

SUN		MON		TUE		WED		THUR		FRI		SAT	
								9:00 WALKING CLUB (MEET IN THE LOBBY) 9:30 HAPPY NATIONAL PUMPKIN SPICE DAY (THE BISTRO) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 1:00 TRICK OR TREAT SAVORY OR SWEET (ARTS AND CRAFTS ROOM) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)		1 HAPPY BIRTHDAY BEE MALONE 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 WEEKLY SHOPPING TRIP 1:00 FOREFRONT DINING MENU PLANNING COMMITTEE (Private Dining Room) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)		2 1:00 LUCY CORR'S BIRTHDAY BASH & CARE FAIR (OUTSIDE FIELD)	
1:00 LOS ANGELES RAMS VS. PHILADELPHIA EAGLES (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO)		4 HAPPY BIRTHDAY BETTY SKAGGS 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 11:00 COFFEE & KITCHEN (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)		5 HAPPY BIRTHDAY BRENT TARTER RECYCLE DAY FOR COTTAGES 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 OMA (OPENING MINDS THROUGH ART) (CLOVER HILL) 10:30 OLDIE BUT A GOODIE MOVIE- THE COAT OF MANY COLORS (SIGN UP REQUIRED) (THEATER) 1:00 GOLF CART I SPY SCAVENGER HUNT (SIGN UP REQUIRED) (MEET IN THE LOBBY) 2:00 FITT EXERCISE CLASS (Exercise Room) 7:00 BINGO		6 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 1:30 MONTHLY BIRTHDAY/ANNIVERSARY PARTY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (Exercise Room) 6:00 SPRINGDALE WELCOMES DEBRA & PATRICK (THE BISTRO)		7 HAPPY BIRTHDAY CHARLOTTE MARTIN 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 11:00 HALLOWEEN MEMORY GAME (COFFEE NOOK) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)		8 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 WEEKLY SHOPPING TRIP 12:00 RIVERFRONT CANAL CRUISE (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)		9 HAPPY BIRTHDAY BEVERLY NELAN HAPPY BIRTHDAY JANICE CRAWFORD 1:30 AFTERNOON MOVIE- STEEL MAGNOLIAS (SIGN UP REQUIRED) (THEATER)	
HAPPY BIRTHDAY PEGGY BISHOP 12:00 BUFFET (THE BISTRO) 1:00 NEW YORK GIANTS VS. WASHINGTON COMMANDERS (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 4:25 SAN FRANCISCO 49ERS VS. SEATTLE SEAHAWKS (THEATER)		11 Indigenous Peoples' Day 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 10:30 WET FELTING FIBER ARTS PROGRAM (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 1:00 HANDIWORK GROUP (THE PUB) 1:30 RESIDENT COUNCIL MEETING (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)		12 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 OMA (OPENING MINDS THROUGH ART) (CLOVER HILL) 10:30 OLDIE BUT A GOODIE MOVIE- YOUNG FRANKENSTEIN (SIGN UP REQUIRED) (THEATER) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 LADIES SOCIAL (THE PUB) 7:00 BINGO		13 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 LET'S TALK - DR. RODNEY KIBLER, PhD., L.S.P., L.P.C. (Private Dining Room) 1:00 TRICK OR TREAT SAVORY OR SWEET (ARTS AND CRAFTS ROOM) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (Exercise Room)		14 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 11:00 LUNCH BUNCH- CHICKEN SALAD CHICK (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 SPRINGDALE WELCOMES JOE LOSCHIAVO (THE BISTRO)		15 HAPPY BIRTHDAY ANN GATZ 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 WEEKLY SHOPPING TRIP 12:00 WILTON HOUSE TOUR TRIP (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)		16 1:30 AFTERNOON MOVIE- STILL WORKING 9 TO 5 (SIGN UP REQUIRED) (THEATER)	
1:00 NEW ORLEANS SAINTS VS. NEW YORK GIANTS (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO)		18 HAPPY BIRTHDAY ANNA WILHELM-BELFIELD 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:00 THOM CASEY- AUDIOLOGIST (SIGN UP REQUIRED) (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 11:45 TRIP TO BOULEVARD FLOWER GARDENS (SIGN UP REQUIRED) (MEET IN THE LOBBY) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)		19 RECYCLE DAY FOR COTTAGES 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 OMA (OPENING MINDS THROUGH ART) (CLOVER HILL) 10:30 OLDIE BUT A GOODIE MOVIE- THE GHOST AND MRS. MUIR (SIGN UP REQUIRED) (THEATER) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 SPRINGDALE BOOK CLUB (Private Dining Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TECHNOLOGY MADE SIMPLE (THE PUB) 7:00 BINGO		20 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 COFFEE AND CHAT WITH REHAB- FRED LESHER (Private Dining Room) 1:00 LINE DANCING WITH RENEE (Exercise Room) 1:00 MAD SCIENCE OF CENTRAL VIRGINIA (SIGN UP REQUIRED) (THE BISTRO) 1:30 HAPPY NATIONAL CARAMEL APPLE DAY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 WINE & CHEESE (THE PUB) 6:00 SPRINGDALE WELCOMES FLUTIST TOM MAY (THE BISTRO)		21 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 10:30 TRIP TO CONNER PARRISH OF BLOOMISTRY'S NEW STUDIO (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)		22 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 WEEKLY SHOPPING TRIP 1:00 SENIOR SHOWDOWN (COFFEE NOOK) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)		23 1:30 AFTERNOON MOVIE- MURDER ON THE ORIENT EXPRESS (SIGN UP REQUIRED) (THEATER)	
1:00 NEW YORK GIANTS VS. HOUSTON TEXANS (SIGN UP REQUIRED) (THEATER) 3:00 Bingo! (THE BISTRO) 4:25 GREEN BAY PACKERS VS. DETROIT LIONS (SIGN UP WITH THE CONCIERGE) (THEATER)		25 HAPPY ANNIVERSARY GIL & LINDAY DIAZ 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 1:00 HANDIWORK GROUP (THE PUB) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FOREFRONT DINING SERVICES MEETING (Private Dining Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)		26 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 OMA (OPENING MINDS THROUGH ART) (CLOVER HILL) 10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room) 10:30 OLDIE BUT A GOODIE MOVIE- THE GHOST AND MR. CHICKEN (SIGN UP REQUIRED) (THEATER) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TOWN HALL MEETING (THE BISTRO) 7:00 BINGO		27 HAPPY BIRTHDAY BARBARA STEWART 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:30 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:45 EARNEST FOOT & ANKLE PODIATRY (SIGN UP REQUIRED) (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 1:00 LINE DANCING WITH RENEE (Exercise Room) 1:30 HAPPY NATIONAL CHOCOLATE DAY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room)		28 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK) 5:30 HOT COCOA, COFFEE AND SMORES BY THE FIREPIT (OUTSIDE GARDENS)		29 HAPPY BIRTHDAY ELIZABETH COLE 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB (MEET IN THE LOBBY) 10:00 WEEKLY SHOPPING TRIP 1:30 FRESH FRUIT FRIDAYS (Bistro) 1:30 HAPPY NATIONAL CANDY CORN DAY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 DO YOU KNOW YOUR CANDY?? (COFFEE NOOK) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)		30 Halloween 1:30 AFTERNOON MOVIE- SHEEP DETECTIVES (SIGN UP REQUIRED) (THEATER)	