

October 2024 Calendar

Independent Living - Life Enrichment & Wellness

This Month we Celebrate **GERMANY**

October Birthdays



Betty Love 10/4
 Esther Jackson 10/7
 Sarah Schell 10/11
 Ron Hoover 10/14
 Bob Drdak 10/21

Barney Blackwelder 10/26
 Margaret Giles 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
# + L - # Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CW - Campus Wide Event CY - Courtyard DR - Dining Room FR - Fitness Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater WS - Woodshop in the Lower Level		1 9:00 - 2:00 Blood Drive - HH 9:30 Healthy Lower Body - CR 10:15 Lou Ardrey's Bible Study - CR 1:30 Exercise with Robin - CR 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH	2 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Lunch at Casa Tequila 1:00 Exercise with Robin - CR 2:00 - 4:00 Active Shooter Training for All Residents & Staff - HH 6:00 Bible Reading - L 6:00 Card Games - CR	3 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 3:00 Sing Along with the Quandts - HH 6:00 Bible Reading - L 6:00 Dominoes - CR	4 10:00 Water walking - P 11:30 Picnic at Manchester Meadows 3:00 Cornhole & Popcorn - HH 3:30 National Taco Day - CR New! 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	5 10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH
6 9:00 WPC Service on CH98 2:00 Board Games - CR 2:00 Oakland Ave. Presbyterian Church Communion Service -CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	7 9:30 Healthy Upper Body - HH 10:00 Games, Games! - CR New! 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L	8 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 1:30 Exercise with Robin - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH	9 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - HH 12:45 Bison Ranch in York 2:00 Coloring with Alice - CR 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR	10 AUTUMN CRAFTING 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 2:00 Fall Crafts Ideas New! 6:00 Bible Reading - L 6:00 Dominoes - CR	11 10:00 Water walking - P 11:30 Lunch at Papa Doc's Lake Wylie 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor 6:00 Football - RH Dist. 3 Stadium New!	12 10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 9:00 WPC Service on CH98 2:00 Board Games - CR 3:00 Catholic Service Communion - HH 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	14 9:30 Healthy Upper Body - HH 10-11:00 Wellness Clinic-Agape- CR 1:30 Cardio Drumming - HH 2:00 Activity Committee Meeting-4L 2:30 Aqua Move and Groove - P 3:00 Nat'l Dessert Day - New! 3:00 Newport Walmart 6:00 Bible Reading - L	15 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 11:00 Audiology Center - CR 1:30 Exercise with Robin - HH 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH	16 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - HH 2:00 Coloring with Alice - CR 3:00 Church Service - HH 4:00 Scott Griffin on Piano - HH 5:00 Dinner at TRIO Pineville 6:00 Bible Reading - L 6:00 Card Games - CR	17 FALL FUN SOCIAL 9:30 Healthy Lower Body - HH 10:00 Card Making Craft - CR New! Make beautiful cards w/ Deborah Alley 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 3:00 Fall Fun Social - CR New! 6:00 Bible Reading - L 6:00 Dominoes - CR	18 9:30 Donuts & Coffee - CB 10:00 Water walking - P 11:30 Front Porch in Richburg 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor 6:00 Football @ RH Dist. 3 Stadium	19 10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH
20 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	21 9:30 Healthy Upper Body 10:00 Back to the Future Day - MT 2:00 Funny Pumkins -CR 1:30 Cardio Drumming 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L	22 WELLNESS SOCIAL 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 1:30 Wellness Social - L 1:30 Exercise with Robin - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH	23 9:00 B&K Nails (For Toenails) 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - HH 2:00 Coloring with Alice - CR 3:00 Church Service - HH 4:30 Dinner at Waldhorn Pineville 6:00 Bible Reading - L 6:00 Card Games - CR	24 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 3:00 Bill Calasanti sings - HH 6:00 Bible Reading - L 6:00 Dominoes - CR	25 10:00 Water walking - P 11:30 Lunch at Ledo's 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor 6:00 Football @ RH Dist. 3 Stadium	26 10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH
27 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	28 9:30 Healthy Upper Body 1:30 Cardio Drumming 2:30 Aqua Move and Groove - P 2:00 Musical Performance - HH Singer Tony Washington 3:00 Newport Walmart 6:00 Bible Reading - L	29 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 1:30 Exercise with Robin - HH 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH 7:00 Winthrop Chorale & Chamber Singers at McBryde Hall	30 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - HH 1:30 Leaf Peeping Bus Tour 2:00 Coloring with Alice - CR 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR	31 HALLOWEEN 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 3:00 Residents' Halloween Costume Contest - L 6:00 Bible Reading - L 6:00 Dominoes - CR	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>Sign-up 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 name does not create nor guarantee a seat on the bus. All activities on the calendar are subject to change. Check your weekly activities newsletter (Highlights) and the Bulletin Board	