

Schedule October 4 – October 10

Monday ... October 4

- 9:30 Strength & Balance w/Nancy – C
Focus on strength exercises
- 10:15 Body & Balance w/Nancy – C
Focus on balance & range of motion
- 11:00 Groove w/Nancy (aerobics) - C
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC
- 3:00 **Neighborhood BINGO Safety Meeting & Party!!**
First Floor – Apts # 101-116
Fun, prizes, & important conversation, Please plan to attend. Meet where Gary calls Bingo, we will have chairs for you!
- 7:00 “Victoria” – Conference Room
Season 2; Episodes 3 & 4

Tuesday... October 5

- 9:30 Water Aerobics with Sheri – Pool
- 10:45 Chair Yoga w/Carla – C
- 11:00 Chicken Foot – AC
- 1:00 Trivia Pursuit w/Gary – AC
- 1:00 **Caregiver Support Group - Library**
- 1:30 Games in the Card Room – CR
- 2:00 **Community Bible Study – Conf**
- 3:00 **Neighborhood BINGO Safety Meeting & Party!!**
First Floor – Apts # 118 - 132
Fun, prizes, & important conversation, Please plan to attend. Meet where Gary calls Bingo, we will have chairs for you!
- 3:00 CHESS Club - NR
- 7:00 Card Game '99' - CR

Wednesday... October 6

- 9:30 Mahjong – CR
- 9:30 Chair exercise with Nancy – C
- 10:30 Dominoes – AC
- 1:00 Mexican Train – CR
- 2:00 **Gospel Music - C**
We welcome vocalist & pianist,
Karlyn Fedora
- 3:00 **Neighborhood BINGO Safety Meeting & Party!!**
Second Floor – Apts # 201 - 217
Fun, prizes, & important conversation, Please plan to attend. Meet 2nd floor Main elevator lobby!
- 6:30 **Cool Pool Swim Hour – Pool**
Join friends for some easy-breezy fun!
- 7:00 Corn Hole – C

Thursday ... October 7

- 9:30 Water Aerobics with Sheri – Pool
- 9:30 Ladies Bible Study w/Louise- Conf
- 10:45 Chair Yoga w/Carla – C
- 1:00 Learn Mahjong w/Margie – AC
- 1:00 Party Bridge – CR
- 3:00 **“How to Get Up From a Fall” – C**
Plus ‘fall’ prevention & exercises!
Therapy Presentation with Ryan & Vicki
Starring our own Ann Jones!
- 4:00 **HOWDY HOUR – Bistro**
Social Hour with Friends!
- 6:30 – 8:30 Evening Bridge – CR

Friday... October 8

- 8:30 Water Walking w/Leslie – Pool
- 9:30 **Shop & Drop – Lobby**
Sign-up required at the front desk.
- 9:30 Strength & Balance w/Nancy
Focus on strength exercises
- 10:15 Body & Balance w/Nancy
Focus on balance & range of motion
- 11:00 Groove w/Nancy (aerobics)
- 1:00 Chicken Foot – AC
- 2:00 **Colored Pencils with a Twist – AC**
Join Louise for creative fun!
- 2:00 Hand & Foot Game – CR
- 2:00 **Phone Phishing & Fraud – Conf**
*Do you know how to spot a phone scam?
Do you know how to ‘block’ the text/call?
Android phone? This week is for you!*
- 3:00 **Yell Practice with Leslie – C**
- ATM** Join fellow Aggies
to share team spirit!



Saturday ... October 9

- 2:00 Movie Matinee & Popcorn
Conference Room Theatre
- 7:00 **Texas A&M vs Alabama**
Neighborhood Room **ATM** vs **A**
- 7:00 Movie & Popcorn – Conf
Conference Room

Sunday... October 10

- 9:00 Bible Study – C
- 2:00 NO Church Service – C
- 5:45 Sunday Fun – AC

Happy Birthday!

Oct 10 Dick Tanner # 310



Reminder: Pfizer Covid booster shots are Tuesday, October 12

If you would like to take the shot, you must complete and turn in the **Consent Form** to the concierge by **Monday, October 4**. If you need help, see Nancy or Ella

