



Mary Alice Mitchell 10/2
 Lee Bowers 10/4
 Betty Love 10/4
 Kitty Slattery 10/5
 Esther Jackson 10/7

Sarah Schell 10/11
 Bob Southwell 10/15
 Spencer Anderson 10/19
 Barney Blackwelder 10/26
 Betty Spradley 10/26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - #Floor Lounge. MT - Movie Theater CR - Community Room HH - Heritage Hall L - Lobby P - Pool DR - Dining Room LL - Lower Level MDR - Manor Dining Room AC - Arts & Craft Room GR - Garden Room CH 99 - Channel 99</p>	<p>Helpful Reminders: All activities on the calendar are subject to change. Check your weekly activities newsletter and the bulletin board for additions, changes and cancellations as well as a listing of movies for the week.</p> <p>Gentle Care Nails is here the 4th Wednesday of the month. Call Sara at Ext. 5018 to schedule an appointment.</p> <p>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. If the bus is full and you wish to drive yourself please inform Sara, or Cami to ensure you are included in any plans or</p>				<p>1 Wear Your Name Tag Day 10:00 Healthy Bones and Strong Muscles - HH 11:00 Outing to YC Library 2:00 Muscle Stretch - HH 2:00 Walmart Newport 3:00 Cardio Fitness - CR 3:30 Movie - MT</p>	<p>2 1:00 Mary Alice Mitchell 95th Birthday Party - HH 4:00 Table Games</p>
	<p>3 4:00 Vespers - HH 6:30 Movie - MT "Worth"</p>	<p>4 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:30 Drama Club - HH 4:00 TED Talks - CR 6:00 Movie - MT</p>	<p>5 8:30 Publix 10:00 Lou Ardrey Bible Study - HH 10:00 Balance in Motion - CR 10:00 Walmart Market 11:00 Water Aerobics - P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 3:00 Table Games - CR 3:00 CVS/Walgreens/Dollar Tree 4:00 New Resident Welcome And Orientation - HH 7:00 Hymn Sing - HH</p>	<p>6 10:00 Healthy Bones and Strong Muscles - HH 10:45 Wellness Outing to Riverwalk & Ride Around 11:00 Blood Pressure Clinic - CR 12:30 Balloon Volleyball - HH 1:30 Shopping at Target 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - CR</p>	<p>7 8:30 Food Lion 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 4:00 Water Aerobics - P 5:00 Outing to Cambria Hotel Roof Top Bar</p>	<p>8 8:30 Walking Club Outing to Miracle park 10:00 Healthy Bones and Strong Muscles - HH 11:00 Brunch at Eggs Up 11:00 Tai Chi - HH 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 1:15 Winthrop Performance Another Opening, Another Show 3:00 Catholic Church Service H 4:00 Vespers - HH	11 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:30 Drama Club - HH 4:00 TED Talks - CR 6:00 Movie - MT	12 FLU SHOTS 8:30 Publix 9:00 - 12:30: Flue Shot - HH 10:00 Lou Ardrey Bible Study - HH 10:00 Balance in Motion - CR 10:00 Walmart Market 11:00 Water Aerobics - P 11:00 Neurobics - CR 11:00 Audiology - HH 2:00 Functional Fitness Exam - HH 3:00 Table Games - CR 3:00 CVS/Walgreens/Dollar Tree 7:00 Hymn Sing - HH	13 10:00 Healthy Bones and Strong Muscles - HH 10:30 Outing to Shiloh General Store in Hamptonville, NC 11:00 Blood Pressure Clinic - CR 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - CR	14 8:30 Food Lion 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - CR 2:00 Muscle Stretch - CR 2:00 Ice Cream Social - HH Presented by Riverview 4:00 Water Aerobics - P	15 9:30 Donuts & Coffee - CR 10:00 Healthy Bones and Strong Muscles - HH 11:00 Qui Gong - HH 11:00 Outing to Windy Hill Orchard & Lunch TBD 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	16 4:00 Table Games
17 2:00 Musical Performance HH Patrick Hudson 4:00 Vespers - HH	18 8:00 Walking Club - L 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:30 Drama Club - HH 4:00 TED Talks - CR 6:00 Movie - MT	19 VOTING DAY 8:30 Publix 8:30 Veteran's Breakfast - DR 9:00 Transportation to Poll at Richmond Dr. Elementary 10:00 Lou Ardrey Bible Study - HH 10:00 Balance in Motion - CR 10:00 Walmart Market 11:00 Water Aerobics - P 11:00 Neurobics - CR 12:30 Functional Fitness Exam - HH 3:00 Musical Performance HH Jeff Lesslie & Jamey Dagenhart 3:00 Table Games - CR 3:00 CVS/Walgreens/Dollar Tree 7:00 Hymn Sing - HH	20 10:00 Healthy Bones and Strong Muscles - HH 11:00 Blood Pressure Clinic - CR 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - CR 4:30 Dinner Outing to Trio	21 8:30 Food Lion 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - CR 2:00 Muscle Stretch - CR 4:00 Water Aerobics - P	22 10:00 Healthy Bones and Strong Muscles - HH 10:00 Outing to Historic Camden, SC & Lunch 11:00 Tai Chi - HH 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT	23 4:00 Table Games 6:30 Rock Hill Symphony Orchestra
24 4:00 Vespers - HH 6:30 Movie - MT "The Best of Enemies" 31 4:00 Vespers - HH	25 DRESS UP WEEK Safari 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - CR 2:00 Bingo - HH 3:00 Cardio Fitness - CR 3:30 Drama Club - HH 4:00 TED Talks - CR 6:00 Movie - MT	26 Disney 8:30 Publix 10:00 Lou Ardrey Bible Study - HH 10:00 Balance in Motion - CR 10:00 Walmart Market 11:00 Water Aerobics - P 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 2:30 Wellness Snack Social - L 3:00 Table Games - CR 3:00 CVS/Walgreens/Dollar Tree 7:00 Hymn Sing - HH	27 Gentle Care Nails Tacky / Sports 10:00 Healthy Bones and Strong Muscles - HH 11:00 Blood Pressure Clinic - CR 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Cardio Fitness - CR 4:30 Musical Performance - HH Scott Griffin	28 Under The Sea 8:30 Food Lion 10:00 Balance in Motion - HH 10:00 Harris Teeter 11:00 Neurobics - CR 2:00 Muscle Stretch - HH 4:00 Water Aerobics - P 4:30 Happy Hour - L 6:00 Beach Music - HH by Frank Price	29 Your Best Halloween Costume 10:00 Healthy Bones and Strong Muscles - HH 2:00 Muscle Stretch - HH 3:00 Cardio Fitness - CR 3:30 Movie - MT 4:00 Trunk or Treat	30 Crazy Hats 10:00 Exercise - HH 12:30 Cornhole - HH 2:00 Bingo - HH 4:00 Table Games