


October 2022

Arbor Terrace Norwood Assisted Living

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|--|
| October cont'd 30 10:00 Trip-St Anthony's Church [OSL] 10:30 Exercise Class with Denise [FC] 11:15 Televised Catholic Mass [TH] 1:00 Mini Golf 1:30 Super Bingo [AR] 3:00 Let the Famous Mr. Harry Pocus Entertains You for Halloween [TH] 4:00 Signature Social [BIS] 7:00 Sunday Night Movie [TH] | Halloween--Dress Up and Win A Prize 31 10:30 Chair Exercise [FC] 11:15 Trivia Challenge [AR] 1:00 Walking Group [OSL] 1:30 Rosary & Communion with Sister Susanne [TH] 2:00 Vote on Best Staff Costume! 3:00 Broadway Musical Monday [AR] 3:30 Department Decorated Pumpkin Contest - Winner Announced [FC] 4:00 Signature Drink Social [SL] 7:00 Evening Showcase [TH] |  | Arts & Education Deep Connections Health & Wellness Purposeful Living Recreation & Leisure Spiritual Journey | Location Keys Activity Room AR Bistro BIS Fitness Center FC Library LBY Main Living Room MLR Off Site Location OSL Outside Patio OP Sports Lounge SL Theatre TH | Programs on the calendar are subject to change. Check your daily schedule for updates. | 10:30 Morning Mindfulness and Stretching [FC] 11:00 LET'S GET TO KNOW EACH OTHER [OP] 1:30 SATURDAY MATINEE [TH] 3:00 American History Trivia on Patio 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase [TH] |
| 10:00 Trip-St Anthony's Church [OSL] 10:30 Exercise Class with Denise [FC] 11:15 Televised Catholic Mass [TH] 1:30 Mini Golf 2:00 Outdoor Stroll [MLR] 2:30 Super Bingo [AR] 4:00 Music & Signature Drink Social [BIS] 7:00 Sunday Night Movie [TH] | 2 10:30 Toning Muscles with Weights [FC] 11:15 Brain Challenge [AR] 1:30 Rosary & Communion with Sister Susanne [TH] 2:00 Meditation and Stretching with Marianne [OSL] 3:00 Broadway Musical Monday [AR] 4:00 Signature Drink Social [SL] 7:00 Evening Showcase | 3 10:30 Bend and Stretch [FC] 11:15 Who AM I? Trivia Game 1:30 Tuesday Matinee [TH] 2:30 Travel Tuesday [AR] 3:00 YOGA with Carolyn [FC] 3:30 Sharing Family Stories [SL] 7:00 Arnie's Movie Selection - [TH] | 4 10:30 Move to Your Favorite Tunes [FC] 11:00 Name Your Topic 1:30 Pictionary 2:00 Leisure Planning Meeting [TH] 3:00 Alexander and Company [TH] 4:00 Post Music Cheese and Cracker Social 7:00 Evening Showcase - Arnie's Selection | 5 10:30 Musical Warm Up [FC] 11:15 Celebrate Animals Near Extinction [AR] 1:30 Learn a New Card Game 2:30 YOUTube Biography [TH] 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase - Arnie's Selection [TH] | 6 10:30 Body Stretch [FC] 11:15 Inventors of this Century [TH] 1:30 Walking Club [OSL] 2:00 Bible Study with Joyce [LBY] 2:30 Jeopardy Challenge [BIS] 3:30 Signature Drink Social [TH] 7:00 Evening Showcase [TH] | 7 10:30 Mindful Exercise Class [FC] 11:00 Brain Game [BIS] - Opera Saturday with Cheese and Crackers [TH] 2:30 Outdoor Activity 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase [TH] |
| 10:00 Trip-St Anthony's Church [OSL] 10:30 Exercise Class with Rafael [FC] 11:15 Televised Catholic Mass [TH] 1:30 Mini Golf 2:30 Super Bingo [AR] 4:00 Signature Social [BIS] 7:00 Sunday Night Movie [TH] | 9 Columbus Day 10:30 Toning Muscles with Weights [FC] 11:15 Trivia Challenge [AR] 1:30 Rosary & Communion with Sister Susanne [TH] 2:00 Painting with Deirdre [OSL] 2:30 Broadway Musical Monday [TH] 4:00 Signature Drink Social [SL] 7:00 Evening Showcase [TH] | 10 10:30 Move with the Music [FC] 11:15 Who AM I? Trivia Game 1:30 Tuesday Matinee [TH] 2:00 Paint and Sip with Liz, your Executive Director [AR] 3:30 Guess that Tune! [SL] 7:00 Evening Showcase - Arnie's Selection [TH] | 11 10:30 Mindful Exercise Class [FC] 11:00 Brain Challenge with Joe 1:30 Fall Stroll 2:00 Food For Thought Meeting [TH] 3:00 Enjoy the Sounds of Lenny Taylor [TH] 3:30 Happy Hour - What's your Pleasure? 7:00 Evening Showcase Arnie's Choice | 12 10:30 Musical Warm Up [FC] 11:00 How Many Words? [TH] 11:30 Join Chris, the Marketing Director, for A Men's Lunch at Bidly O'Malley's 1:30 Chess Anyone? 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase - Arnie's Selection [TH] | 13 10:30 Body Stretch [FC] 11:15 Climate Change and You [TH] 1:30 Crafts with Business Director Cristine [OSL] 2:30 Jeopardy Challenge [BIS] 3:30 Signature Drink Social [TH] 4:30 Shabbat Candle Lighting 7:00 Evening Showcase [TH] | 14 10:30 Stretch and Bend-Exercise Class [FC] 11:00 Brain Game [BIS] - Creative Time with Josef [TH] 2:30 Saturday's Virtual Museum -- Visit the MOMA [TH] 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase [TH] |
| 10:00 Trip-St Anthony's Church [OSL] 10:30 Alzheimer's Walk -Join the Arbor Team [FC] 11:15 Televised Catholic Mass [TH] 1:30 Mini Golf 2:00 Outdoor Stroll [MLR] 2:30 Super Bingo [AR] 4:00 Music & Signature Drink Social [BIS] 7:00 Sunday Night Movie [TH] | 16 10:30 Toning Muscles with Weights [FC] 11:15 Trivia Challenge [AR] 1:30 Rosary & Communion with Sister Susanne [TH] 1:30 Walking Group [OSL] 2:00 Guided Meditation & Stretch with Marianne [FC] 2:30 Broadway Musical Monday [AR] 4:00 Signature Drink Social [SL] 7:00 Monday Night Movie [TH] | 17 10:30 Move with the Music [FC] 11:00 Medical Update with Delicia and Melody Your Wellness Staff [AR] 1:30 Tuesday Matinee [TH] 2:30 Travel Tuesday [AR] 3:00 Pictionary [BIS] 4:00 Snack and Chat [BIS] 7:00 Evening Showcase - Arnie's Selection [TH] | 18 2:00 Current Events - What's Happening in Your World 10:30 Mindful Exercise Class With Josef [FC] 11:15 Resident Council Meeting [TH] 1:30 Coffee with a Cop [OSL] 3:00 Join us for our Favorite Entertainer - DJ Frank [TH] 3:30 Happy Hour - What will it be? 7:00 Evening Showcase - Arnie's Selection | 19 10:30 Musical Warm Up [FC] 11:15 Recycle and Upcycle [AR] 11:30 Ambassador Luncheon with Chris and Xiomara 2:00 Join Artist Deirdre Molloy for a Creative Painting Class 2:30 YOUTube Biography [TH] 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase - Arnie's Selection [TH] | 20 10:30 Body Stretch [FC] 11:15 Animals in the Wild [TH] 1:30 Walking Club [OSL] 2:00 Bible Study with Joyce 2:30 Jeopardy Challenge [BIS] 3:30 Signature Drink Social [TH] 4:30 Shabbat Candle Lighting 7:00 Evening Showcase [TH] | 21 10:30 Stretch and Bend-Exercise Class [FC] 11:00 Brain Game [BIS] 1:30 Fun & Games with Marketing Director Xiomara [BIS] 2:30 Saturday's Virtual Museum Visit 3:30 Signature Drink Social [BIS] 7:00 Evening Showcase [TH] |
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