


# October 2022

## Arbor Terrace Norwood-Evergreen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>October cont'd</b> <b>30</b> 10:30 Stretch and Bend-Exercise Class 11:00 HALLOWEEN TRIVIA [MLR] 1:30 Outdoor Stroll [MLR] 2:30 AFTERNOON REFRESHMENTS 3:00 Bingo [DR] 4:00 Helping Hands [DR] 7:00 Evening Showcase [MLR]	<b>Halloween--Dress Up and Win A Prize</b> <b>31</b> 10:30 LET'S MOVE OUR BODIES TO THE MUSIC 11:30 Halloween Tricks or Treats 1:30 Let's Talk Pets [DR] 2:30 AFTERNOON REFRESHMENTS 3:00 Halloween Stories [MLR] 3:30 Life is a Carousel [MLR] 4:00 Folding and Sorting [DR] 4:00 Folding and Sorting [DR] 4:00 Guided Relaxation [MLR] 7:00 Evening Showcase [MLR] 7:00 Using My Hands [DR]		Arts & Education Deep Connections Health & Wellness Purposeful Living Recreation & Leisure Spiritual Journey	<b>Location Keys</b> Dining Room DR Main Living Room MLR	10:30 Yoga and Meditation Exercise Class [MLR] 11:00 VIRTUAL MUSEUM TOUR-LOUVRE [MLR] 1:30 CHEERS TO A YEAR- ART PROJECT [DR] 2:30 Afternoon Refreshments 3:00 B-I-N-G-O [DR] 4:00 SPIRITUAL CONNECTION 7:00 Evening Showcase [MLR]	<b>1</b>	
10:30 "HANDS UP" WITH SAM [MLR] 11:00 Computer Fun! 1:30 Catholic Mass Televised [MLR] 2:00 AFTERNOON REFRESHMENTS [DR] 2:30 Outdoor Stroll [MLR] 3:00 Bingo [DR] 7:00 Evening Showcase [MLR]	<b>2</b> 11:00 MINDFUL MONDAY 1:30 ATTITUDE OF GRATITUDE 2:30 AFTERNOON REFRESHMENTS 3:00 Comedy Hour 4:00 Folding and Sorting [DR] 7:00 Evening Showcase [MLR]	10:15 Stretch and Bend-Exercise Class [MLR] 11:00 WHERE IN THE WORLD IS EVERGREEN? 1:30 COMPANY IS COMING- OUTSIDE [MLR] 2:30 Afternoon Refreshments [DR] 3:00 Comedy Hour 4:00 Spiritual Connection [MLR] 7:00 Evening Showcase [MLR]	<b>4</b> 10:30 STRETCH + BEND [MLR] 11:15 Animal Trivia [MLR] 11:30 Afternoon Refreshments 1:30 Classic Movie Time [DR] 2:00 Afternoon Refreshments 3:00 Table Games 4:00 WHAT ARE WE GRATEFUL FOR? [DR] 7:00 Evening Showcase [MLR]	<b>5</b> 10:30 Fitness Class with Sam [MLR] 11:00 TRIVIA THURSDAY [MLR] 1:30 CHEERS TO A YEAR- ART PROJECT [MLR] 2:30 AFTERNOON REFRESHMENTS [MLR] 3:00 Reminiscing-IT'S FALL Y'ALL [MLR] 4:00 Helping Hands [DR] 7:00 Evening Showcase [MLR]	10:30 Morning Stretching [MLR] 11:15 Computer Puzzles 1:30 Travel Guide [MLR] 2:00 Tai Chi with John 2:30 Afternoon Refreshments [MLR] 4:30 Shabbat Reading [MLR] 7:00 Evening Showcase [MLR]	10:30 Yoga and Meditation Exercise Class [MLR] 11:00 iN2L Brainiac Puzzle Hour [MLR] 1:30 Movie Matinee: CLASSIC 2:30 Afternoon Refreshments 3:00 Watercolor Painting / Sorting [DR] 4:00 Walking Club 7:00 Evening Showcase [MLR]	<b>8</b>
10:30 Morning Stretching 11:00 Catholic Mass Televised [MLR] 1:30 Outdoor Stroll [MLR] 2:00 Bingo [DR] 3:00 ATTITUDE OF GRATITUDE [DR] 3:30 Pictionary [DR] 4:00 Who AM I? 7:00 Evening Showcase [MLR]	<b>9</b> <b>Columbus Day</b> 10:30 LET'S MOVE OUR BODIES TO THE MUSIC 11:30 COLUMBUS DAY TRIVIA 1:30 MEDITATION MONDAY [DR] 2:00 AFTERNOON REFRESHMENTS 2:30 Paint with Deirdre 3:00 Comedy Hour 4:00 Folding and Sorting [DR] 7:00 Evening Showcase [MLR]	10:15 Stretch and Bend-Exercise Class [MLR] 11:00 WHERE IN THE WORLD IS EVERGREEN? [MLR] 1:30 TREE OF JOY [MLR] 2:30 Snack-activity: M&M'S [DR] 4:00 Spiritual Connection [MLR] 7:00 Evening Showcase [MLR]	<b>11</b> 10:30 "SUPERSTITION" EXERCISE CLASS [MLR] 11:15 Computer Challenge [MLR] 1:30 PUZZLE TIME 2:30 AFTERNOON REFRESHMENTS 3:00 COMEDY HOUR [DR] 4:00 WHAT ARE WE GRATEFUL FOR? [DR] 7:00 Table Games	<b>12</b> 10:30 Fitness Class with Sam [MLR] 11:00 TRIVIA THURSDAY [MLR] 1:30 CHEERS TO A YEAR-ART PROJECT [MLR] 2:30 AFTERNOON REFRESHMENTS 3:00 IT'S FALL Y'ALL [MLR] 4:00 Helping Hands [DR] 7:00 Evening Showcase [MLR]	10:30 Morning Stretching [MLR] 11:30 Animal Trivia 1:30 Travel Guide [MLR] 2:00 Afternoon Refreshments [MLR] 2:30 Sing a Long with Suzy Q 3:00 Laughing with Babies! 4:30 Shabbat Candle Lighting 7:00 Evening Showcase [MLR]	10:30 Yoga and Meditation Exercise Class [MLR] 11:15 iN2L Brainiac Puzzle Hour [MLR] 1:30 Movie Matinee 2:30 AFTERNOON REFRESHMENTS 3:00 Watercolor Painting / Sorting [DR] 4:00 Walking Club 7:00 Evening Showcase [MLR]	<b>15</b>
10:30 "Hands Up" Exercise Class 11:00 I LOVE LUCY DAY 1:30 Catholic Mass Televised [MLR] 2:00 AFTERNOON REFRESHMENTS 2:30 Outdoor Stroll [MLR] 3:00 Bingo [DR] 4:00 COMPANY IS COMING- HELPING HANDS 7:00 Evening Showcase [MLR]	<b>16</b> 10:30 LET'S MOVE OUR BODIES TO THE MUSIC 11:00 Interactive Computer Games [DR] 1:30 MEDITATION MONDAY with Marianne 2:30 AFTERNOON REFRESHMENTS 3:00 Comedy Hour 4:00 Folding and Sorting [DR] 7:00 Evening Showcase [MLR]	10:15 Stretch and Bend-Exercise Class [MLR] 11:00 WHERE IN THE WORLD IS EVERGREEN? [MLR] 1:30 Making Music Together with Denise [MLR] 2:30 Snack-activity: FALL FESTIVAL [DR] 3:00 NECKTIE DAY- WHO CAN TIE A NECK TIE? 4:00 Spiritual Connection [MLR] 7:00 Evening Showcase [MLR]	<b>18</b> 10:30 "SUPERSTITION" EXERCISE CLASS [MLR] 11:00 Let's Talk Pets 1:30 WORD WEDNESDAY [MLR] 2:30 AFTERNOON REFRESHMENTS 3:00 B-I-N-G-O 4:00 WHAT ARE WE GRATEFUL FOR? [DR] 7:00 Evening Showcase [MLR] 7:00 Table Games	<b>19</b> 10:30 Fitness Class with Sam [MLR] 11:00 TRIVIA THURSDAY 1:30 CHEERS TO A YEAR- ART PROJECT [MLR] 2:00 Join Artist Deirdre Molloy for a Creative Painting Class 2:30 AFTERNOON REFRESHMENTS 3:00 COMEDY HOUR [MLR] 4:00 Helping Hands [DR] 7:00 Relaxing Coloring [DR] 7:00 Evening Showcase [MLR]	10:30 Morning Stretching [MLR] 11:30 Let's Listen to Jazz [MLR] 1:30 Travel Guide [MLR] 2:30 AFTERNOON REFRESHMENTS 2:30 Afternoon Refreshments [MLR] 4:30 Shabbat Candle Lighting 7:00 Evening Showcase [MLR]	10:30 Yoga and Meditation Exercise Class [MLR] 11:15 iN2L Brainiac Puzzle Hour [MLR] 1:30 CHEERS TO A YEAR- ART PROJECT [DR] 2:30 AFTERNOON REFRESHMENTS 3:00 Watercolor Painting / Sorting [DR] 4:00 Walking Club 7:00 Evening Showcase [MLR]	<b>22</b>
10:30 Exercise Class with Sam 11:00 FAMOUS ELIZABETH'S TRIVIA 1:30 Catholic Mass Televised [MLR] 1:30 Outdoor Stroll [MLR] 2:30 AFTERNOON REFRESHMENTS 3:00 Bingo [DR] 4:00 SPIRITUAL CONNECTION 7:00 Evening Showcase [MLR]	<b>23</b> 10:30 LET'S MOVE OUR BODIES TO THE MUSIC 11:00 LET'S SING A SONG OR TWO [DR] 1:30 MINDFUL MONDAY 2:30 AFTERNOON REFRESHMENTS 3:00 Comedy Hour 4:00 Folding and Sorting [DR] 7:00 Evening Showcase [MLR]	10:15 Stretch and Bend-Exercise Class [MLR] 11:00 WHERE IN THE WORLD IS EVERGREEN? 1:30 Making Music Together with Denise [MLR] 2:30 Snack-activity [DR] 3:00 Under the Sea 4:00 Spiritual Connection [MLR] 7:00 Evening Showcase [MLR]	<b>25</b> 10:30 "SUPERSTITION" EXERCISE CLASS [MLR] 11:15 Musical Warm Up [MLR] 1:30 FINAL CHEERS TO A YEAR-ART PROJECT 2:30 AFTERNOON REFRESHMENTS 3:00 B-I-N-G-O 4:00 WHAT ARE WE GRATEFUL FOR? [DR] 7:00 Evening Showcase [MLR] 7:00 Table Games	<b>26</b> 10:30 Fitness Class with Sam [MLR] 11:00 Music Therapy with Jen 1:30 PUZZLE TIME [MLR] 2:30 AFTERNOON REFRESHMENTS 3:00 Reminiscing-IT'S FALL Y'ALL [MLR] 4:00 Helping Hands [DR] 7:00 Evening Showcase [MLR]	10:30 Morning Stretching [MLR] 1:30 Travel Guide [MLR] 2:00 Afternoon Refreshments [MLR] 2:30 Crafts with Colleen [MLR] 4:30 Shabbat Candle Lighting 7:00 Evening Showcase [MLR]	10:30 Yoga and Meditation Exercise Class [MLR] 11:15 iN2L Brainiac Puzzle Hour [MLR] 1:30 CHEERS TO A YEAR- ART PROJECT [DR] 2:30 AFTERNOON REFRESHMENTS 3:00 Watercolor Painting / Sorting [DR] 4:00 Walking Club 7:00 Evening Showcase [MLR]	<b>29</b>

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