



October 2023 - Assisted Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 NFL FOOTBALL: TN Titans VS. Bengals @12PM 2:30: Church Service w/ Pastor Martin (GR)	2 9:30: Exercise (MR) 1:00: Movie and Popcorn: HOCUS POCUS	3 9:30: Exercise (MR) 2:00: BINGO (DR)	4 9:30: Exercise (MR) 10:30: Bible Study w/ Heritage Church (GR)	5 9:30: Exercise (MR) 1:00: Devotions w/ Mitch Davis (MR) 2:00: Quilt of Valor Ceremony and 100th Birthday Celebration! (GR)	6 9:30: Exercise (MR) 2:00: BINGO (DR)	7 9:30: Exercise (MR) 2:30: Church Service w/ Franklin First United Methodist Church (GR)	
8 NFL FOOTBALL: TN Titans VS. Colts @12PM 2:30: Church Service w/ Pastor Martin (GR)	9 9:30: Exercise (MR) 10:15: Joggin' the Noggin' Memory Games (HR) 2:00: LIVE Music! (HC DR)	10 9:30: Exercise (MR) 10:30: Board and Card Games (HR) 2:00: BINGO (DR) 3:15: Happy Hour (SS)	11 9:30: Exercise (MR) 10:30: Bible Study w/ Heritage Church (GR) 2:00: Halloween Glamour Shots (GR)	12 9:30: Exercise (MR) 10:00: Voting Polls (HR) 1:00: Devotions w/ Mitch Davis (MR) 2:00: Movie and Popcorn: BEETLEJUICE	13 9:30: Exercise (MR) 10:15: Fall Door Hanger Crafting (HR) 2:00: BINGO (DR)	14 9:30: Exercise (MR) COLLEGE FOOTBALL: TN Volunteers VS. Texas A&M	
15 NFL FOOTBALL: TN Titans VS. Ravens @8:30AM 2:30: Church Service w/ Pastor Martin (GR)	16 9:30: Exercise (MR) 2:00: LIVE Music! (HC DR)	17 9:30: Exercise (MR) 10:30: Pretty Nails and Hand Massages (HR) 2:00: BINGO (DR) 3:15: Fall Themed Happy Hour (SS)	18 9:30: Exercise (MR) 10:15: Food Committee Meeting (Library) 10:30: Bible Study w/ Heritage Church (GR) 2:00: Halloween Putt Putt	19 9:30: Exercise (MR) 10:30: Luncheon at Olive Garden 1:00: Devotions w/ Mitch Davis (MR) 2:00: Resident Council (DR) 2:45: Apple Cider Social (SS)	20 9:30: Exercise (MR) 10:00: LIVE MUSIC: Church Choir (HC DR) 2:00: BINGO (DR)	21 9:30: Exercise (MR) 10:00: Pet Therapy w/ Krista & Boomer (GR) COLLEGE FOOTBALL: TN Volunteers VS. Alabama	
22 2:30: Church Service w/ Pastor Martin (GR)	23 9:30: Exercise (MR) 10:15: Fall Themed Trivia Games (HR) 2:00: LIVE Music! (HC DR)	24 9:30: Exercise (MR) 10:30: Painting Pumpkins (HR) 2:00: BINGO (DR) 3:15: Warm Caramel Apple Bar (SS)	25 9:30: Exercise (MR) 10:30: Bible Study w/ Heritage Church (GR) 10:30: Hearing Aides (HR) 2:00: Movie and Popcorn ADDAMS FAMILY 6:15: After-Hours BINGO	26 9:30: Exercise (MR) 10:30: Bus Trip to Walmart 1:00: Devotions w/ Mitch Davis (MR) 2:00: All About Pumpkin Social! (SS)	27 9:30: Exercise (MR) 10:15: Making Treat Bags for the Fall Festival (HR) 2:00: BINGO (DR)	28 10:30AM-1:00PM: HALLOWEEN FALL FESTIVAL INVITE YOUR FAMILY!	
29 NFL FOOTBALL: TN Titans VS. Falcons @12PM 2:30: Church Service w/ Pastor Martin (GR)	30 9:30: Exercise (MR) 10:15: Halloween Costume Crafting for Fashion Show (HR) 2:00: Halloween Fashion Show (AL DR)	31 9:30: Exercise (MR) 10:30: Halloween Cooking Class (HR) 2:00: BINGO (DR) 3:15: Halloween Happy Hour (SS) HALLOWEEN	Location Key: MR: Media Room DR: Dining Room GR: Gathering Room SS: Soda Shoppe HR: Hobby Room	For questions please contact Bailey or recreation staff at 615-778-6818 or bailey.mangrum@nhccare.com Independent activities are available in the Hobby Room (puzzles, crafts, etc.). *All activities are subject to change due to patient preference and/or staffing			