

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTERNATIOANL DAY OF OLDER PERSONS 9:30 Morning Greetings w/ Kayti - S 10:30 Exercise & Music w/ Kayti - IL 11:00 Mandala Art w/ Kayti - IL 2:30 Manicures & Music w/ Kayti - IL 6:30 News and Views w/ CG's - IL 1	ACTIVE AGING WEEK 9:30 All About October w/ MJ - S 10:30 Exercise Dice w/ Joey - IL 11:00 Taking a Look Forward w/ MJ - IL 11:00 Wheel of Fortune w/ VH - S 2:30 Black Jack w/ MJ - IL 3:30 7 Dimensions of Wellness w/ MJ - IL 6:00 Art Appreciation w/ VH - S 6:30 Big Word, Little Word w/ CG's - IL 2	EMOTIONAL & ENVIRONMENTAL WELLNESS 9:30 Rise And Shine w/ VH - S 10:30 Rise & Shine Exercise w/ MJ - IL 11:00 October in History w/ MJ - IL 11:00 Bingo w/ VH - S 2:30 Rummikub w/ MJ - IL 3:30 Wellness Topic w/ MJ - IL 4:15 Music Sing Along w/ VH - S 6:30 Scrabble w/ CG's - IL 3	INTELLECTUAL/COGNITIVE WELLNESS 9:30 Morning Exercise w/ MJ - S <i>10:30 Tai Chi w/ Jonathan - IL</i> 11:00 Wellness Topic w/ MJ - IL 11:30 Famous Person Bio w/ MJ - IL 1:30 Gentle Touch Hand Rubs w/ MJ - S <i>2:30 Oktoberfest w/ MJ - IL</i> 3:30 7 Dimensions of Wellness w/ MJ - G 4:15 Afternoon Visits w/ CL - S 6:30 Shout Out! Game w/ CG's - IL 4	PHYSICAL & PROFESSIONAL/VOCATIONAL WELLNESS 9:30 Get Fit w/ VH - S 10:30 Lite & Lively Exercise w/ MJ - IL 11:00 That was the Year: 1960 w/ MJ - IL 11:00 Balloon Toss And Music w/ VH - S 2:30 Sequence Game w/ MJ - IL 3:30 Wellness Topic w/ MJ - IL 4:15 ABC's of Fruit w/ VH - S 6:30 Autumn Reminiscing w/ CG's - IL 5	SOCIAL WELLNESS 9:30 Friday Fun Fitness w/ VH - S 10:30 Reach for the Sky Exercise w/ MJ - IL 11:00 What Would You Do? w/ MJ - IL 11:00 Music Favorites w/ VH - S <i>2:00 Entertainer: Pianist Sal Grillo - IL</i> 3:00 Wellness Topic w/ MJ - IL 4:15 Untie The Knot w/ VH - S 6:30 YouTube: Johnny Cash w/ CG's - IL 6	CHOWDER DAY 9:30 Soul Fitness w/ VH - S 10:00 Sittercise Fitness w/ VH - G 10:30 Seated Exercise w/ VH - IL 11:00 Music Appreciation w/ VH - S <i>2:30 Armchair Travel: Transylvania w/VH-IL</i> 3:30 VR Experience w/ VH - G 6:30 Saturday Evening Music w/ CG's IL 7
CLERGY APPRECIATION DAY 9:30 Sunday Fitness w/ VH - S 10:00 Lets Move w/ VH - G 10:30 Body Rock Fitness w/ VH - IL 11:00 Music Mix 50's & 60's w/ VH - S <i>2:30 Virtual Reality Experience w/ VH - IL</i> <i>3:30 Armchair Travel Transylvania w/ VH - G</i> 6:30 Sunday Evening TMC Movie w/CG's-IL 8	COLUMBUS DAY 9:30 Balloon Toss w/ MJ - S 10:30 Exercise Dice w/ Joey - IL <i>11:00 Entertainer: Singer Lynn Lewis - S</i> 11:00 Taking a Look Forward w/ MJ - IL 2:30 Manicures & Music w/ VH - IL 3:30 All About Columbus Day w/ VH - IL 6:00 Indigenous Day w/ VH - S 6:30 Evening Stretch w/ CG's - IL 9	NATIONAL HANDBAG DAY 9:30 Tuesday Tune Up w/ VH - S 10:30 Dice Fitness w/ VH - IL 11:00 Bingo w/ VH - S 2:30 Ball In The Basket w/ VH - IL 3:30 Full Moon Facts & Legend's w/VH - IL 4:15 Card Shark w/ VH - S 6:30 Board Games w/ CG's - IL 10	SOUTHERN FOOD HERITAGE DAY 9:30 Exercise & Music w/ MJ - S 10:30 Wednesday Work-Out w/ MJ - IL 11:00 Southern Fried Goodness w/ MJ - IL 1:30 Manicures & Hand Rubs w/ MJ - S <i>2:00 Men's Club w/ Joey - IL</i> 2:30 Bingo w/ MJ - IL 3:30 Bow Wow Bingo w/ MJ - G 4:15 Afternoon Visits w/ CL - S 6:30 Evening Movie Classic w/ CG's - IL 11	WORLD ARTHRITIS DAY 9:30 Stretch & Bend w/ VH - S 10:30 Breath And Be Fit w/ VH - IL <i>11:15 Pumpkin Pick'in & Lunch w/ VH</i> 1:30 Afternoon Visits w/ MJ - S 2:30 Origami w/ VH - IL 3:30 All About Arthritis w/ VH - IL 4:15 Tic Tac Toe w/ VH - S 6:30 Outburst Game w/ CG's - IL 12	ENGLISH LANGUAGE DAY 9:30 Music Fun Fitness w/ VH - S 10:30 Dancercise w/ VH - IL <i>11:30 Oktoberfest Social w/ VH - S</i> <i>1:00 Shabbat - IL Lounge</i> <i>2:30 Movie & Popcorn w/ VH - IL</i> 3:30 Movie Discussion w/ VH - IL 4:15 Oktoberfest Discussion w/ VH - S 6:30 Classical Favorites w/ CG's - IL 13	UNIVERSAL MUSIC DAY 9:30 Morning Greetings w/ Lisa - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> 11:00 Music & Laughter w/ Lisa - S 2:00 Variety of Engaging Fun w/ Lisa - IL 2:30 Variety of Engaging Fun w/ Lisa - G 4:00 Inspirational Stories w/ Lisa - S 6:30 Armchair Exercise w/ CG's - IL 14
NATIONAL GROUCH DAY 9:30 Morning Greetings w/ Kayti - S 10:30 Exercise & Music w/ Kayti - IL 11:00 Mandala Art w/ Kayti - IL <i>11:30 Entertainer: Pianist John Lamb - S</i> 2:30 Manicures & Music w/ Kayti - IL 6:30 What is a Grouch? w/ CG's - IL 15	MOVIE MONSTERS MONDAY 9:30 Simple Abundance w/ MJ - S 10:30 Exercise Dice w/ Joey - IL 11:00 Taking a Look Forward w/ MJ - IL 11:00 Wheel of Fortune w/ VH - S 2:30 Yahtzee w/ MJ - IL 3:30 Movie Monsters Trivia w/ MJ - IL 6:00 Manicures & Music w/ VH - S 6:30 Turner Classic Movie w/ CG's - IL 16	NATIONAL GEOGRAPHIC DAY 9:30 Flex Fitness w/ VH - S 10:30 Tuesday Tune-Up w/ MJ - IL 11:00 Historic Salem, MA w/ MJ - IL 11:00 Bingo w/ VH - S 2:30 Dean Martin Sing-a-Long w/ MJ - IL 3:30 Race Car Derby w/ MJ - IL 4:15 Music Around The World w/ VH - S 6:30 Checkers w/ CG's - IL 17	NATIONAL CHOCOLATE CUPCAKE DAY 9:30 Light Fitness w/ VH - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> <i>11:30 Springs Resident Council Meeting - S</i> <i>2:30 An Apple A Day Social w/ VH - IL</i> <i>3:30 An Apple A Day Social w/ VH - G</i> 4:15 Poetry From The Heart w/ VH - S 6:30 Easy Stretch w/ CG's - IL 18	SPIRIT DAY 9:30 Jokes & Fitness w/ VH - S 10:30 Fitnessize w/ MJ - IL <i>11:00 Entertainer: Jennifer DiSapio - S</i> <i>2:30 October Birthday Party w/ MJ - IL</i> 3:30 Apples-to-Apples Game w/ MJ - IL 4:15 Ring Toss w/ VH - S 6:30 Name 5 Game w/ CG's - IL 19	BRIDGE DAY 9:30 Easy Does It Fitness w/ VH - S 10:30 Bend & Flex w/ MJ - IL 11:00 Halloween Folklore w/ MJ - IL 11:00 Pumpkin Carving w/ VH - S 2:30 Jeopardy w/ MJ - IL <i>3:30 Entertainer: Jennifer DiSapio - IL</i> 4:15 Ball In The Basket w/ VH - S 6:30 Trivial Pursuit w/ CG's - IL 20	NATIONAL APPLE DAY 9:30 "Basket" Ball w/ MJ - S <i>10:00 Music & Dance w/ Jennifer - G</i> <i>11:00 Music & Dance w/ Jennifer - IL</i> 1:30 Afternoon Visits w/ MJ - S <i>2:30 Entertainer: Singer Lynn Lewis - IL</i> <i>3:30 World of Science w/ MJ - G</i> 6:30 Dominoes w/ CG's IL 21
MAKE A DIFFERENCE DAY 9:30 Bible Stories w/ MJ - S 10:00 Sittercise w/ MJ - G 10:30 Weekend Exercise w/ MJ - IL <i>11:00 World of Science w/ MJ - IL</i> 1:30 Afternoon Visits w/ MJ - S 2:30 Tic Tac Trivia w/ MJ - IL 3:30 Arts & Crafts w/ MJ - G 6:30 Newsbytes w/ CG's - IL 22	A BOO-TIFUL! DAY 9:30 Daily Devotional w/ MJ - S 10:30 Exercise Dice w/ Joey - IL 11:00 Taking a Look Forward w/ MJ - IL 11:00 Balloon Toss w/ VH - S 2:30 Pictionary w/ VH - IL 3:30 Current Events Debate w/ VH - IL 6:00 Art Appreciation w/ VH - S 6:30 Lite Evening Stretch w/ CG's - IL 23	GOING OVER NIAGARA FALLS IN A BARREL DAY 9:30 Folklore & Fitness w/ VH - S 10:30 Morning Fitness w/ VH - IL 11:00 Poetry & Music w/ VH - S <i>11:30 Health Talk w/ Bindu George, RN - IL</i> 2:30 Drum Circle w/ VH - IL 3:30 Niagara Falls Facts w/ VH - IL 4:15 Bible Stories w/ VH - S 6:30 Sorry Game w/ CG's - IL 24	INTERNATIONAL ARTISTS DAY 9:30 Fun Fitness w/ VH - S 10:30 Rise And Shine w/ VH - IL 11:00 Bingo w/ VH - S <i>11:15 Inn Resident Council Meeting - IL DR</i> 2:30 Name 5 Game w/ VH - IL 3:30 Wheel of Fortune w/ VH - IL 4:15 Hollywood Gossip w/ VH - S 6:30 Remember the 50's w/ CG's - IL 25	HOWL AT THE MOON NIGHT NATIONAL PUMPKIN DAY 9:30 Light Stretch w/ VH - S 10:30 Light Weight Fitness w/ VH - IL 11:00 Wheel of Fortune w/ VH - S <i>2:30 Fall Foliage & Coffee Shop w/ VH - IL</i> 4:00 Name That Tune w/ VH - IL 4:30 Deja Vu w/ VH - S 6:30 Evening Beatles YouTube w/CG's-IL 26	FRANKENSTEIN FRIDAY BLACK CAT DAY 9:30 Fun Stretch w/ VH - S 10:30 Dancercise w/ VH - IL 11:00 Monster Mash w/ VH - S <i>2:30 Entertainer: Pianist John Lamb & Monster Bash Social w/ VH - IL</i> 4:15 Hand Rubs & Music w/ VH - S 6:30 Western Movie w/ CG's - IL 27	ST. JUDE'S DAY 9:30 Morning Greetings w/ Joey - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> 11:00 Wheel of Fortune w/ Joey - IL 11:30 Chicken Soup for the Soul w/Joey-S 2:30 Bingo w/ Joey - IL 3:30 Bingo w/ Joey - G 4:00 Afternoon Visits w/ Joey - S 6:30 Relaxing Evening Music w/CG's-IL 28
NATIONAL OATMEAL DAY 9:30 Morning Greetings w/ Joey - S 10:30 Exercise Dice w/ Joey - G 11:00 Exercise Dice w/ Joey - IL 11:30 "Basket" Ball w/ Joey - S 2:30 Family Feud w/ Joey - IL 3:30 Wheel of Fortune w/ Joey - G 4:00 Afternoon Visits w/ Joey - S 6:30 Farkle Game w/ CG's - IL 29	MISCHIEF NIGHT CANDY CORN DAY 9:30 Easy Does It Exercise w/ MJ - S 10:30 Monday Morning Exercise w/ MJ - G 10:30 Exercise Dice w/ Joey - IL <i>11:00 Entertainer: Singer Lynn Lewis - S</i> 11:30 Taking a Look Forward w/ MJ - IL 2:30 Rummikub w/ MJ - IL 3:30 ABC's of Halloween w/ MJ - G 6:30 Shake a Memory Loose w/CG's - IL 30	HAPPY HALLOWEEN! 9:30 Pumpkin Chuckin' w/ MJ - S 10:00 Monster Mash Exercise w/ MJ - G 10:30 Hocus Pocus Exercise w/ MJ - IL 11:00 Ripley's Believe It or Not w/ MJ - IL 1:30 Halloween Folklore w/ MJ - S <i>2:00 Halloween Party w/ MJ - IL</i> <i>3:00 Halloween Party w/ MJ - G</i> <i>4:00 Halloween Parade w/ CL - S</i> 6:30 Halloween Charades w/ CG's - IL 31	PET THERAPY VISITS WITH PAISLEY THE DOG SEE WEEKLY ACTIVITIES CALENDAR FOR DAYS AND TIMES	SHABBAT IS CELEBRATED THE SECOND FRIDAY OF EACH MONTH IN THE INN LOUNGE AT 1 P.M.	Catholic Communion 11:00 a.m. to 12 noon with Sister Maureen The Inn The Gardens Springs Check Weekly Activity Calendar for Date	If you are interested in presenting a Watermark University program, please call Cindy McGuire Director of Living Well Ext. 6108
NATIONAL DENTAL HYGIENE MONTH NATIONAL APPLE MONTH RESIDENTS' RIGHTS MONTH CLERGY APPRECIATION MONTH	"May you fall in love with October and all the beauty it brings, May your life be as colorful as the turning of the leaves, On each blessed autumn day" ~ Charmaine J. Forde	OCTOBER 2023 THE INN and SPRINGS			ACTIVITY LOCATOR KEY AG - Art Gallery AS - Art Studio A - Auditorium FC - Fitness Center G - Gardens TC - Town Center	CL - Community Life IL - Inn Lounge MJ - Mary Jo S - Springs VH - Victoria SC - Springs Conference Room DR - Dining Room