





# October 2023

## HILLSIDE, VISTA 3 AND VISTA 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor <b>1</b> 11:00 † <i>Worship Service - Ch. 81</i> 12:15 🎹 Sunday Piano Music w/ Martha & Brian [DR-H] 2:00 🎵 Sunday Matinee-Vista 9 See flyers for Feature Details	9:30 Move Your Bones [MP] <b>2</b> 9:45 🎵 Word of the Day 10:00 🧘 Tai Chi w/Jesse [MP] 10:30 🎵 Current Events w/ Randy Mayeux [MP] 2:00 🎲 Bingo Fun [HS Activity Room]	9:30 🎵 CCY Campus News-Ch. 81 <b>3</b> 9:30 🏃 Fitness First [MP] 9:45 🎵 Word of the Day 10:00 🎵 OLLI Classes-Ch. 81 1:30 🎵 CC Young'uns Choir Practice [PA] 2:00 🎮 Let's Learn Skip-Bo [HS Activity Room] 6:00 🎮 Bridge Group -Vista 9	9:30 🏃 Posture & Exercise w/ Tyler <b>4</b> 9:45 🎵 Word of the Day 10:00 🧘 Knock Out Parkinson's [9th Fl] 10:00 🧘 Spooktacular Nails w/ Lottie [MP] 10:45 🎲 Table Talk w/ John Hill [HS Activity Room] 3:00 🧘 Knit Wits Group [9th Fl]	9:30 🏃 Fitness First <b>5</b> 9:45 🎵 Word of the Day 10:00 🧘 Express Yourself! Voice Exercise Group [9th Fl] 2:00 🎲 Men's Social- Vista 9 3:30 🏃 Moving to Heal w/ Jule [7th fl]	9:30 🏃 Fitness First <b>6</b> 9:45 🎵 Word of the Day 9:50 🏃 Tai Chi Class w/Jesse [9th Fl] 10:30 🎵 Calendar Planning [MP] 10:30 🧘 Hymn Sing w/ Nancy [MP] 1:30 🎲 Trip to 1/2 Price Books 4:30 🎵 Longhorn Singers [DR-H]	<b>TV, Games, Puzzles &amp; Shuffleboard 9th Floor AR</b> 11:00 🏃 9th Floor Exercise-DR 2:00 🎮 Mexican Train Game [DR-H] 2:00 🎬 Movie Matinee-Check Flyers for location/ Feature Film
<b>Resident Birthdays</b> Van J. 10/5 Margee T. 10/6 Lloyd L. 10/11 Betty S. 10/11 Lon R. 10/13 Martha E. 10/14 Mona S. 10/16 Roger A. 10/18 Al M. 10/24 Marilyn F. 10/27	9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor <b>8</b> 11:00 † <i>Worship Service - Ch. 81</i> 2:00 🎵 Sunday Matinee-Vista 9 See flyers for Feature Details	<b>Columbus Day</b> 9:30 Move Your Bones [MP] <b>9</b> 9:45 🎵 Word of the Day 10:00 🧘 Tai Chi w/Jesse [MP] 10:30 🎵 Inspirations w/ Suzanne [HS Activity Room] 2:00 🎲 Bingo Fun [HS Activity Room]	9:30 🎵 CCY Campus News-Ch. 81 <b>10</b> 9:30 🏃 Fitness First [MP] 9:45 🎵 Word of the Day 10:00 🎵 OLLI Classes-Ch. 81 1:30 🎵 CC Young'uns Choir Practice [PA] 2:00 🧘 Welcome New Residents Meeting [DR-H] 3:00 🎵 All Resident Social [DR-H] 6:00 🎮 Bridge Group -Vista 9	9:30 🏃 Fall Prevention Class w/ Tyler <b>11</b> 9:45 🎵 Word of the Day 10:00 🧘 Knock Out Parkinson's [9th Fl] 10:00 🧘 Spooktacular Nails w/ Lottie [MP] 10:45 🎲 Table Talk w/ John Hill [HS Activity Room] 2:00 Scary Storying Telling w/ Jo Radar [MP] 3:00 🧘 Knit Wits Group [9th Fl]	9:30 🏃 Fitness First <b>12</b> 9:45 🎵 Word of the Day 10:00 🧘 Express Yourself! Voice Exercise Group [9th Fl] 11:30 🎵 Lunch @ Mariano's 2:00 🎲 Men's Social- Vista 9 3:30 🏃 Moving to Heal w/Jule [7th fl]	9:30 🏃 Fitness First <b>13</b> 9:45 🎵 Word of the Day 9:50 🏃 Tai Chi Class w/ Jesse [9th Fl] 10:30 🧘 Hymn Sing w/ Nancy [MP] 3:00 🎵 Freaky Friday Happy Hour [9th Fl]	<b>TV, Games, Puzzles &amp; Shuffleboard 9th Floor AR</b> 11:00 🏃 9th Floor Exercise-DR 2:00 🎮 Decorating Pumpkins w/ YMSL Group [HS Activity Room] 2:00 🎮 Mexican Train Game [DR-H]
What does a panda ghost eat?-Bam-Boo Why don't mummies take time off?-They're afraid to unwind. What's it like to be kissed by a vampire?-It's a pain in the neck.	9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor <b>15</b> 11:00 † <i>Worship Service - Ch. 81</i> 2:00 🎵 Sunday Matinee-Vista 9 See flyers for Feature Details	4:45 🎹 Piano Music w/ Russ [9th Fl] <b>16</b> 9:30 Move Your Bones [MP] 9:45 🎵 Word of the Day 10:00 🧘 Tai Chi w/Jesse [MP] 10:30 🎵 Inspirations w/ Suzanne [HS Activity Room] 11:30 🌳 Trip to Dallas Arboretum 2:00 🎲 Bingo Fun [HS Activity Room] 4:45 🎹 Piano Music w/ Russ Rieger [9th Fl]	9:30 🎵 CCY Campus News-Ch. 81 <b>17</b> 9:30 🏃 Fitness First [MP] 9:45 🎵 Word of the Day 10:00 🎵 OLLI Classes-Ch. 81 11:00 🎮 For Love & Art w/ Wolford [9th Fl] 1:30 🎵 CC Young'uns Choir Practice [PA] 2:00 🎲 Book Review w/ Richard Stanford-"Papyrus" 6:00 🎮 Bridge Group -Vista 9	4:45 🎹 Piano Music w/ Russ [DR-H] <b>18</b> 9:30 🏃 Posture & Exercise w/ Tyler 9:45 🎵 Word of the Day 10:00 🧘 Knock Out Parkinson's [9th Fl] 10:00 🧘 Spooktacular Nails w/ Lottie [MP] 10:45 🎲 Table Talk w/ John Hill [HS Activity Room] 3:00 🧘 Knit Wits Group [9th Fl] 4:45 🎹 Piano Music w/ Russ Rieger [DR-H]	9:30 🏃 Fitness First <b>19</b> 9:45 🎵 Word of the Day 10:00 🧘 Express Yourself! Voice Exercise Group [9th Fl] 2:00 🎲 Men's Social- Vista 9 2:00 🧘 Resident Birthday Party Hosted by Ladies Circle Group [MP] 3:30 🏃 Moving to Heal w/Jule [7th fl]	9:30 🏃 Fitness First <b>20</b> 9:45 🎵 Word of the Day 9:50 🏃 Tai Chi Class w/ Jesse [9th Fl] 10:30 🧘 Hymn Sing w/ Nancy [MP] 2:00 🎵 Cookies & Halloween Videos	<b>Alzheimer's Walk &amp; Concert See Flyers For Details</b> 11:00 🏃 9th Floor Exercise-DR 2:00 🎮 Mexican Train Game [DR-H] 2:00 🎬 Movie Matinee-Check Flyers for location/ Feature Film
	9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor <b>22</b> 11:00 † <i>Worship Service - Ch. 81</i> 2:00 🎵 Sunday Matinee-Vista 9 See flyers for Feature Details	9:30 Move Your Bones [MP] <b>23</b> 9:45 🎵 Word of the Day 10:00 🧘 Tai Chi w/Jesse [MP] 10:30 🎵 Inspirations w/ Suzanne [HS Activity Room] 2:00 🎲 Bingo Fun [HS Activity Room]	9:30 🎵 CCY Campus News-Ch. 81 <b>24</b> 9:30 🏃 Fitness First [MP] 9:45 🎵 Word of the Day 10:00 🎮 J & J's Fun Cooking Class [HS Activity Room] 10:00 🎵 OLLI Classes-Ch. 81 1:30 🎵 CC Young'uns Choir Practice [PA] 3:00 🎮 Crafts & Fun w/ Jesse Mitchell 6:00 🎮 Bridge Group -Vista 9	9:30 🏃 Posture & Exercise w/ Tyler <b>25</b> 9:45 🎵 Word of the Day 10:00 🧘 Knock Out Parkinson's [9th Fl] 10:00 🧘 Spooktacular Nails w/ Lottie [MP] 10:45 🎲 Table Talk w/ John Hill [HS Activity Room] 3:00 🧘 Knit Wits Group [9th Fl]	9:30 🏃 Fitness First <b>26</b> 9:45 🎵 Word of the Day 10:00 🧘 Express Yourself! Voice Exercise Group [9th Fl] 1:30 🧘 Wal Mart Trip 2:00 🎲 Men's Social- Vista 9 3:30 🏃 Moving to Heal w/Jule [7th fl]	9:30 🏃 Fitness First <b>27</b> 9:45 🎵 Word of the Day 9:50 🏃 Tai Chi Class w/Jesse [9th Fl] 10:30 🧘 Hymn Sing w/ Nancy [MP] 11:30 🎵 Picnic at the Lake 2:00 🎵 Cookies & Halloween Videos [MP]	<b>TV, Games, Puzzles &amp; Shuffleboard 9th Floor AR</b> 11:00 🏃 9th Floor Exercise-DR 2:00 🎮 Mexican Train Game [DR-H] 2:00 🎬 Movie Matinee-Check Flyers for location/ Feature Film
	9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor <b>29</b> 11:00 † <i>Worship Service - Ch. 81</i> 2:00 🎵 Welcome Back BYO Musicians-Come Enjoy Great Music and Fun [9th Fl]	9:30 Move Your Bones [MP] <b>30</b> 9:45 🎵 Word of the Day 10:00 🧘 Tai Chi w/Jesse [MP] 10:30 🎵 Inspirations w/ Suzanne [HS Activity Room] 2:00 🎲 Bingo Fun [HS Activity Room] 4:00 🎮 Trunk or Trick @ The Point See Flyers for Details	<b>Halloween</b> 9:30 🎵 CCY Campus News-Ch. 81 <b>31</b> 9:30 🏃 Fitness First [MP] 9:45 🎵 Word of the Day 10:00 🎵 OLLI Classes-Ch. 81 1:30 🎵 CC Young'uns Choir Practice [PA] 3:00 🎵 Haunted Happy Hour w/ Laurie [DR-H] 6:00 🎮 Bridge Group -Vista 9	🍳 Cooking 🎨 Creative 🌿 Environmental 🎮 Games 🧠 Intellectual 🎵 Music 🏃 Physical 🧘 Purposeful 🍷 Snack 🧘 Social † Spiritual	<b>Location Key</b> HL-Hillside Lounge MP-Multi-purpose Room DRH-Hillside Dining Room 9th Fl-Vista 9 PA-Point Aud		<div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">WALK TO</div> <div style="font-size: 4em; font-weight: bold; margin-bottom: 5px;">END</div> <div style="font-size: 2em; font-weight: bold; margin-bottom: 5px;">ALZHEIMER'S</div>  <div style="font-size: 0.8em; margin-top: 5px;">alzheimer's association™</div>