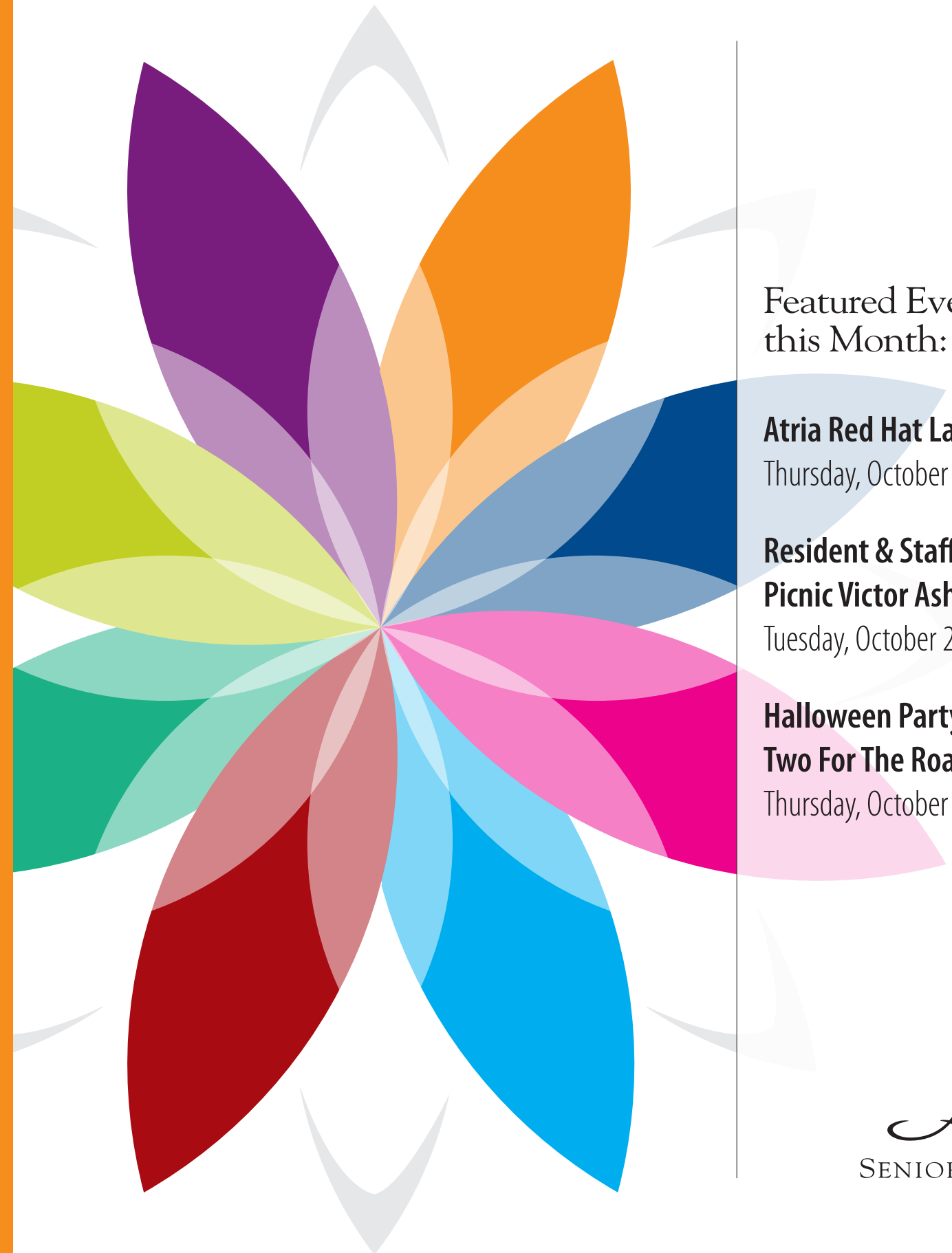


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Atria Red Hat Ladies Quilt Show

Thursday, October 17, 6:00 PM

Resident & Staff

Picnic Victor Ashe Park

Tuesday, October 22, 10:00 AM

**Halloween Party with
Two For The Road**

Thursday, October 31, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2019

ATRIA WESTON PLACE engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

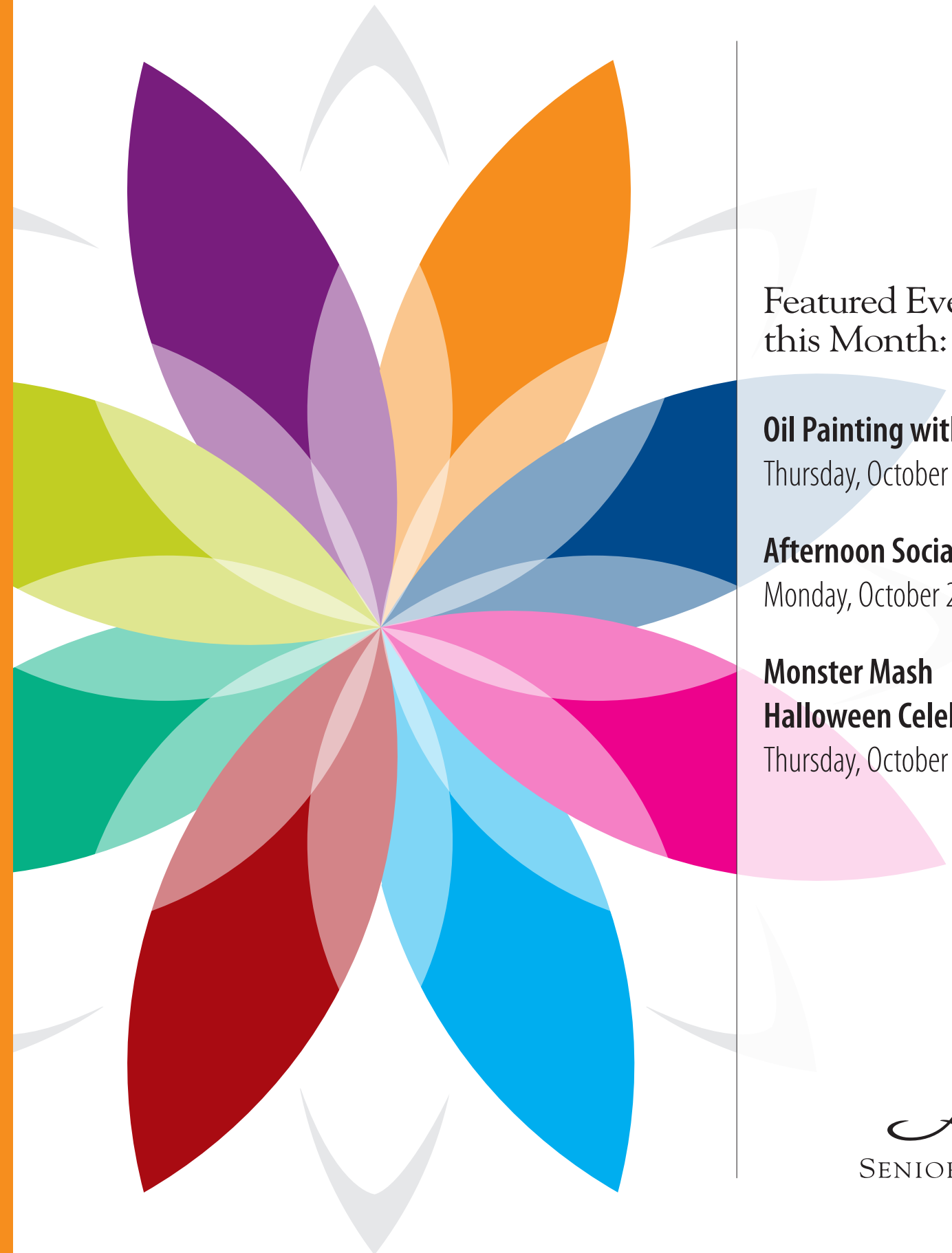
- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- Atria StoryWise**

<p>10:00 News & Coffee (P)</p> <p>11:00 IS First Baptist Church Service on TV (AR)</p> <p>1:00 HF Sunday Stretch (AR) (DA)</p> <p>2:00 IS Middlebrook Methodist Service (AR) (DA)</p> <p>3:00 Sunday Sundaes (P) (AR)</p> <p>4:00 HF Walking Wonders (AR)</p> <p>5:45 LL Wii® Are You Smarter Than A 5th Grader? (AR)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P) (RLA)</p> <p>9:30 HF Stretching for Range of Motion (AR) (BP)</p> <p>10:30 EF Mighty Musical Monday Old City Buskers (L) (BP)</p> <p>1:00 PA Flower Arranging with Ellie (LR) (RLA)</p> <p>1:30 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 EF Comedian Jason Jones Performs (ARP) (TW)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Exercise (AR) (BP)</p> <p>10:30 IS Bible Study - Chaplain Nathan Williams (AR) (ILA)</p> <p>1:15 Nails & Tales (AR) (BP)</p> <p>2:00 LL iPad® Time (AR) (BP)</p> <p>3:00 EF Petra & Koa</p> <p>3:00 IS StoryWise™ Laughter Therapy (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:30 EF Sing Along with Dennis (AR) (ILA)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Exercise with Kate from Intrepid (AR) (ILA)</p> <p>10:00 CV Mobile Meals (L) (TW)</p> <p>1:30 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>3:00 Bingo with Smoky Mt. Home Health (AR) (ILA)</p> <p>4:15 HF Biggest Loser Workout (BP)</p> <p>6:00 HF Engaged Brain Packet Challenge (AR) (RLA)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P)</p> <p>9:30 HF Exercise & Goal Setting for Phys. Fit (AR) (BP)</p> <p>10:30 CE Oil Painting Class 1 (AR) (BP)</p> <p>1:00 Trip to Walmart (L) (TW)</p> <p>2:30 IS Bible Study with Bill Mynatt (AR) (RLA)</p> <p>4:00 HF Walking Wonders (RLA)</p> <p>5:30 EF Men's Movie Night (L) (BP)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Matter of Balance Class (AR) (BP)</p> <p>10:30 IL Zoo Knoxville Visits (LR) (ILA)</p> <p>10:30 CE Oil Painting Class 2 (AR) (BP)</p> <p>2:00 C Happy Hour (AR) (TW)</p> <p>2:30 PA Monthly Resident Birthday Party (OC) (BP)</p> <p>3:30 Turn It Over (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>4:30 EF Storming Crabs Seafood Dinner Outing (L) (TW)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Zumba® Gold (AR) (ILA)</p> <p>10:45 CE Arts & Crafts (AR) (DA)</p> <p>1:00 CV Pet Therapy with the Humane Society (LR) (ILA)</p> <p>1:15 EF Rummikub® (LR) (DA)</p> <p>2:15 Bingo (AR) (DA)</p> <p>4:00 HF Walking Wonders (L) (DA)</p> <p>6:00 EF Vols. vs. Georgia Bulldogs (AR) (DA)</p>
<p>10:00 News & Coffee (P)</p> <p>11:00 IS First Baptist Church Service on TV (AR)</p> <p>1:00 HF Sunday Stretch (AR) (DA)</p> <p>2:00 IS Middlebrook Methodist Service (AR) (DA)</p> <p>3:00 Sunday Sundaes (P) (AR)</p> <p>4:00 HF Walking Wonders (AR)</p> <p>5:45 LL Wii® Are You Smarter Than A 5th Grader? (AR)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P) (RLA)</p> <p>9:30 HF Stretching for Range of Motion (AR) (BP)</p> <p>10:30 EF Mighty Musical Monday Old City Buskers (L) (BP)</p> <p>1:00 PA Flower Arranging with Ellie (LR) (RLA)</p> <p>1:30 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 EF Comedian Jason Jones Performs (ARP) (TW)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Exercise (AR) (BP)</p> <p>10:30 HF Intrepid Blood Pressure Class (P)</p> <p>1:15 EF Personal Errands (L) (TW)</p> <p>2:00 CE Chef's Table with Curtis (AR)</p> <p>3:00 LL iPad® Time (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 HF What's In A Word? (RLA)</p>	<p>9:00 News & Coffee (P)</p> <p>9:15 HF Exercise (AR) (TW)</p> <p>10:00 CV Mobile Meals (L) (TW)</p> <p>1:30 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>3:45 IS StoryWise™ Laughter Therapy (AR) (BP)</p> <p>4:15 HF Biggest Loser Workout (BP)</p> <p>6:00 HF Engaged Brain Packet Challenge (AR) (RLA)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P)</p> <p>9:30 HF Exercise & Goal Setting for Phys. Fit (AR) (BP)</p> <p>10:30 CE Oil Painting Class 1 (AR) (BP)</p> <p>1:00 Trip to Walmart (L) (TW)</p> <p>2:30 IS Bible Study with Bill Mynatt (LR) (RLA)</p> <p>4:00 HF Walking Wonders (RLA)</p> <p>6:00 LL Reading with UT Librarian Linda S. (AR) (ILA)</p>	<p>8:30 EF Red Hat Ladies Scrambled Jake's Outing (L) (TW)</p> <p>9:00 News & Coffee (P)</p> <p>10:00 HF Matter of Balance Class (AR) (TW)</p> <p>10:30 CE Oil Painting Class 2 (AR) (BP)</p> <p>2:00 C Happy Hour & Guitar with Ed Bolin (AR) (TW)</p> <p>3:15 C Resident Event Club (AR) (BP)</p> <p>4:00 HF Walking Wonders (TW)</p> <p>6:00 EF Rummikub® (LR) (RLA)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Matter of Balance Class (AR) (AR)</p> <p>11:00 C Ladies Tea (LR) (AR)</p> <p>1:15 Bingo (AR) (AR)</p> <p>3:30 HF Nutrition Class (AR) (AR)</p> <p>4:00 Turn It Over (AR) (AR)</p> <p>6:00 HF Zumba® Gold (AR) (ILA)</p> <p>6:30 EF Vols vs. Mississippi State (AR) (AR)</p>
<p>10:00 News & Coffee (P)</p> <p>11:00 IS First Baptist Church Service on TV (AR)</p> <p>1:00 HF Sunday Stretch (AR) (AR)</p> <p>2:00 IS Temple Baptist Church Service (AR) (AR)</p> <p>3:00 Sunday Sundaes (P) (AR)</p> <p>4:00 HF Walking Wonders (AR)</p> <p>5:45 LL Wii® Jeopardy!® (AR) (AR)</p>	<p>9:00 News & Coffee (P) (RLA)</p> <p>9:30 PA Helping Hands (LR) (RLA)</p> <p>10:00 HF Stretching for Range of Motion (AR) (BP)</p> <p>10:30 PA Flower Arranging with Ellie (LR) (RLA)</p> <p>11:00 C Atria Store (AR) (TW)</p> <p>1:15 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 EF Blue Moon (AR) (TW)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Exercise (AR) (BP)</p> <p>10:30 IS Bible Study - Chaplain Nathan Williams (AR) (ILA)</p> <p>1:15 HF Food for Thought with Curtis (AR)</p> <p>2:00 EF Fredda Valentine Temples (LR) (BP)</p> <p>3:00 C 3 wishes (AR) (ILA)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>4:00 LL iPad® Time (AR) (BP)</p> <p>6:30 EF Music with Kathy Huber (AR)</p>	<p>9:00 HF Annual Flu Clinic (AR) (ILA)</p> <p>9:00 News & Coffee (P)</p> <p>9:15 HF Exercise (LR) (TW)</p> <p>10:00 CV Mobile Meals (L) (TW)</p> <p>1:30 Bingo (AR) (BP)</p> <p>2:45 PA Ambassador Meeting (AR) (BP)</p> <p>4:15 HF Biggest Loser Workout (BP)</p> <p>6:00 HF Engaged Brain Packet Challenge (RLA)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P)</p> <p>9:30 HF Exercise & Goal Setting for Phys. Fit (AR) (BP)</p> <p>10:30 CE Oil Painting Class 1 (AR) (BP)</p> <p>1:00 Trip to Walmart (L) (TW)</p> <p>2:30 IS Bible Study with Bill Mynatt (LR) (RLA)</p> <p>4:00 HF Walking Wonders (RLA)</p> <p>6:00 CE Atria Red Hat Ladies Quilt Show (LR) (BP)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Matter of Balance Class (AR) (BP)</p> <p>10:30 CE Oil Painting Class 2 (AR) (BP)</p> <p>1:30 IS StoryWise™ Laughter Therapy (AR) (BP)</p> <p>2:00 C Happy Hour (AR) (BP)</p> <p>3:00 C Resident Council Meeting with Amelia (AR)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 EF Rummikub® (LR) (RLA)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Zumba® Gold (AR) (ILA)</p> <p>10:45 EF Rummikub® (AR) (DA)</p> <p>1:00 CE Arts and Crafts (AR) (DA)</p> <p>3:30 Bingo (AR) (DA)</p> <p>4:30 HF Walking Wonders (DA)</p> <p>6:00 Turn It Over (AR) (RLA)</p> <p>6:00 EF Alabama Crimson Tide vs. Vols (AR) (DA)</p>
<p>10:00 News & Coffee (P)</p> <p>11:00 IS First Baptist Church Service on TV (AR)</p> <p>1:00 HF Sunday Stretch (AR) (DA)</p> <p>2:00 IS Temple Baptist Church Service (AR) (DA)</p> <p>3:00 Sunday Sundaes (P) (DA)</p> <p>4:00 HF Walking Wonders (L) (DA)</p> <p>5:45 LL Wii® Who Wants To Be A Millionaire? (AR)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P) (RLA)</p> <p>9:30 HF Stretching for Range of Motion (AR) (BP)</p> <p>10:30 CV Knox County Voting (AR) (ILA)</p> <p>1:00 PA Flower Arranging with Ellie (LR) (RLA)</p> <p>1:15 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 Horse Racing (LR) (TW)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 C Resident & Staff picnic Victor Ashe park (L) (TW)</p> <p>10:00 HF Exercise (AR) (BP)</p> <p>10:45 Bingo</p> <p>1:00 Trip to Target (L) (TW)</p> <p>2:00 LL iPad® Time (AR) (BP)</p> <p>3:00 IS StoryWise™ Laughter Therapy (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 Movie and Popcorn (RLA)</p>	<p>9:00 News & Coffee (P)</p> <p>9:15 HF Exercise (AR) (TW)</p> <p>10:00 CV Mobile Meals (L) (TW)</p> <p>1:30 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:15 HF Biggest Loser Workout (BP)</p> <p>6:00 HF Engaged Brain Packet Challenge (AR) (RLA)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P)</p> <p>9:30 HF Exercise & Goal Setting for Phys. Fit (AR) (BP)</p> <p>10:30 CE Oil Painting Class 1 (AR) (BP)</p> <p>1:00 Trip to Wal-Mart (L) (TW)</p> <p>2:30 IS Bible Study with Bill Mynatt (LR) (RLA)</p> <p>4:00 HF Walking Wonders (RLA)</p> <p>6:00 LL Reading with UT Librarian Linda S. (AR) (ILA)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Matter of Balance Class (AR) (BP)</p> <p>10:30 CE Oil Painting Class 2 (AR) (BP)</p> <p>2:00 C Happy Hour (AR) (BP)</p> <p>2:30 C Welcome New Residents Party (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 EF Movie & Popcorn (AR) (BP)</p>	<p>9:00 News & Coffee (P)</p> <p>10:00 HF Matter of Balance Class (AR) (AR)</p> <p>11:00 C Ladies Tea (LR) (AR)</p> <p>1:15 Nails & Tails (AR) (AR)</p> <p>2:15 Bingo (AR) (AR)</p> <p>3:30 EF Turn It Over (AR) (AR)</p> <p>6:00 EF Vols vs. South Carolina (AR) (AR)</p> <p>6:00 HF Zumba® Gold (AR) (ILA)</p>
<p>10:00 News & Coffee (P)</p> <p>11:00 IS First Baptist Church Service on TV (AR)</p> <p>1:00 HF Sunday Stretch (AR) (AR)</p> <p>2:00 IS Temple Baptist Church Service (AR) (AR)</p> <p>3:00 Sunday Sundaes (AR)</p> <p>4:00 HF Walking Wonders (AR)</p> <p>5:45 LL Wii® Jeopardy!® (AR) (AR)</p>	<p>9:00 PA Helping Hands (LR) (RLA)</p> <p>9:00 News & Coffee (P) (RLA)</p> <p>10:00 HF Stretching for Range of Motion (AR) (BP)</p> <p>10:30 PA Flower Arranging with Ellie (AR) (RLA)</p> <p>1:15 Bingo E. Tennessee Personal Care Marcee (AR) (ILA)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:00 HF Walking Wonders (BP)</p> <p>6:00 EF Blue Moon (LR) (TW)</p>	<p>9:00 News & Coffee (P) (RLA)</p> <p>10:00 HF Exercise (AR) (BP)</p> <p>10:45 Bingo (AR) (BP)</p> <p>1:00 Kohls (L) (TW)</p> <p>2:00 LL iPad® Time (AR) (BP)</p> <p>3:00 IS StoryWise™ Laughter Therapy (AR) (BP)</p> <p>4:00 HF Walking Wonders (L) (BP)</p> <p>6:00 Movie & Popcorn (AR) (RLA)</p>	<p>9:00 News & Coffee (P) (RLA)</p> <p>9:15 HF Exercise (AR) (TW)</p> <p>10:00 CV Mobile Meals (L) (TW)</p> <p>1:30 Bingo (AR) (BP)</p> <p>3:00 LL Sew & Stitch & Pattern Making (AR) (BP)</p> <p>4:15 HF Biggest Loser Workout (AR) (BP)</p> <p>6:00 HF Engage Your Brain Packet Challenge (AR) (RLA)</p>	<p>9:00 News & Coffee (P) (RLA)</p> <p>9:30 HF Exercise & Goal Setting for Phys. Fit. (AR) (BP)</p> <p>10:30 CE Oil Painting Class 1 (AR) (BP)</p> <p>11:00 IS Bible Study with Bill Mynatt (LR) (RLA)</p> <p>1:00 Trip to Wal-Mart (L) (TW)</p> <p>2:00 EF Halloween Party with Two For The Road</p> <p>4:00 HF Walking Wonders (L) (BP)</p> <p>6:00 Rummikub® (LR) (RLA)</p>	<p>ROOM LOCATION KEY:</p> <p>Living Room LR</p> <p>Lobby L</p> <p>Azalea Room Patio ARP</p> <p>Outside Cabana OC</p> <p>Azalea Room AR</p> <p>Parlor P</p>	<p>STAFF KEY:</p> <p>Teresa Walden, ELPI TW</p> <p>Resident Led Activity RLA</p> <p>Bonnie Parton BP</p> <p>Instructor Led Activity ILA</p> <p>Dierdra Ayala, ELPI DA</p> <p>Annette Russell, ELPI AR</p>

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Oil Painting with Bonnie
Thursday, October 3, 1:30 PM

Afternoon Social
Monday, October 28, 2:00 PM

**Monster Mash
Halloween Celebration**
Thursday, October 31, 3:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2019

ATRIA WESTON PLACE life guidance®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- AW** Atria StoryWise
- J** Legato

6
10:30 **HF** Movin' and Groovin'
11:00 **IS** Gaither Sing Along
11:30 **LL** Week in Review (P) (ILA)
2:30 Sunday Sundaes
3:00 **IS** Temple Baptist Church Service
4:00 **HF** Sunday afternoon Stretch (P) (ILA)
4:30 **J** Inspirational Karaoke (RLA)

7
10:30 **EF** Music Monday @ The TN Theater
10:30 **HF** Takin' a Stroll down Memory Lane (OC) (ILA)
11:00 **PA** Nails & Tales
1:30 **CE** Flower Arranging with Ellie (AR) (RLA)
3:00 **C** Sharing our Life Story (RLA)
4:00 **HF** Sunshine Strolling and Gazebo Lemonade
4:45 **J** Good Ole Fashioned 40's Sing Along

8
10:30 **HF** Stretchin' and Standin' (LR) (ILA)
11:30 **C** DAILY CHRONICLES
1:30 **HF** Bean Bag Twister (LR) (BP)
2:00 Chef's Table with Curtis (AR) (ILA)
3:00 **EF** Dickey Dominoes (LR) (ILA)
4:30 **J** LEGATO: Tunes from our past
6:30 **PA** Remember When

9
10:00 **CV** Mobile Meals/Scenic Drive
10:30 **HF** WEDNESDAY WALKS (INDOOR/OUTDOOR)
11:00 **EF** FINISH THE LINE...
11:30 **LL** DAILY CHRONICLES
1:30 **J** LEGATO: Music History
3:00 **HF** LG LET'S DANCE
4:30 **C** Reminisce: PAST OCCUPATION: TEACHERS
6:45 **PA** Evening Puzzles

10
10:30 **HF** Yoga (P) (ILA)
11:30 Daily Chronicles
1:30 **CE** Oil Painting (BP)
2:30 **C** All About Me (OC) (RLA)
3:00 **PA** THINKING THURSDAY...
4:00 **HF** LEGATO: STRETCHING TO THE OLDIES
4:30 NAIL CARE & HAND MASSAGES
6:45 **EF** Night Owls

11
10:30 **HF** FRIDAY FITNESS
11:00 **PA** FINISH THE LINE
11:30 **LL** Damsel's and Donuts Women's Chat
2:00 **EF** Happy Hour w/Ed Bolin on guitar (AR)
3:00 **PA** ATRIA ALPHABET
4:00 **HF** Badminton
4:30 YOU BE THE JUDGE
5:45 **C** Gazebo Lemonade Chat (OC) (RLA)
6:45 **PA** Word Challenge

12
10:30 **HF** STRETCHING FOR RANGE OF MOTION
11:00 **J** LEGATO: LG FAVORITE KARAOKE SING ALONG
11:30 **LL** DAILY CHRONICLES
2:00 LG Bingo
4:00 **HF** SATURDAY STRETCH
4:30 **PA** SHARING STORIES
6:30 **J** Music to Unwind to

13
10:00 **LL** DAILY CHRONICLES
10:30 **HF** MOVIN' AND GROOVIN'
11:00 **IS** Spiritual Video
SUNDAY SUNDAES
3:00 **IS** Temple Baptist Church Service
4:00 **HF** SUNDAY STRETCH
4:30 **J** LEGATO: Gospel Sing Along
6:30 **PA** Winding Down

14
10:30 **HF** MONDAY STRETCH
10:30 **LL** Sew & Stitch
11:00 **PA** Nails & Tales
11:30 **C** DAILY CHRONICLES
1:30 **CE** Flower Arranging with Ellie (AR) (RLA)
3:00 **IS** SHARING OUR LIFE STORY
4:00 **HF** FITNESS FUN
4:30 **J** LEGATO: LG BAND KEEPS IN TUNE
6:00 **J** Enspire Desire Jewelry Cellise Lambert

15
10:30 **HF** TUESDAY TOE TAPPING AND FINGER FLEXING
10:30 **IS** BIBLE STUDY: Chaplain Nathan Williams (AR)
11:00 **IS** KCC Sings and Shares The Good News
2:00 **EF** LEGATO: FREDDA TEMPLE PERFORMS
3:30 **LL** DAILY CHRONICLES
4:00 **HF** STRETCHING TO THE TUNES
6:30 **J** Music with Kathy Huber (AR)

16
10:00 **CV** Mobile Meals/Scenic Drive
10:30 **HF** WEDNESDAY WALKS (INDOOR/OUTDOOR)
11:00 **LL** Daily Chronicles
12:00 **CV** Alzheimer's Family Support Group
2:00 **CE** Happy Hats (hat making) with Missy (AR)
3:00 **J** LEGATO: LG BAND
4:00 **HF** LG GET UP AND MOVE
4:30 YOU BE THE JUDGE
6:45 **PA** Sharing Memories

17
10:30 **HF** Morning Stretch
10:30 **LL** Sew & Stitch (AR) (BP)
11:30 DAILY CHRONICLES
2:00 **LL** Atria's Chef Showdown (LDR) (ILA)
3:00 **PA** FINISH THE LINE
4:00 **HF** LEGATO: PITCHING & CATCHING
4:30 NAIL CARE & HAND MASSAGES
5:30 **EF** Carmike 7 Movie Night
6:45 **EF** Night Owls

18
10:30 **HF** FIT FRIDAY
11:00 **J** LEGATO: LG Name that Tune
11:30 **LL** Damsel's and Donuts Women's Chat (LR) (ILA)
2:30 **EF** Happy Hour
3:00 Courtyard Gardening and Sweet Tea
4:00 **HF** MOVING & STRETCHING
4:30 ATRIA ALPHABET
6:45 **J** Relaxation Music

19
10:30 **HF** STRETCHING FOR RANGE OF MOTION
11:00 **CE** LG CREATIVITY
11:30 **LL** DAILY CHRONICLES
2:00 **EF** Pass the PopcornMovie Trivia (LR) (ILA)
3:00 LG Bingo (AR)
4:00 **HF** VOLLEYBALL
4:30 **PA** Share a Story with ME
5:00 **ASK ME TO HELP**

20
10:00 **LL** DAILY CHRONICLES
10:30 **HF** MOVIN' AND GROOVIN'
11:00 **IS** Gaither Sing along
2:30 SUNDAY SUNDAES
3:00 **IS** Temple Baptist Church Service
4:00 **HF** SUNDAY STRETCH
4:30 **J** LEGATO: LG BAND
6:30 **PA** Winding Down

21
10:30 **HF** MONDAY STRETCH
10:45 **EF** S&S Cafeteria Lunch Outing
11:00 **PA** Nails & Tales
11:30 **C** DAILY CHRONICLES
1:30 **LL** Learning a New Skill
3:00 **C** StoryWise™:
4:00 **HF** FITNESS FUN
4:30 **J** LEGATO: LG SING ALONG
6:30 **PA** Musical Moments

22
10:30 **HF** TUESDAY TOE TAPPING & FINGER FLEXING
11:00 **J** LEGATO: Favorite Tunes
11:30 **EF** Balderdash™ (LR) (ILA)
2:30 **HF** STRETCH
3:00 **LL** Triplets
3:15 **EF** MUSICAL MATINEE
6:45 **PA** Remember When

23
10:00 **CV** Mobile Meals/Scenic Drive
10:30 **HF** WEDNESDAY WALKS (INDOOR/OUTDOOR)
11:00 Daily Chronicles
2:30 **PA** Words in A Word
3:00 **LL** Fill In The Blank
4:00 **HF** LG LET'S DANCE
4:30 **J** LEGATO: SING ALONG
6:45 **PA** Sharing Memories

24
10:30 **HF** LG BALANCE TRAINING
11:30 **C** Daily Chronicles
1:30 **CE** Oil painting with Bonnie (AR) (BP)
2:30 **C** LIFE STORIES
3:00 **PA** THINKING THURSDAY...
4:00 **HF** LEGATO: STRETCHING TO THE OLDIES
4:30 NAIL CARE & HAND MASSAGES
6:45 **EF** Night Owls

25
10:30 **HF** FIT FRIDAY
11:00 **J** LG SING ALONG
11:30 **LL** DAILY CHRONICLES
2:30 **EF** Welcome To The Neighborhood Party
3:00 COURTYARD GARDENING
4:00 **HF** MOVING & GROOVING
4:30 **PA** ATRIA ALPHABET
6:45 **PA** WORD CHALLENGE

26
10:30 **HF** STRETCHING FOR RANGE OF MOTION
11:00 **J** LEGATO: LG FAVORITE KARAOKE SING ALONG
11:30 **LL** DAILY CHRONICLES
1:30 LG Bingo
4:00 **HF** SATURDAY STRETCH WITH RSA
4:30 **PA** Tell Me A Story
6:30 **ASK ME TO HELP**

27
10:00 **LL** Morning Coffee and Happy Headlines
10:30 **HF** MOVIN' AND GROOVIN'
11:00 **IS** Spiritual Video
2:30 SUNDAY SUNDAES
3:00 **IS** Temple Baptist Church Service
4:00 **HF** Volleyball
4:30 **J** SUNDAY SING ALONG
6:30 **J** Let the Lyric Linger (LR) (ILA)

28
10:30 **HF** MONDAY STRETCH
11:00 **PA** Nails & Tales
2:00 **EF** Afternoon Social (LR) (BP)
3:00 **IS** SHARING OUR LIFE STORY
4:00 **HF** FITNESS FUN
4:30 **J** LEGATO: LG KARAOKE
6:30 **PA** Puzzles and Card Games

29
10:30 **LL** Sew & Stitch: Pattern Making
10:30 **IS** BIBLE STUDY: Chaplain Nathan Williams (AR)
2:30 **PA** Thinking Tuesday
3:00 **C** DAILY CHRONICLES
4:00 **HF** STRETCHING TO THE TUNES
6:30 **J** Sing Along with Dennis (AR)

30
9:45 **CV** Mobile Meals/Scenic Drive
10:30 **HF** WEDNESDAY WALKS (INDOOR/OUTDOOR)
11:30 Happy Headlines and Coffee
2:30 **C** Sharing Our Stories
4:00 **HF** LG GET UP AND MOVE
6:45 **J** Peaceful Playlist and Stretching

31
Happy Halloween!
10:30 **HF** MORNING STRETCH
11:00 **C** Getting To Know You
11:30 Happy Headlines and Coffee
3:00 **EF** Monster Mash Halloween Celebration
4:00 **HF** LEGATO: PITCHING & CATCHING
6:30 **EF** Winding Down

- ROOM LOCATION KEY:**
- Azalea Room AR
 - Living Room LR
 - Outside Cabana OC
 - Parlor P
 - Laurel Dining Room LDR
- STAFF KEY:**
- Bonnie Parton BP
 - Instructor Led Activity ILA
 - Resident Led Activity RLA

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