



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Community Sore Hours 1-3 Tuesday, Thursday, Saturday Movies 2pm and 6pm M-F Events and Places subject to change Blood Pressure Check @ 11:00 In The (SL) On Monday's</p>					<p><b>Can Food Drive (Front Lobby)</b> 1</p> <p>9:00 Morning Stretch (F) 9:30 Yoga for your Brain Zentangle (G) 10:00 Water Aerobics W/Laura 11:00 Better Balance (F) <b>11:00 Mary Kay W/Elizabeth (R)</b> 11:30 Storytelling (CR) 1:00 Advanced Line Dancing Class (F) 1:00 Bridge (CR) <b>1:30 Church Committee Mtg. (G)</b> 2:00 Brain Fitness (F) 6:00 Shabbat (G)</p>	<p>2</p> <p>9:00 Walking Warriors Club (F) 10:00 Tell Me Something Good (2nd Floor SL) 10:30 Movie Club (SL) 1:30 Rummikub (SL) 2:00 and 6:00pm Movie (T) 2:00 Swat Ball (G) 3:00 Happy Hour (SL)</p>
<p>3</p> <p>10:00 , 2:00pm and 6:00pm Movie (T) 10:00 Church Worship 1:00 Euchre W/Friends (CR) 1:30 Left Right Center Resident Lead (2nd Floor SL) 1:30 Rummikub (SL) <b>2:00 Bingo W/Max (G)</b> 3:00 Water the Flower Beds In Back</p>	<p>4</p> <p>9:00 Morning Stretch (F) 10:00 Writing Poetry (GR) 10:30 Water Aerobics W/Laura 11:00 Beginning Balance (F) <b>1:00 Carol Brandon Review (T)</b> 1:00 Mah Jongg (4th Fl) 1:30 Bingo (G) 1:30 Chicken Foot (SL) 2:00 Better Balance (F) 2:30 Magazine I spy (G) 3:00 Swat Ball (G) <b>4:00 Active Aging Week Olympics (Court Yard)</b> 7:00 Poker 1st Floor</p>	<p>5</p> <p>9:00 Sit &amp; Be Fit (F) 9:30 Morning Meditation (CR) 10:00 Men's Strength (F) 10:30 Arts and Crafts (C) Painting Pumpkins 11:00 Aerobic Dance W/Templa 11:00 Communion Service (GR) 1:00 New Beginner Line Dancing Class (G) <b>1:00 Resident Council Meeting (CR)</b> 1:30 HWN Jewelry Repair (SL) 2:00 Brain Fitness (F) <b>3:00 October Fest Happy Hour W/Viktor K(SL)</b> <b>4:00 Active Aging Week Olympics (Court Yard)</b></p>	<p>6</p> <p><b>Dinner Music W/Ray</b></p> <p>9:00 Drum-Cardio W/Music (F) 10:00 Daily Devotion (CR) 10:00 Water Aerobics W/Laura 10:30 Reminiscing The 1960's (CR) 11:00 Total Body Stretch (F) 1:30 Bingo (G) 2:00 Beginning Balance (F) <b>4:00 Active Aging Week Olympics (Court Yard)</b> 7:00 Poker 1st Floor</p>	<p>7</p> <p>9:00 Sit &amp; Be Fit (F) 10:00 Creative Writing (CR) 10:00 Walking Club (F) 10:30 Bible Study W/Prestonwood Baptist Church (G) 11:00 Cardio &amp; Strength (F) 1:00 Mah Jongg (4th Fl) 1:30 Rummikub (SL) 2:00 Better Balance (F) 2:00 Five Minute Mysteries (CR) 3:00 Happy Hour (SL) <b>4:00 Active Aging Week Olympics (Court Yard)</b></p>	<p>8</p> <p><b>Wear Your College T Shirt Today!</b></p> <p>9:30 Yoga for your Brain Zentangle (G) 10:00 Water Aerobics W/Laura 10:30 Random Acts of Kindness (Notes &amp; Flowers CR ) <b>11:00 Dolls Lunch Red Truck Cafe (SU)</b> 11:30 Storytelling (CR) 1:00 Advanced Line Dancing Class (F) 1:00 Bridge (CR) 6:00 Shabbat (G)</p>	<p>9</p> <p><b>Avon (R)</b></p> <p>9:00 Walking Warriors Club (F) 10:00 Tell Me Something Good (2nd Floor SL) <b>11:00 Tech Class W/Mia (SL)</b> 1:30 Rummikub (SL) 2:00 and 6:00pm Movie (T) 2:00 The Price Is Right (G) 3:00 Happy Hour (SL)</p>
<p>10</p> <p>10:00 , 2:00pm and 6:00pm Movie (T) 10:00 Church Worship 1:00 Euchre W/Friends (CR) 1:30 Left Right Center Resident Lead (2nd Floor SL) 1:30 Rummikub (SL) <b>2:00 Billiards W/The Boss (3rd Floor)</b> 3:00 Water the Flower Beds In Back</p>	<p>11</p> <p><b>Columbus Day</b></p> <p>9:00 Morning Stretch (F) 10:00 Reading Poetry (GR) 10:30 Water Aerobics W/Laura 11:00 Beginning Balance (F) 1:00 Mah Jongg (4th Fl) 1:30 Bingo (G) 1:30 Chicken Foot (SL) 2:00 Better Balance (F) 2:30 Hangman (G) <b>3:00 New Resident Orientation (G)</b> 3:00 Swat Ball (G) 7:00 Poker 1st Floor</p>	<p>12</p> <p>9:00 Sit &amp; Be Fit (F) 9:30 Morning Meditation (CR) 10:00 Men's Strength (F) 10:30 Arts and Crafts (C) Cookie Sheet Frankenstein &amp; Ghost 11:00 Aerobic Dance W/Templa <b>11:00 Town Hall Meeting (G)</b> <b>1:00 Food Committee Meeting (G)</b> 1:00 New Beginner Line Dancing Class (G) <b>1:30 Celebration Birthday Cart</b> 2:00 Brain Fitness (F) 3:00 Happy Hour (SL)</p>	<p>13</p> <p>9:00 Drum-Cardio W/Music (F) <b>10:00 Collin County History Museum (SU)</b> 10:00 Daily Devotion (CR) 10:00 Water Aerobics W/Laura 10:30 Reminiscing The 1960's (CR) 11:00 Total Body Stretch (F) 11:15 Discovery University (G) (May It please The Court) 1:30 Bingo (G) <b>1:30 Buck &amp; Gloria To Sing (Second Floor SL)</b> 2:00 Beginning Balance (F) 7:00 Poker 1st Floor</p>	<p>14</p> <p><b>Claudia's Apparel Sale (R) 10-4</b></p> <p>9:00 Sit &amp; Be Fit (F) 10:00 Creative Writing (CR) 10:00 Walking Club (F) 10:30 Bible Study W/Prestonwood Baptist Church (G) 11:00 Cardio &amp; Strength (F) 1:00 Mah Jongg (4th Fl) 1:30 Rummikub (SL) 2:00 Better Balance (F) 2:00 Five Minute Mysteries (CR) 3:00 Happy Hour (SL) <b>4:00 Bavarian Grill Dinner Out (SU)</b></p>	<p>15</p> <p><b>Healthy Choices Themed Meal</b></p> <p>9:00 Morning Stretch (F) 9:30 Yoga for your Brain Zentangle (G) <b>10:00 Paparazzi \$5 Jewelry (R)</b> 10:00 Water Aerobics W/Laura 11:00 Better Balance (F) <b>11:00 Walk in the Park Benefiting Brest Cancer SU)</b> 11:30 Storytelling (CR) 1:00 Advanced Line Dancing Class (F) 1:00 Bridge (CR) <b>1:30 Jessie Frank To Sing (Second Floor SL)</b> 2:00 Brain Fitness (F) 6:00 Shabbat (G) <b>6:30 McKinney Concerts (SU) Taylor Red</b></p>	<p>16</p> <p>9:00 Walking Warriors Club (F) 10:00 Tell Me Something Good (2nd Floor SL) 10:30 Movie Club (SL) 1:30 Rummikub (SL) 2:00 and 6:00pm Movie (T) 2:00 Wii Bowling (G) 3:00 Happy Hour (SL)</p>
<p>17</p> <p>10:00 , 2:00pm and 6:00pm Movie (T) 10:00 Church Worship 1:00 Euchre W/Friends (CR) 1:30 Left Right Center Resident Lead (2nd Floor SL) 1:30 Rummikub (SL) <b>2:00 Wii Bowling W/ Roberto (G)</b> 3:00 Water the Flower Beds In Back</p>	<p>18</p> <p>9:00 Morning Stretch (F) 10:00 Writing Poetry (GR) 10:30 Water Aerobics W/Laura 11:00 Beginning Balance (F) 1:00 Mah Jongg (4th Fl) <b>1:00 Wellness Lecture W/Aaron Fall Prevention (T)</b> 1:30 Bingo (G) 1:30 Chicken Foot (SL) 2:00 Better Balance (F) <b>2:00 Lone Star Wine Tasting (SU)</b> 2:30 Magazine I spy (G) 3:00 Swat Ball (G) 7:00 Poker 1st Floor</p>	<p>19</p> <p>9:00 Sit &amp; Be Fit (F) 9:30 Morning Meditation (CR) 10:00 Men's Strength (F) 10:30 Arts and Crafts (C) W/Discovery at Home 11:00 Aerobic Dance W/Templa 11:00 Communion Service (GR) 1:00 New Beginner Line Dancing Class (G) <b>2:00 Activity Council Meeting (CR)</b> 2:00 Brain Fitness (F) 3:00 Happy Hour (SL) <b>7:00 Greeting Card Class (SU)</b></p>	<p>20</p> <p><b>Dinner Music W/Ray</b></p> <p>9:00 Drum-Cardio W/Music (F) 10:00 Daily Devotion (CR) 10:00 Water Aerobics W/Laura 10:30 Reminiscing The 1960's (CR) <b>10:30 Ambassador Meeting (G)</b> 11:00 Total Body Stretch (F) 1:30 Bingo (G) <b>1:30 Tony Walsh To Sing (Second Floor SL)</b> 2:00 Beginning Balance (F) 7:00 Poker 1st Floor</p>	<p>21</p> <p>9:00 Sit &amp; Be Fit (F) 10:00 Creative Writing (CR) 10:00 Walking Club (F) 10:30 Bible Study W/Prestonwood Baptist Church (G) <b>10:30 Medicare Work Shop W/Pamela Taylor (G)</b> 11:00 Cardio &amp; Strength (F) 1:00 Mah Jongg (4th Fl) 1:30 Rummikub (SL) 2:00 Better Balance (F) 2:00 Five Minute Mysteries (CR) 2:00 Rabbi Wolk (T) 3:00 Happy Hour (SL)</p>	<p>22</p> <p><b>NFL T Shirt Day!</b></p> <p>9:00 Morning Stretch (F) 9:30 Yoga for your Brain Zentangle (G) 10:00 Water Aerobics W/Laura 11:00 Better Balance (F) <b>11:00 ROMEO'S Kenny's Burger's (SU)</b> 11:30 Storytelling and Bring Picture's To Share With "AWE" Moment's (CR) 1:00 Advanced Line Dancing Class (F) 1:00 Bridge (CR) 2:00 Brain Fitness (F) 6:00 Shabbat (G) <b>7:00 Mixer W/Tony Macaroni (DR)</b></p>	<p>23</p> <p>9:00 Walking Warriors Club (F) 10:00 Tell Me Something Good (2nd Floor SL) <b>11:00 Tech Class W/Mia (SL)</b> 1:30 Rummikub (SL) 2:00 and 6:00pm Movie (T) 2:00 Ring Toss (G) 3:00 Happy Hour (SL)</p>
<p>24</p> <p>10:00 , 2:00pm and 6:00pm Movie (T) 10:00 Church Worship 1:00 Euchre W/Friends (CR) 1:30 Rummikub (SL) <b>2:00 Sip And Paint W/Laura</b></p>	<p>25</p> <p>9:00 Morning Stretch (F) 10:00 Reading Poetry (GR) 10:30 Water Aerobics W/Laura 11:00 Beginning Balance (F) <b>11:00 Health Talk Discovery At Home (T)</b> 1:00 Mah Jongg (4th Fl) 1:30 Bingo (G) 1:30 Chicken Foot (SL) 2:00 Better Balance (F) 2:30 Hangman (G) 3:00 Swat Ball (G) 7:00 Poker 1st Floor</p>	<p>26</p> <p>9:00 Sit &amp; Be Fit (F) 9:30 Morning Meditation (CR) 10:00 Men's Strength (F) 10:30 Arts and Crafts (C) Dried Flower Book Marks 11:00 Aerobic Dance W/Templa 1:00 New Beginner Line Dancing Class (G) 2:00 Brain Fitness (F) 3:00 Happy Hour (SL)</p>	<p>27</p> <p>9:00 Drum-Cardio W/Music (F) <b>9:15 WinStar Casino (SU)</b> 10:00 Banks (SU) 10:00 Daily Devotion (CR) 10:00 Water Aerobics W/Laura 10:30 Reminiscing The 1960's (CR) 11:00 Total Body Stretch (F) 1:30 Bingo (G) <b>1:30 Marty Nelson To Sing (2nd Floor SL)</b> 2:00 Beginning Balance (F) <b>2:30 Chef Demo (GR)</b> 7:00 Poker 1st Floor</p>	<p>28</p> <p>9:00 Sit &amp; Be Fit (F) 10:00 Creative Writing (CR) 10:00 Walking Club (F) 10:30 Bible Study W/Prestonwood Baptist Church (G) 11:00 Cardio &amp; Strength (F) 1:00 Mah Jongg (4th Fl) 1:30 Rummikub (SL) 2:00 Better Balance (F) 2:00 Five Minute Mysteries (CR) 3:00 Happy Hour (SL) <b>4:00 Whiskey Cake's (SU)</b></p>	<p>29</p> <p>9:00 Morning Stretch (F) 9:30 Yoga for your Brain Zentangle (G) 10:00 Water Aerobics W/Laura 11:00 Better Balance (F) 11:30 Storytelling (CR) 1:00 Advanced Line Dancing Class (F) 1:00 Bridge (CR) <b>1:30 Costume Parade (Prizes Will Be Awarded)(SL))</b> 2:00 Brain Fitness (F) <b>3:00 Witches Brew and Appetizers (SL)</b> 6:00 Shabbat (G)</p>	<p>30</p> <p>9:00 Walking Warriors Club (F) 10:00 Tell Me Something Good (2nd Floor SL) <b>10:30 Blanket Making (SU)(G)</b> 1:30 Rummikub (SL) 2:00 and 6:00pm Movie (T) 2:00 Ping Pong Plunk (G) 3:00 Happy Hour (SL)</p>
<p>31</p> <p><b>Wear Costume/Halloween Colors</b></p> <p>10:00 , 2:00pm and 6:00pm Movie (T) 10:00 Church Worship 1:00 Euchre W/Friends (CR) 1:30 Rummikub (SL) <b>2:00 Comedy Hour W/Pam (T)</b></p>						