

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="display: inline; margin: 0 20px;">OCTOBER 2018</h1> 						
	1 9 Exercise 10 Stretch 2:30 Reading Aloud <u>3:30 Laura-shoulder massages in Craft Rm</u> 6:30 Cards	2 8 Water/9 WALK <u>10 Bible Study/1:30 BINGO</u> <u>3:00 PREVIEW MEETING</u> 6:30 Cards/3 rd floor <u>6:30 Music in the Parlor with Denis, piano/vocals</u>	3 <u>GROCERY DAY</u> 9:00 Exercise 10:00 Stretch 1:00 Bridge <u>3:00 Parlor: Hymn Sing</u> <u>4:00 BYOB on 3rd floor</u> 6:30 Card Games	4 8 Water/9 WALK <u>9 Drink & cookies-Lobby</u> <u>11:15 Bookmobile</u> <u>4:00 Laura's Painting Class A. in Craft Room</u> 6:30 Cards/7 Ladies Swim	5 <u>NO Exer/NO Stretch</u> 1:00 Bridge/1:30 Trivia <u>4:00 MTSU Music Students in Parlor</u> 6:30 Cards/3 rd floor <u>7:00 Movie-Fried Green Tomatoes, 1991, J. Tandy</u>	6 8:00 & 9:30 Swim 9:00 WALK <u>2:00 Movie-Ocean's 8 - PG-13, 2018, Sandra Bullock/other female stars, re-the big heist</u> 6:30 Cards & Games
7 <u>11:30 Sunday Buffet</u> 2:00 Games - Card Rm <u>3:00 Music in Parlor: Lou Galterio, vocalist</u> 5:00 Hand & Foot	8 9 Exer/10 Stretch <u>10:00 Flu Shots in Parlor</u> 2:30 Reading Aloud <u>3:30 Laura-natural facials in Craft Room</u> 6:30 Cards	9 8 Water/9 WALK <u>10 Bible Study/1:30 BINGO</u> <u>4:00 Music: J-D Powell-young man who plays piano</u> 6:30 Cards/3 rd floor <u>6:15 To N'ville Philharmonic</u> <u>6:30 Name That Tune</u>	10 <u>GROCERY DAY</u> <u>9:00-2:00 Bake Sale-Alzheimer's Assoc.</u> 9 Exer/10 Stretch <u>1:00 Bridge Party-Card Rm</u> <u>3-5 MTSU HELPERS</u> 4:00 BYOB/6:30 Cards	11 8 Water/9 WALK <u>9:00 Men's Coffee</u> <u>10:30 SINGING SENIORS from Senior Center - Parlor</u> <u>11:15 Bookmobile</u> 6:30 Cards 7:00 Ladies Swim	12 9 Exer/10 Stretch 1:00 Bridge/1:30 Trivia <u>4:00 WINE & CHEESE-Parlor</u> <u>5:30 Ticketholders leave for Nashville Symphony concert</u> 6:30 Cards/3 rd floor <u>7:00 Movie-JONAH-Bible story filmed live, 2013</u>	13 8:00 & 9:30 Swim 9:00 WALKING <u>2:00 Movie-The Seagull, PG-13, 2018, love triangle unfolds, Annette Bening</u> 6:30 Cards & Games
14 <u>11:30 Sunday Buffet</u> 2:00 Games in the Card Room 5:00 Hand & Foot in the Card Room	15 9 Exercise 10 Stretch 2:30 Reading Aloud <u>3:30 Laura-foot reflexology - Craft Rm</u> 6:30 Cards	16 8 Water/9 WALK <u>10:00 Bible Study</u> <u>1:30 BINGO-Rose calls!</u> 6:30 Cards/3 rd floor <u>6:30 Composer Spotlight in the Parlor with Denis</u>	17 <u>GROCERY DAY</u> 9 Exercise 10 Stretch 1:00 Bridge 4:00 BYOB Happy Hour 6:30 Cards	18 8 Water / 9 WALK <u>10:00 To Early Voting</u> <u>11:15 Bookmobile</u> <u>4:00 Music in Parlor: Billy Tarkington, singing cowboy, guitar & vocals</u> 6:30 Cards / 7 Ladies Swim	19 9 Exer/10 Stretch 1:00 Bridge/1:30 Trivia <u>4:30 To Sr Ctr with Jim-hearty snacks/stage play</u> 6:30 Cards/3 rd floor <u>7:00 Movie-The Horse Whisperer, 1998, R. Redford</u>	20 8:00 & 9:30 Swim 9:00 WALKING <u>2:00 Movie-Hearts Beat Loud, PG-13, 2018, drama /comedy, father/daughter</u> 6:30 Cards & Games
21 <u>11:30 Sunday Dinner: seated & served</u> 2:00 Games in the Card Room 5:00 Hand & Foot	22 9 Exer/10 Stretch <u>11:30 B'DAY LUNCH A</u> <u>1:30 BOOK CLUB</u> 2:30 Reading Aloud <u>3:30 Laura-hand massage w/hot wax dip-Craft Rm</u> 6:30 Cards	23 8 Water/9 WALK <u>10 Bible Study/1:30 BINGO</u> <u>4:00 Music in Parlor: Bill Sleeter-piano/vocals</u> 6:30 Cards/3 rd floor <u>6:30 Musical Theatre Spotlight in the Parlor with Denis</u>	24 <u>GROCERY DAY</u> <u>OKTOBERFEST BUFFET</u> <u>11:30 / 4:30 beer-music</u> 9 Exercise/10 Stretch <u>1:00 Hand & Foot Party</u> 4:00 BYOB/6:30 Cards	25 8 Water/9 WALK <u>8:30 Leave for Fall</u> <u>Creek Falls-lunch/apples</u> <u>11:15 Bookmobile</u> <u>4:00 Laura's Painting Class B. in Craft Room</u> 6:30 Cards/7 Ladies Swim	26 9 Exer/10 Stretch 1:00 Bridge/1:30 Trivia <u>4:00 Music & Wine: Biron Case on piano</u> 6:30 Cards/3 rd floor <u>7:00 Movie-Mr. Holland's Opus, 1995, R. Dreyfuss</u>	27 8:00 & 9:30 Swim 9:00 WALKING <u>2:00 Movie-Leave No Trace, Rated PG, 2018, drama, father & daughter</u> 6:30 Cards & Games
28 <u>11:30 Sunday Buffet</u> 2:00 Games in the Card Room 5:00 Hand & Foot in the Card Room.	29 9 Exer/10 Stretch <u>11:30 B'DAY LUNCH B</u> 2:30 Reading Aloud <u>3:30 Laura-foot reflexology - Craft Rm</u> <u>4:00 MUSIC: Harpeth Winds trio / 6:30 Cards</u>	30 8 Water/9 WALK <u>10:00 Bible Study</u> 1:30 BINGO 6:30 Cards/3 rd floor <u>6:30 Music-Denis & Friends-piano/singers</u>	31 <u>GROCERY DAY</u> <u>HALLOWEEN -costumes!</u> 9 Exercise/10 Stretch 1:00 Bridge 4:00 BYOB/6:30 Cards 3 rd fl. <u>7:00 Halloween Stories in Parlor with Margaret</u>	 <p style="font-size: 1.2em; color: green; margin-top: 10px;">Happy Birthday to all residents with birthdays in October!</p>		