

October 2023 Calendar

Independent Living - Life Enrichment & Wellness

Making a Difference

October Birthdays



Lee Bowers 10/4
 Betty Love 10/4
 Esther Jackson 10/7
 Sarah Schell 10/11
 Ron Hoover 10/14
 Bob Southwell 10/15

Barney Blackwelder 10/26
 Milt Jellum 10/26
 Betty Spradley 10/26
 Ruthann Poore 10/29
 Lois Kirkpatrick 10/31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 WPC Service CH 98 - CR 2:00 Board Games- CR 2:00 Memorial Service For Polly Schuerg-HH 3:00 Oakland Ave. Presbyterian Church Communion Service- CR 4:00 Vespers - HH 6:00 Friendly Game of Pool **Food Drive will begin and run through the end of the month**	2 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move & Groove - P 3:00 Newport Walmart 6:00 Movie Night - MT We will begin <i>The Chosen</i>	3 9:00 - 2:00 Blood Drive - HH 9:30 Healthy Lower Body - CR 11:00 Brain Games - CR 1:30 Balance/Core - CR 2:00 Sweet & Salty with Arzu 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:30 Hymn Sing - HH 7:00 Toast Masters - CR	4 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:15 Lou Ardrey's Bible Study-HH 11:30 Westminster Picnic 1:30 Full Body Stretch - HH 3:00 Church Service - HH 3:30 Westminster Classic 6:00 Card Games - CR AL Bus Day <i>National Golf Lovers Day</i>	5 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 1:30 Harris Teeter 3:00 World Teacher Day Celebration - HH 6:00 Dominoes - CR <i>World Teacher Day</i>	6 10:00 Water Walking & Stretch - P 11:00 Communion Service in the Health Center Chapel 11:00 Seated Tai Chi - CH 99 11:30 Outing to Windy Hill Orchard & Cidery in York 2:00 Mindfulness w/Michelle 3:00 Balloon Volleyball - HH 6:00 Evening Stroll W/ neighbor	7 10:30 Voices of Experience Fall Concert 2:00 Saturday Matinee - MT 2:00 Corn hole - HH 3:00 Rummikub - CR 6:30 Bingo - HH
8 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 3:00 St. Anne's Catholic Communion Service - HH Deacon Ted Clement Presiding 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	9 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move & Groove - P 3:30 CVS / Walgreens / Dollar Tree 4:45 Outing to Red Bowl 6:00 Movie Night The Chosen Series Ep 2 ** Walking Club kicks off	10 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study-HH 11:00 Brain Games - CR 1:30 Balance/Core - CR 2:00 Sweet and Salty W/ Arzu - CR 3:00 Bingo - HH 6:30 Hymn Sing - HH	11 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Outing to the Fish Market 1:30 Full Body Stretch- HH 3:00 Church Service - HH 3:30 Mocktail Party - L 6:00 Card Games - CR	12 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 11:30 Lunch w/Pastor Lee - DR 1:30 Balance/Core - HH 1:30 Harris Teeter 2:00 Short Story Club -CR 6:00 Dominoes - CR 10:00 - 12:00 Health Clinic - CR By Agape Care, Blood Pressure	13 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 10:45 Lunch at Garden Café and Bison Ranch Tour 2:00 Mindfulness w/Michelle 3:00 Balloon Volleyball 6:00 Evening Stroll w/ Neighbor AL Bus Day	14 10:30 Choir Practice - HH 2:00 Saturday Matinee - MT <i>Residents Choice</i> 2:00 Cornhole - HH 3:00 Rummikub - CR 6:30 Bingo - HH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
15 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 3:00 Tenor Singer From Winthrop - HH 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	16 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move & Groove - P 3:00 Newport Walmart 6:00 Movie Night - MT The Chosen Series Ep 3	17 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study-HH 11:00 The Audiology Center - CR 11:00 Brain Games - MT 1:30 Balance/Core - HH 2:00 Sweet & Salty with Arzu-CR 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:30 Hymn Sing 7:00 Toastmasters - CR	18 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Outing Goucho's 1:30 Fullbody Stretch - HH 3:00 Church Service - HH 3:30 Westminster Classic - CY 6:00 Card Games - CR AL Bus Day	19 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 1:30 Harris Teeter 2:00 Wellness Social - CR 6:00 Dominoes - CR <i>National Arthritis Day</i>	20 9:15 Outing to Samaritans Purse 9:30 Donuts - CB 10:00 Water walking & Stretch 11:00 Communion Service in the Health Center Chapel 11:00 Seated Tai Chi - CH 99 2:00 Mindfulness w/Michelle 3:00 Balloon Volleyball - HH 6:00 Evening Stroll w/Neighbor Wear Pink For Breast Health	21 10:30 Choir Practice - HH 2:00 Saturday Matinee - MT <i>Residents Choice</i> 2:00 Corn hole - HH 3:00 Rummikub - CR 6:30 Bingo - HH	
22 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	23 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move & Groove - P 3:30 CVS / Walgreens / Dollar Tree 4:45 Nishie G's 6:00 Movie Night - MT The Chosen Series Ep 4	24 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study-HH 11:00 Brain Games - CR 1:30 Balance/Core - HH 2:00 Sweet & Salty with Arzu-CR 3:00 Bingo - HH 6:30 Hymn Sing - HH	25 9:00 B&K Nails (Toenails Only) 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Fall leaf tour with Lunch at 133rd West 1:30 Full Body Stretch - HH 3:00 Church Service - HH 4:00 Scott Griffin Piano Recital -HH 6:00 Card Games - CR	26 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 1:30 Harris Teeter 2:00 Short Story Club-CR 2:30 Wellness Com. Meeting 2L 3:00 Tea Party - CR	27 10:00 Water Walking & Stretch - P 9:30 Winthrop Musical: Rent With Lunch at Flipside 11:00 Seated Tai Chi - CH99 2:00 Health Screening W/Upper Cervial Spine Center of Charlotte - CR 3:00 Balloon Volleyball - HH 6:00 Evening Stroll W/Neighbor AL Bus Day	28 10:30 Choir Practice - HH 2:00 Saturday Matinee - MT <i>Residents Choice</i> 2:00 Corn hole - HH 3:00 Rummikub - CR 6:30 Bingo	
29 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 2:00 Hymn Singing concert -HH 4:00 Vespers - HH 6:00 Friendly Game of Pool BR	30 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH 2:00 Fall Social - MW 2:30 Aqua Move & Groove - P 3:00 Newport Walmart 6:00 Movie Night - MY The chosen Series Ep 5	31 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study-HH 11:00 Brain Games-CR 1:30 Balance/Core-HH 2:00 Sweet & Salty with Arzu-CR 3:00 Halloween Bingo - HH 3:45 YCL Bookmobile - L 4:00 Halloween Party w/costume contest	# + L - #Floor Lounge L - Lobby CB - Coffee Bar in the Dining Room CR - Community Room DR - Dining Room DRP - Dining Room Patio CY - Courtyard HH - Heritage Hall MT - Movie Theater BR - Billiard Room LL - Lower Level AS - Art Studio in the Lower Level WS - Woodshop in the Lower Level MDR - Manor Dining Room GR - Garden Room in the Health Center CW - Campus Wide Event CH 99 - Channel 99	Helpful Reminders: The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i> The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus. All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.			