



October 2017

Key

(1L) 1st Floor Lobby (LR) Living Room  
 (2L) 2nd Floor Lobby (MR) Media Room  
 (GS) Garden Suites (SU) Sign-Up  
 (DRP) 1st Floor Dining Room Porch

Mon	Tue	Wed	Thu	Fri
<p>2 9:00 am Sunshine Walking Club (1L) 10:30 am Fun &amp; Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>3 1:00 pm Pretty Nails (AR) 3:00 pm "Let's get Dolled Up" (AR) <b>6:30 pm</b> Anniversary Party &amp; Sing-a-long (CH)</p>	<p>4 9:00 am Sunshine Walking Club (1L) 10:30 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L &amp; MR)</p>	<p>5 10:30 am Bean Bag Toss (2L) 1:30 pm "Balance Matters" Class (AR) <b>3:00 pm</b> Ring the Bells (2L)</p> 	<p>6 11:00 am Sunshine Walking Club (1L) 12:30 pm Chair Dancing and Singing (GS) <b>2:30 pm</b> Men vs. Women Wii Bowling (2L)</p>
<p>9 9:00 am Sunshine Walking Club (1L) 10:30 am Fun &amp; Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>10 1:00 pm <u>One-on-One Fitness Center</u> (SU-CH) <b>2:30 pm</b> The Bridges Chorus (2DR)</p> 	<p>11 <b>2:00 pm</b> Chair Dancing (2L) <b>3:00 pm</b> Wii Bowling (2L &amp; MR)</p>	<p>12 10:30 am Bean Bag Toss (2L) 1:30 pm "Balance Matters" Class (AR) <b>3:00 pm</b> Ring the Bells (2L)</p> 	<p>13 11:00 am Sunshine Walking Club (1L) 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)</p>
<p>16 9:00 am Sunshine Walking Club (1L) 10:30 am Fun &amp; Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>17 1:00 pm <u>One-on-One Fitness Center</u> (SU-CH) <b>2:30 pm</b> The Bridges Chorus (2DR)</p> 	<p>18 9:00 am Sunshine Walking Club (1L) 10:30 am Fun with Gary (GS) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L &amp; MR)</p>	<p>19 10:30 am Bean Bag Toss (2L) <b>1:00 pm</b> Increase Upper Body Strength Thera bands &amp; Weights (2L)</p>	<p>20 11:00 am Sunshine Walking Club (1L) 12:30 pm Chair Dancing and Singing (GS) <b>2:30 pm</b> Name That Tune (2L)</p>
<p>23 9:00 am Sunshine Walking Club (1L) 10:30 am Fun &amp; Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>24 1:00 pm <u>One-on-One Fitness Center</u> (SU-CH) <b>2:30 pm</b> The Bridges Chorus (2DR)</p> 	<p>25 9:00 am Sunshine Walking Club (1L) 10:30 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L &amp; MR)</p>	<p>26 10:30 am Bell Shoals Senior Choir Concert (2L) 1:30 pm "Balance Matters" Class (AR) <b>3:00 pm</b> Ring the Bells (2L)</p> 	<p>27 11:00 am (2L) &amp; 11:30 am (1L) Francisco on Piano <b>2:30 pm</b> Halloween Big Bingo (2DR)</p>
<p>30 9:00 am Sunshine Walking Club (1L) 10:30 am Fun &amp; Fitness (2L) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Yoga (2L)</p>	<p>31 Halloween <b>10:00 am</b> Dress-up Time (AR) <b>2:00 pm</b> Halloween Masquerade Party (CH) <b>6:15 pm</b> Halloween Family Movie Night (LR)</p>			