

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 10:00 Sunday Morning Worship w/ Tunes 2:00 Walking Club	2 10:00 Movin' Mondays! 10:30 Hydration Station w/ a Devotion 11:00 Whiteboard Game 2:00 Mary Poppin's Musical 3:00 Relax & Rejuvenate	3 10:00 Outdoor Talks w/ Conversation Cards 10:45 Refreshments and Tunes 11:00 Trivia Tuesday! 2:00 Craft of Choice 3:00 Aromatherapy & Spa	4 10:00 Chair Exercise w/ resistant bands 10:30 Hydration Station w/ a Devotion 11:00 Eating Cinnamon Buns 2:00 Music w/ Rita 3:00 Puzzles & Socialization National Cinnamon Bun Day!	5 10:00 "Get Funky" Noodle Ball Party! 10:30 Hydration Station along w/ BINGO 2:00 Sip & Talk Outside 3:00 Game of Choice National Get Funky Day!	6 10:00 Chair Exercise 10:30 Hydration Station w/ a Devotion & Discussion 11:30 Eating Chicken & Waffles 2:00 Manicures & Movie	7 10:00 Trivia & Fun w/ Donna 2:00 Puzzles & Socialization Simchat Torah Begins		
8 10:00 Sunday Morning Worship w/ Tunes 2:00 Walking Club	9 10:00 Movin' Mondays 10:30 Hydration Station w/ a Devotion! 11:00 "Remember Me" Game 2:00 Music w/ Tim Taylor OR TV Musical 3:00 Relax & Rejuvenate Columbus Day (US)	10 10:00 Outdoor Talks w/ Conversation Cards 10:45 Mental Health Awareness Walk & Talk 11:00 Refreshments & Tunes 2:00 Trivia Tuesday! 3:00 Aromatherapy & Spa National World Mental Health Day	11 10:00 Scenic Drive w/ a Devotion 2:00 Walking Club 2:15 Sensory Stations 3:00 Puzzles & Socialization	12 9:45 Pet Therapy 10:00 Walking Club 10:30 BINGO 2:00 Sip & "What Comes to Mind" Game 3:00 Game of Choice National Freethought Day!	13 9:45 Music w/ Drew 10:30 Refreshments 10:45 Devotion & Discussion 2:00 NHC Theatre National Breast Cancer Awareness Day! WEAR PINK	14 10:00 Trivia & Fun w/ Wendy 2:00 Puzzles & Socialization		
15 10:00 Sunday Morning Worship w/ Tunes 2:00 Walking Club	16 10:00 Movin' Mondays! 10:30 Hydration Station w/ a Devotion. 11:00 Whiteboard Game 2:00 Music w/ Janne Hensaw 3:00 Relax & Rejuvenate National Sports Day!	17 9:45 Pet Therapy 10:00 Outdoor Talks w/ Conversation Cards 10:45 Refreshments and Tunes 11:00 Trivia Tuesday! 2:00 Decorating Doors for Halloween 3:00 Aromatherapy & Spa	18 10:00 Scenic Drive w/ a Devotion 2:00 Music w/ Rita 2:45 Baking Chocolate Cupcakes National Chocolate Cupcake Day	19 9:45 Pet Therapy 10:00 Walking Club 10:30 BINGO 2:00 Sip & Talk Outside 3:00 Game of Choice	20 10:00 Church Choir 11:00 Hydration Station w/ a Devotion & Discussion 11:30 Eating Chicken & Waffles 2:00 Manicures & Movie National Chicken and Waffles Day!	21 10:00 Trivia & Fun w/ Bailey 2:00 Puzzles & Socialization		
22 10:00 Sunday Morning Worship w/ Tunes 2:00 Walking Club	23 10:00 Movin' Mondays! 10:30 Hydration Station w/ a Devotion 11:00 "Remember Me" Game 2:00 Music w/ Don Wall 3:00 Relax & Rejuvenate 4:00 Eating Boston Cream Pie National Boston Cream Pie Day!	24 9:45 Pet Therapy 10:00 Outdoor Talks w/ Conversation Cards 10:45 Refreshments and Tunes 11:00 Trivia Tuesday! 2:00 Pumpkin Color Contest 3:00 Birthday Party Social	25 10:00 Scenic Drive to see Halloween Houses 2:00 Walking Club 2:15 Sensory Stations 3:00 Puzzles & Socialization	26 9:45 Pet Therapy 10:00 Sip & Talk Outside 10:30 BINGO 2:00 Decorating Pumpkins! 3:00 Tennessee Facts National Pumpkin Day! National Tennessee Day!	27 9:45 Music w/ Drew 10:30 Refreshments 10:45 Devotion & Discussion 2:00 NHC Theatre	28 10:30 Halloween Family Fall Fest 2:00 Puzzles & Socialization		
29 10:00 Sunday Morning Worship w/ Tunes 2:00 Walking Club	30 10:00 Movin' Mondays! 10:30 Hydration Station w/ a Devotion 11:00 Whiteboard Game 2:00 Halloween Fashion Show 3:00 Relax & Rejuvenate	31 9:45 Pet Therapy 10:00 Trunk or Treat! 10:45 Refreshments & Tunes 11:00 Halloween Trivia! 2:00 Halloween Craft 3:00 Aromatherapy & Spa Halloween	KEY Emotional Environmental Intellectual Physical Social Spiritual Vocational				**Calendar is subject to change**	

October 2023