




Sample From Sister Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 A Woodbine Senior Community	Activities are subject to change *Activity is weather dependent	 “Life starts all over again when it gets crisp in the Fall.” ~ F. Scott Fitzgerald ~		 17th - Elaine	1 9:00 - Current Events 9:30 - Aerobics 10:00 - MindFit 10:30 - Brain Break 1:00 - Walking Club* 2:00 - Marbles 2:30 - Mother May I? 4:00 - Tai Chi 6:00 - Coloring/Puzzles	2 9:00 - Current Events 9:30 - Yoga 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Connect Four 4:00 - Zumba 6:00 - Corn Hole 6:30 - Basketball
3 9:00 - Current Events 9:30 - Zumba 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 2:30 - Fill In That Hymn 4:00 - Aerobics 6:00 - Music Lounge	4 Labor Day 9:00 - Current Events 9:30 - Aerobics 10:00 - Secret Code 11:00 - Mexican Kickball 1:00 - Walking Club* 2:00 - Art Hour 4:00 - Tai Chi 6:00 - Board Games	5 9:00 - Current Events 9:30 - Yoga 10:00 - You Be the Judge 11:00 - Basketball 1:00 - Walking Club* 2:00 - Sing A Long 4:00 - Zumba 6:00 - Auction 6:30 - 30 Minutes of Comedy	6 National Read a Book Day 9:00 - Current Events 9:30 - Aerobics 10:00 - Cooking with Chef Paul 11:00 - Balloon Tennis 1:00 - Visit from John the Therapy Dog 1:30 - Walking Club* 2:00 - Knitting Club 2:30 - Nuts and Bolts 4:00 - Tai Chi 6:00 - Minute To Win It Games 6:30 - Beach Ball Relay	7 NFL Day 9:00 - Current Events 9:30 - Yoga 10:00 - NFL Spelling Bee 11:00 - Football Targets 1:00 - Walking Club* 2:00 - Name that Rhyme 2:30 - Balloon Volleyball 4:00 - Zumba 6:00 - Quarter Bingo 6:30 - Hula Hoop Targets	8 9:00 - Current Events 9:30 - Aerobics 10:00 - MindFit 10:30 - Brain Break 1:00 - Walking Club* 2:00 - Hot Potato 2:30 - Ladder Ball 4:00 - Tai Chi 6:00 - Movie Night	9 9:00 - Current Events 9:30 - Yoga 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Dominoes 4:00 - Zumba 6:00 - Horseshoes 6:30 - Ring Toss
10 Grandparents' Day 9:00 - Current Events 9:30 - Zumba 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 2:30 - Name That Hymn 4:00 - Aerobics 6:00 - Music Lounge	11 National Assisted Living Week (10-16) 9:00 - Current Events 9:30 - Aerobics 10:00 - Let's Talk! 11:00 - Manicures 1:00 - Walking Club* 2:00 - Art Hour 4:00 - Tai Chi 6:00 - Board Games	12 9:00 - Current Events 9:30 - Yoga 10:00 - What If...? 11:00 - Wacky Table Bowling 1:00 - Walking Club* 2:00 - Sing A Long 4:00 - Zumba 6:00 - Amazing Race 6:30 - Make Trail Mix	13 9:00 - Current Events 9:30 - Aerobics 10:00 - Mindfulness with Ellen 11:00 - Bird Call Game 1:00 - Visit from John the Therapy Dog 1:30 - Walking Club* 2:00 - Book Club 2:30 - Cooking Club 4:00 - Tai Chi 6:00 - Beanbag Twister 6:30 - Juggling	14 9:00 - Current Events 9:30 - Yoga 10:00 - Senior Science 11:00 - Leapin' Frogs 1:00 - Walking Club* 2:00 - Math Bee 4:00 - Zumba 6:00 - Karaoke 6:30 - Rhythm Sticks	15 Constitution Day 9:00 - Current Events 9:30 - Aerobics 10:00 - MindFit 10:30 - Brain Break 1:00 - Walking Club* 2:00 - Say the Pledge 4:00 - Tai Chi 6:00 - Coloring/Puzzles	16 National Eat An Apple Day 9:00 - Current Events 9:30 - Yoga 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Boggle 4:00 - Zumba 6:00 - Basketball 6:30 - Ladder Golf
17 Walk to End Alzheimer's 9:00 - Current Events 9:30 - Zumba 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Concert in the Square 3:30 - Painting 4:00 - Aerobics 6:00 - Music Lounge	18 9:00 - Current Events 9:30 - Aerobics 10:00 - Music Therapy with Maggie 11:00 - Balloon Bop 1:00 - Walking Club* 2:00 - Art Hour 4:00 - Tai Chi 6:00 - Board Games	19 International Talk Like a Pirate Day 9:00 - Current Events 9:30 - Yoga 10:00 - Pirate Word Search 11:00 - Pirate Games 1:00 - Walking Club* 2:00 - Sing Like a Pirate 2:30 - Island in a Jar 4:00 - Zumba 6:00 - Treasure Hunt 6:30 - Pirate Games	20 9:00 - Current Events 9:30 - Aerobics 10:00 - Best Advice? 11:00 - BalloonVolleyball 1:00 - Visit from John the Therapy Dog 1:30 - Walking Club* 2:00 - Knitting Club 2:30 - Handyman Project with Michael 4:00 - Tai Chi 6:00 - Minute To Win It Games 6:30 - Pool Ring Toss	21 9:00 - Current Events 9:30 - Apple Picking 1:00 - Walking Club* 2:00 - Apple Word Search 2:30 - Apple Balance Race 3:30 - Apple Memories 4:00 - Zumba 6:00 - Apple of my Eye Party	22 National Hobbit Day 9:00 - Current Events 9:30 - Aerobics 10:00 - MindFit 10:30 - Brain Break 1:00 - Walking Club* 2:00 - Hobbit Riddles 2:30 - Find the Ring 4:00 - Tai Chi 6:00 - Movie Night	23 9:00 - Current Events 9:30 - Yoga 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Rummy 4:00 - Zumba 6:00 - Ladder Golf 6:30 - Ring Toss
24 9:00 - Current Events 9:30 - Zumba 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 3:30 - Fill in the Hymn 4:00 - Aerobics 6:00 - Music Lounge	25 National Comic Book Day National One Hit Wonders Day 9:00 - Current Events 9:30 - Aerobics 10:00 - Write a Comic Book 11:00 - Balloon Bop 1:00 - Walking Club* 2:00 - Hymns with Karen 3:30 - One Hit Wonders Name That Tune 4:00 - Tai Chi 6:00 - Board Games	26 9:00 - Current Events 9:30 - Yoga 10:00 - Would You Rather...? 11:00 - Seated Soccer 1:00 - Walking Club* 2:00 - Sing A Long 4:00 - Zumba 6:00 - Trivia Night 6:30 - Bop It!	27 9:00 - Current Events 9:30 - Aerobics 10:00 - Word Challenge 11:00 - Circle Volleyball 1:00 - Visit from John the Therapy Dog 1:30 - Walking Club* 2:00 - Book Club 2:30 - Cooking Club 4:00 - Tai Chi 6:00 - Balloon Tennis 6:30 - Smile Toss	28 9:00 - Current Events 9:30 - Fall Foliage Ride 1:00 - Walking Club* 2:00 - Fact or Fiction? 2:30 - Leaf Catch 3:30 - Mazes 4:00 - Zumba 6:00 - Quarter Bingo	29 National Coffee Day 9:00 - Current Events 9:30 - Aerobics 10:30 - Fleming Friday 1:00 - Walking Club* 2:00 - Music w/ Corey 3:00 - Virtual Tour of Columbia 3:30 - Coffee Sensory Box / Coffee Trivia 4:00 - Tai Chi 6:00 - Coloring/Puzzles	30 National Frisbee Day 9:00 - Current Events 9:30 - Yoga 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Frisbee Games 4:00 - Zumba 6:00 - Horseshoes 6:30 - Corn Hole