Inn at Amethyst calendar & activities OCT 2019 SUNDAY MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY** SATURDAY 8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] Connect 9:15 • Arm Exercises [ML] 9:30 • Dominos [ML] Contribute 9:30 • Movin' and Grooving [MPR] 10:00 • Cluster Activities [MPR] Feel 10:30 • Communion Service [ML]

12:00 Lunch [DR]

1:00 • Nails And Hand Massage [ML]

2:15 • Thymeless-Snackology

3:30 • Would You Rather.. [ML] 4:00 • Dining Room Set Up [DR]

3:30 • Afternoon Stroll

5:00 Dinner [DR]

12:00 Lunch [DR]

8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Dominos [ML]

9:30 • Movin' and Grooving

10:00 • Cluster Activities [MPR] 10:30 • Communion Service [ML]

2:15 • Thymeless-Snackology

4:00 • Dining Room Set Up [DR]

3:30 • Afternoon Stroll 3:30 • Would You Rather.. [ML]

8:00 • Breakfast [DR]

9:30 • Dominos [ML]

12:00 Lunch [DR]

5:00 Dinner [DR]

8:00 • Breakfast [DR]

9:30 • Dominos [ML]

12:00 Lunch [DR]

5:00 Dinner [DR]

"I'm so glad I live in a world where there are

Octobers."

- L.M. Montgomery, Anne of Green Gables

3:30 • Afternoon Stroll 4:00 • Dining Room Set Up [DR]

9:00 • Daily Chronicles

3:30 • Afternoon Stroll 4:00 • Dining Room Set Up [DR]

9:00 • Daily Chronicles

5:00 Dinner [DR]

1:00 • Nails And Hand Massage [ML]

9:30 • Movin' and Grooving [MPR] 10:00 • Cluster Activities [MPR] 10:30 • Communion Service [ML]

4:30 • Would You Rather.. [ML]

9:30 • Movin' and Grooving [MPR]

10:00 • Cluster Activities [MPR]

10:30 • Communion Service [ML]

4:30 • Would You Rather.. [ML]

LOCATIONS

CHAPEL – C

Grow

Move

Reflect

DINING ROOM – DRLEGACY COURT – LC

MAN CAVE- MC

THYMELESS COURTYARD-TC

MAIN LOBBY – ML MONARCH – M

MULTIPURPOSE ROOM – MPR GARDENS-G

BIRTHDAYS
THIS MONTH
Byron E. 3rd
Doris M. 5th
Eloise F. 6th
Martha F. 9th
Mary M. 16th
Marian B. 26th
Audrey F. 27th
Virginia W. 29th

SENIOR LIFESTYLE

9:30 • Dominos Or UNO [ML]

10:30 • Communion Service [C]

4:00 • Dining Room Set Up [DR]

4:00 • Essence Nails/Massage [ML]

Lunch [DR]

3:30 • Afternoon Stroll

3:00 • Christian Service [C]

Dinner [DR]

12:00

9:30 • Noodles and Balloons [LR]

9:30 • Movin' and Grooving

Lunch [DR]

2:00 • Sundae's on Mondays

4:00 • Dining Room Set Up [DR]

Bookmark- Buddies

[MPR]

2:30 • Bingo [MPR]

3:30 • Afternoon Stroll

Dinner [DR]

10:30

12:00

Come grow with us!

WWW.SENIORLIFESTYLE.COM
Activities are subject to change

	MEMORY CARE CENTRAL DE SENIOR LIFESTYLE	"I'm so glad I live in a world where there are Octobers." — L.M. Montgomery, Anne of Green Gables	8:00 Breakfast [DR] 9:00 Daily Chronicles [LR] 9:30 Noodles and Balloons [LR] 10:30 Bookmark- Buddies 11:00 Shake Loose A Memory [ML] 12:00 Lunch [DR] 12:30 Trivia and Treats [ML] 3:30 Afternoon Stroll 3:30 UNO [ML] 4:00 Dining Room Set Up [DR] 5:00 Dinner [DR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Cluster Activities [MPR] 9:30 • Movin' and Grooving [MPR] 10:30 • Bookmark- Buddies 10:30 • Crafts with Peggy [MPR] 11:30 • Lunch Bunch-On The Border 12:00 • Lunch [DR] 2:30 • Bingo [MPR] 3:00 • Tom The Music Man [ML] 4:00 • Dining Room Set Up [DR] 4:00 • Essence Nails/Massage [ML] 5:00 Dinner [DR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:15 • Ageless Aerobic Dance With KT 10:30 • Bookmark- Buddies 10:30 • Reminisce With Rhonda 12:00 Lunch [DR] 1:30 • Sunshine Singers [MPR] 2:30 • Happy Hour With Todd Hagen [DR] 3:30 • Afternoon Stroll 4:00 • Dining Room Set Up [DR] 5:00 Dinner [DR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Noodles and Balloons [LR] 10:00 • Drumming with Sam 10:00 • Fresh Baked Cookies & Trivia 10:30 • Bookmark- Buddies 12:00 • Lunch [DR] 1:30 • Dining Room Set Up [DR] 2:30 • Friday Bingo [MPR] 3:30 • Afternoon Stroll 3:30 • Color Creations, Puzzles & Reading [MPR] 4:00 • Celebrity Trivia [ML] 4:00 • Dining Room Set Up [DR] 5:00 • Dinner [DR]
2	8:00 Breakfast [DR] 9:00 Daily Chronicles [LR] 9:30 Dominos Or UNO [ML] 9:30 Noodles and Balloons [LR] 10:30 Communion Service [C] 12:00 Lunch [DR] 3:00 Christian Service [C] 3:30 Afternoon Stroll 4:00 Dining Room Set Up [DR] 4:00 Essence Nails/Massage [ML] 5:00 Dinner [DR]	8:00	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Noodles and Balloons [LR] 10:30 • Bookmark- Buddies 11:00 • Shake Loose A Memory [ML] 12:00 Lunch [DR] 3:00 Praise & Prayer 3:00pm [C] 3:30 • Afternoon Stroll 3:30 • UNO [ML] 4:00 • Dining Room Set Up [DR] 5:00 Dinner [DR] 6:30 Music with Linda [LR]	8:00	8:00 Breakfast [DR] 9:00 Daily Chronicles [LR] 9:15 Ageless Aerobic Dance With KT 10:30 Bookmark- Buddies 10:30 Reminisce With Rhonda Lunch [DR] 1:30 Sunshine Singers [MPR] 2:30 Happy Hour With Eric [DR] 3:30 Afternoon Stroll 4:00 Dining Room Set Up [DR] 5:00 Dinner [DR]	8:00
R	8:00 Breakfast [DR] 9:00 Daily Chronicles [LR] 9:30 Dominos Or UNO [ML] 9:30 Noodles and Balloons [LR] 10:30 Communion Service [C] 12:00 Lunch [DR] 3:00 Christian Service [C] 3:30 Afternoon Stroll 4:00 Dining Room Set Up [DR] 4:00 Essence Nails/Massage [ML] 5:00 Dinner [DR]	Columbus Day 8:00	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Noodles and Balloons [LR] 10:30 • Bookmark- Buddies 11:00 • Shake Loose A Memory [ML] 12:00 • Lunch [DR] 3:00 • Praise & Prayer 3:00pm [C] 3:30 • Afternoon Stroll 3:30 • UNO [ML] 4:00 • Dining Room Set Up [DR] 5:00 Dinner [DR] 6:30 • Music with Todd [LR]	8:00	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:15 • Ageless Aerobic Dance With KT 10:30 • Bookmark- Buddies 10:30 • Reminisce With Rhonda 12:00 • Lunch [DR] 1:30 • Sunshine Singers [MPR] 2:30 • Happy Hour With Kristina O'Boyle [DR] 3:30 • Afternoon Stroll 4:00 • Dining Room Set Up [DR] 5:00 • Dinner [DR]	8:00
	8:00	8:00 Breakfast [DR] 9:00 Daily Chronicles [LR] 9:30 UNO [ML] 9:30 Yoga [MPR] 10:30 Bookmark- Buddies 12:00 Lunch [DR] 2:00 Sundae's on Mondays 2:30 Bingo [MPR] 3:30 Afternoon Stroll 4:00 Dining Room Set Up [DR] 5:00 Dinner [DR]	8:00 Breakfast [DR] 9:00 Catholic Mass [C] 9:00 Daily Chronicles [LR] 9:30 Noodles and Balloons [LR] 10:30 Bookmark- Buddies 11:00 Shake Loose A Memory [ML] 12:00 Lunch [DR] 3:00 Music with Tim [LR] 3:30 Afternoon Stroll 4:00 Dining Room Set Up [DR] 5:00 Dinner [DR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Cluster Activities [MPR] 9:30 • Movin' and Grooving [MPR] 10:30 • Bookmark- Buddies 10:30 • Crafts with Peggy [MPR] 11:30 • Lunch Bunch [ML] 12:00 • Lunch [DR] 2:30 • Bingo [MPR] 3:30 • Afternoon Stroll 4:00 • Dining Room Set Up [DR] 4:00 • Essence Nails/Massage [ML] 5:00 Dinner [DR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:15 • Ageless Aerobic Dance With KT 10:30 • Bookmark- Buddies 10:30 • Reminisce With Rhonda Lunch [DR] 1:30 • Sunshine Singers [MPR] 2:30 • Happy Hour With Jackie Marx [DR] 3:30 • Afternoon Stroll 4:00 • Dining Room Set Up [DR] 5:00	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Nocolles and Balloons [LR] 10:00 • Fresh Baked Cookies & Trivia 10:30 • Bookmark- Buddies 12:00 Lunch [DR] 1:30 • Dining Room Set Up [DR] 2:30 • Friday Bingo [MPR] 3:30 • Afternoon Stroll 3:30 • Color Creations, Puzzles & Reading [MPR] 4:00 • Celebrity Trivia [ML] 4:00 • Dining Room Set Up [DR] 4:00 • Essence Nails/Massage [ML] 5:00 Dinner [DR]
	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR]	8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR] 9:30 • Cluster Activities	Halloween 8:00 • Breakfast [DR] 9:00 • Daily Chronicles [LR]	

9:30 • Noodles and Balloons [LR]

11:00 • Shake Loose A Memory [ML]

4:00 • Dining Room Set Up [DR]

10:30 • Bookmark- Buddies

Lunch [DR]

3:30 • Afternoon Stroll

3:30 • UNO [ML]

5:00 Dinner [DR]

12:00

12:00 Lunch [DR]

2:30 • Bingo [MPR]

3:30 • Afternoon Stroll

Dinner [DR]

10:30 • Bookmark- Buddies

10:30 • Crafts with Peggy [MPR]

4:00 • Dining Room Set Up [DR]

4:00 • Essence Nails/Massage [ML]

9:30 • Movin' and Grooving [MPR]

9:15 • Ageless Aerobic

3:30 • Afternoon Stroll

5:00 Dinner [DR]

12:00 Lunch [DR]

Dance With KT

10:30 • Reminisce With Rhonda

1:30 • Sunshine Singers [MPR]

4:00 • Dining Room Set Up [DR]

2:30 • Trick or Treating at the Gardens

10:30 • Bookmark- Buddies

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