

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Fitness Center (FC) Media Room (MR) Entrance (EN) Chapel (CH) Pool (P) Parlor (PR) Resident Apartment (APT) Extended dining room (EDR) Courtyard (CRTY) Pond (PO) Dining Room (DR) Lobby (LB) Billiards Room (BLR) Activity Room (AR) Resident Apartment (RA) TBD (TBD) Putting Green (PG)		Your activities calendar will be distributed during the last week of each month. The following morning, the sign-up book will be placed at the sign-up desk at 11:30 AM.	Transportation requests must be entered in the transportation book located on the first floor. Sign-up closes at 5:00 PM the day before your scheduled trip. An address and appointment time are required. Depart from main entrance.	8:30 Beaufort Day Trip (EN) 9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 2:00 Homemade Cookie Day (PR) 2:30 Gentle Motion (FC) 3:00 Documentary (MR) 7:30 "Call the Midwife" (MR) 1	8:15 Self-led Water Exercise (P) 9:30 Strength, Stretch & Balance w/Norman (FC) 10:30 Coffee w/ Michelle & Brittany (PR) 11:00 Hearing Life (CH) 12:00 Fast Food Friday (EN) 2:00 German Food Tasting (PR) 4:00 Happy Hour (PR) 7:30 Movie (MR) 2	9:00 Play Outside Day! (CRTY) 10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 3:00 Tech with Alex (APT) 4:30 Piano with Alex (EN) 7:30 Movie (MR) 3
10:20 Grace United Methodist Church (EN) 11:00 Pine Valley Methodist Church Pick Up (EN) 6:00 Movie (MR) 4	8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Kerri (P) 10:00 The Chosen (CH) 10:30 Circuit Training (FC) 2:00 German Food Tasting (PR) 3:00 Documentary (MR) 7:30 Movie (MR) 5	9:30 Cardio Warmup (FC) 9:45 Strength & Balance (FC) 10:00 Medicare Questions Answered (CH) 10:30 Gentle Motion (FC) 2:30 Strength, Stretch & Balance w/Norman (FC) 3:00 Documentary (MR) 6	8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 10:15 Water Aerobics (P) 11:15 Trivia (FC) 11:15 RSVP Talk (CH) 2:30 Functional Fitness & Balance (FC) 3:00 Documentary (MR) 5:00 Piano by Grace (LB) 7:30 "Grace and Frankie" (MR) 7	9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 10:30 German Language Class (EDR) 11:00 Billiards (BLR) 1:00 Pottery Studio Trip (EN) 2:30 Gentle Motion (FC) 3:00 Documentary (MR) 7:30 "Call the Midwife" (MR) 8	8:15 Self-led Water Exercise (P) 9:30 Strength, Stretch & Balance w/Norman (FC) 12:00 Fast Food Friday (EN) 3:00 Fall Festival (PO) 4:00 Happy Hour (PR) 7:30 Movie (MR) 9	10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 3:00 Tech with Alex (APT) 4:30 Piano with Alex (EN) 7:30 Movie (MR) 10
10:20 Grace United Methodist Church (EN) 11:00 Pine Valley Methodist Church Pick Up (EN) 3:00 Sacred Rhythm Ukulele Band (FC) 6:00 Movie (MR) 11	8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Kerri (P) 10:00 The Chosen (CH) 10:30 Circuit Training (FC) 11:15 Dark Tales of Old Wilmington (CH) 3:00 Documentary (MR) 7:30 Movie (MR) 12	9:30 Cardio Warmup (FC) 9:45 Strength & Balance (FC) 10:30 Gentle Motion (FC) 11:00 Paws for People (RA) 2:30 Strength, Stretch & Balance w/Norman (FC) 3:00 Documentary (MR) 13	8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 10:15 Water Aerobics (P) 11:15 Seated Bowling (FC) 1:30 Food Committee (CH) 2:30 Functional Fitness & Balance (FC) 3:00 Documentary (MR) 3:00 Prize Bingo (FC) 7:30 "Grace and Frankie" (MR) 14	9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 9:45 Pet Visits (APT) 10:30 Strength & Balance (FC) 10:30 Painting with Mo (EDR) 11:15 Triathlon Practice (FC) 2:30 Gentle Motion (FC) 3:00 Documentary (MR) 3:00 Resident Advisory Board Meeting (CH) 3:00 \$1 Bingo (EDR) 7:30 "Call the Midwife" (MR) 15	8:15 Self-led Water Exercise (P) 9:30 Strength, Stretch & Balance w/Norman (FC) 12:00 Fast Food Friday (EN) 2:30 Brightmore Games - Opening Ceremony (DR) 4:00 Happy Hour (PR) 7:30 Movie (MR) 16	10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 3:00 Tech with Alex (APT) 4:30 Piano with Alex (EN) 7:30 Movie (MR) 17
10:20 Grace United Methodist Church (EN) 11:00 Pine Valley Methodist Church Pick Up (EN) 6:00 Movie (MR) 18	Brightmore Games 9:00 1/2 Mile Walk (PO) 10:00 The Chosen (CH) 10:00 Table Tennis (FC) 11:00 Bocci/Shuffleboard (CRTY) 1:30 Scrabble (EDR) 2:30 Games Ice Cream Social (PR) 3:00 Documentary (MR) 7:30 Movie (MR) 19	Brightmore Games 9:30 Seated Bowling (FC) 10:30 Balloon Drop (TBD) 11:30 Cornhole (FC) 2:00 Speed Puzzle (AR) 3:00 Documentary (MR) 3:00 Wine Tasting (PR) 20	Brightmore Games 9:30 Putting (PG) 10:30 Water Walking (P) 10:30 Yarts (FC) 11:00 Billiards (BLR) 1:00 Trivia (FC) 2:30 Taste of the World (EDR) 3:00 Documentary (MR) 7:30 "Grace and Frankie" (MR) 21	Brightmore Games 9:00 Chess (AR) 10:00 Balloon Toss (CRTY) 11:00 Triathlon (FC) 2:30 Brightmore Games Closing Ceremony (FC) 3:00 Documentary (MR) 7:30 "Call the Midwife" (MR) 22	8:15 Self-led Water Exercise (P) 9:30 Strength, Stretch & Balance w/Norman (FC) 10:30 Devotional (CH) 12:00 Fast Food Friday (EN) 2:30 Newcomers/ Birthday Party (DR) 4:00 Happy Hour (PR) 7:30 Movie (MR) 23	10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 3:00 Tech with Alex (APT) 4:30 Piano with Alex (EN) 7:30 Movie (MR) 24
10:20 Grace United Methodist Church (EN) 11:00 Pine Valley Methodist Church Pick Up (EN) 6:00 Movie (MR) 25	8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Kerri (P) 10:00 The Chosen (CH) 10:30 Circuit Training (FC) 3:00 Documentary (MR) 7:30 Movie (MR) 26	9:30 Cardio Warmup (FC) 9:45 Strength & Balance (FC) 10:30 Gentle Motion (FC) 2:30 Strength, Stretch & Balance w/Norman (FC) 3:00 Documentary (MR) 27	8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 10:15 Water Aerobics (P) 11:00 Historical Story Telling (CH) 2:00 Book Club (CH) 2:30 Functional Fitness & Balance (FC) 3:00 Documentary (MR) 3:00 Prize Bingo (FC) 7:30 "Grace and Frankie" (MR) 28	5:00 Trunk or Treat (PO) 9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 11:00 Talk on Germany (CH) 1:15 Library Trip (LB) 2:30 Gentle Motion (FC) 3:00 Documentary (MR) 3:00 \$1 Bingo (EDR) 7:30 "Call the Midwife" (MR) 29	8:15 Self-led Water Exercise (P) 9:30 Strength, Stretch & Balance w/Norman (FC) 12:00 Fast Food Friday (EN) 2:30 Halloween Party (DR) 4:00 Happy Hour (PR) 7:30 Movie (MR) 30	Halloween 10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 3:00 Tech with Alex (APT) 4:30 Piano with Alex (EN) 7:30 Movie (MR) 31

