

*last updated 10/4/24

October 7-11

Weekly **EVENT** **CALENDAR**

MONDAY

- 9-10AM: BRAIN GAMES
- 10-11AM: NEWSPAPER CROSSWORD PUZZLE
- 11-12PM: SHOUT OUT TO OUR FAVORITE PHYSICIAN ASSISTANTS!
- 12-1PM: MUNCH WITH FRIENDS
- 1-2PM: SILVER PEN PAL CLUB
- 3-4:30PM: AMERICAN HISTORY LESSON

TUESDAY

- 9-10AM: VOCAL WARM UP
- 10-11AM: UNO!
- 11-12: BALLOON VOLLEYBALL
- 12-1PM: MUNCH WITH FRIENDS
- 1-2PM: BEND AND SNAP! (STRETCHING!)
- 2-3PM: ACTIVE AGING: RECIPE AND TASTING
- 3-4:30PM: CUTE FALL WOOD-SLICE ORNAMENTS

WEDNESDAY

- 9-10AM: MEDITATION 101
- 10-11AM: WEDNESDAY WORDLE
- 11-12PM: GROUP DISCUSSION
- 12-1PM: MUNCH WITH FRIENDS
- 1-2PM: PUZZLE TIME
- 2-3PM: ABS OF STEEL
- 3-4:30PM: PAPER TOWEL PUMPKIN ART

THURSDAY

- 9-10AM: FALL WORD SEARCH
- 10-11AM: TV GAME SHOW CHALLENGE
- 11-12PM: COOKIE DECORATING 101
- 12-1PM: MUNCH WITH FRIENDS
- 1-2PM: BINGO
- 2-4PM: AFTERNOON MOVIE TIME
- 4-5PM: PHONE TIME

FRIDAY

- 9-10AM: BRAIN CHALLENGES AND COFFEE
- 10-11AM: BINGO
- 11-12PM: QUIZ WHIZ! SUBJECT: GUMBO (IT'S NATIONAL GUMBO DAY!)
- 12-1PM: MUNCH WITH FRIENDS
- 1-2PM: YOGA 101
- 2-3PM: NC STORY TIME
- 3-4:30PM: FIRE PREVENTION 101