

ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED	10:30 Chair Exercise - DR 11:00 Rosary - DR 1:30 WU - Moving Meditation - FC	1:15 WU-Stabilization Endurance - FC 1:30 Community Work - Flower Arrangements - M 3:00 Bible Hour - TC -5th	10:00 Seamstress Visit - DS 10:30 Strengthen Exercise - M 1:15 Bingo and Prizes - M 3:45 Ice Cream Social - M	8:00 Making Breakfast with Maricel - DR 9:30 Tai Chi - FC 10:30 Catholic Service - DR 11:30 Chair Aerobics - M 1:15 WU-Strength Resistance Training - FC	9:30 1:1 Walking Fitness - O 9:45 Dance Aerobics - FC 10:30 Ball Fitness - S 2:00 Shabbat Service - Conf	Outings <u>Thursday, Oct. 5th, 11:00 am</u> Lunch Outing - Olive Garden- O <u>Thursday, Oct. 19th, 1:30 pm</u> Scenic Drive - Fall Foliage - O <u>Thursday, Oct. 12th, 4:45 pm</u> Kennedy Center Concert - O
Activities are subject to change with prior notice						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8:40-10:15 Church Service- O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 5:00 Christian Worship Service - SR 1	1:15 UNO Madness - M 3:45 Popcorn Social - M 4:00 Discussion - Columbus Facts - M 2	10:30 Baking Session - Mint Cupcakes - M 11:00 Show and Tell w/Maricel - M 3:30 Accordion Music w/Sylvia - DR 4:15 Parkinson Support Group - Conf 6:15 Balloon Volleyball - M 3	10:30 WU - Acrylic Painting - ART 11:00 Decorate Your Hallway - M 12:00 Fall Picnic - Patio 4:00 History Talk - All About Poland - M 4	11:00 Lunch Outing Olive Garden - O 3:30 Piano Music w/James - DR 6:15 Bowling Night - M 5	10:00 WU-NOVA Fitness - SR 11:00 Famous People: Julie Andrews - M 3:00 Mix and Mingle & October Birthday Celebration w/ Bertram McCleish, piano - SR 6	10:30 Chair Exercise - Inn-3rd 11:15 Water Coloring - M 1:15 Trivia - M 2:30 Bingo - SR 3:45 Farkle (Dice Game) - Inn-3rd 7
8:40-10:15 Church Service- O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 5:00 Christian Worship Service - SR 8	11:30 Strolling Accordionist - Room Visit 1:15 Residents Council Meeting - AR 2:00 WU - Clara Barton Story by Mary Ann Jung - SR 3:45 Popcorn Social - M 4:00 Bereavement Support - M 9	10:00 Baking Session - Caramel Cupcakes - M 10:30 Ethiopian Coffee Ceremony w/ Rahel and Wagaye - M 2:30 Needlework for a cause - AR 3:30 WU-Music Therapy - DR 6:15 Balloon Volleyball - M 10	11:00 Crafts Session - Create card for the children - M 4:00 History Talk - All About Peru - M 6:45 WSH Artist Series: "A Night at the Opera" by Krista & Larry, soprano/piano/baritone - SR 11	1:15 Crafts Corner - Q - tips Painting - M 1:30 Scenic Ride - O 3:30 Piano Music w/James - DR 4:45 Kennedy Center Millennium Stage Concert - O 6:00 Caregivers Support - Conf 6:15 Bowling Night - M 12	10:00 WU-NOVA Fitness - SR 11:00 Famous People: Bud Abbott - M 3:00 Mix and Mingle w/Jerry Roman, piano "30s & 40s music" - SR 13	11:00 Wake Up & Workout-Springs-M 11:30 Trivia Challenge -Springs-M 1:15 WU- CUBA: A glimpse into Americans' "Forbidden" Country -SR 2:15 Bingo Bonanza - SR 3:30 Farkle (Dice Game) - Inn-3rd 14
8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 1:15 "A Little Night of Music" at Signature Theater (\$55 and up) 5:00 Christian Worship Service - SR 15	1:15 UNO Card Game - M 2:15 WU - Book Review "Lenin, Hitler & Me" - SR 3:00 The Skytones Sing- Along - M 3:45 Popcorn Social - M 16	10:30 Baking Session - Banana Bread - M 11:00 Storytelling w/ Winoka - M 2:00 WU-Cell Phones 101 - ART 3:30 Music Therapy - DR 6:15 Frisbee Social - M 17	10:30 WU - Acrylic Painting - ART 11:00 WU - Health Talk - Wound Care w/Peter Moya, ADON - M 2:00 "Salute to Divas Show" - SR 4:00 WU-History Talk - All About Shenandoah - M 18	1:15 Art Coloring - Fall Leaves - M 1:30 Scenic Drive "Fall Foliage" - O 4:30 Oktoberfest Themed Event w/ Peter, accordion - DR 6:00 Family Night - Conf 6:15 Bowling - M 6:45 The Kings Park German Band - SR 19	10:00 WU-NOVA Fitness - SR 11:00 Famous People: Chi Chi Rodriguez - M 3:00 Mix & Mingle w/ The Old Dominion Trio "Music of the 40s, 50s, & 60s" - SR 20	10:30 Wake Up & Workout- Inn-3rd 11:30 Card Conversations -Springs-M 1:15 Trivia Challenge - Springs-M 2:30 Bingo Bonanza - SR 3:45 Farkle (Dice Game) - Inn-3rd 21
8:40-10:15 Church Service- O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 5:00 Christian Worship Service - SR 22	2:00 WU - "D.C. Without Leaving Your Seat" - SR 3:15 Popcorn Social - M 3:30 Coping w/ Life Changes - M 23	10:30 Baking Session - Chocolate Cake - M 11:00 Show and Tell w/ June - M 2:30 Needlework for a cause - AR 3:30 Bluegrass/ Country Music - DR 6:15 Balloon Volleyball - M 24	11:00 News and Views - M 4:00 History Talk - All About Denmark - M 25	10:00 Tour of the National Air & Space Museum - Udvar Center - O (see Maricel for availability) 1:15 Arts Corner - Recycling Button Craft - M 6:15 Bowling - M 26	10:00 WU-NOVA Fitness - SR 11:00 Famous People: Theodore Roosevelt - M 3:00 Mix & Mingle w/Stan Hamrick "Country music & more" - SR 27	10:15 Chair Fitness - M 11:15 Craft Session - Recycling Yarn Craft - M 1:15 Card Conversation - M 2:30 Bingo - SR 3:45 Farkle (Dice Game) - Inn-3rd 28
8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O 10:30 WH Church Service - DR 2:30 Sunday Musicale- The Soul Tones of Swing w/Ernie, vocals/guitar - SR 5:00 Christian Worship Service - SR 29	1:15 UNO Madness - M 2:00 Book Review - LL 3:45 Popcorn Social - M 4:00 Health Talk - Flu Prevention - M 30	10:30 Open Communion - C 11:30 Chair Aerobics - M 2:00 The Great Gatsby Halloween Event & Talent Show - SR 4:00 Short Story - Halloween - M 6:15 Frisbee Social - M 31	Musicale Event <u>Monday, Oct. 9th, 11:30 am</u> Strolling Accordionist - Room Visit <u>Wednesday, Oct. 11th, 6:45 pm</u> WSH Artist Series: "A Night at the Opera" - SR 31	Musicale Event <u>Wednesday, Oct. 18th, 2:00 pm</u> Salute to Divas Show - SR <u>Thursday, Oct. 19th, 4:30 pm</u> Oktoberfest Themed Event Accordion Music w/Peter - M 31	Musicale Event <u>Sunday, Oct. 29th, 2:30 pm</u> The Soul Tones of Swing w/ Ernie - SR <u>Tuesday, Oct. 31st, 2:00 pm</u> The Great Gatsby Halloween Event & Talent Show - SR 31	Watermark University <u>Saturday, Oct. 14th, 1:15 pm</u> Cuba - A Glimpse into Americans' "Forbidden" Country - SR <u>Monday, Oct. 16th, 2:15 pm</u> Book Review "Lenin, Hitler & Me" - SR 31

Watermark University <u>Tuesday, Oct. 17th, 2:00 pm</u> Cell Phones 101 - ART <u>Monday, Oct. 23rd, 2:00 pm</u> D.C. Without Leaving Your Seat - SR	Themed Event <u>Thursday, Oct. 19th, 4:30 pm</u> Oktoberfest Themed Event w/Peter Digiovanni - DR <u>6:45 pm</u> The Kings Park German Band- SR	<h1 style="color: #f4a460;">OCTOBER 2017</h1> <p>The Springs</p>	ACTIVITY LOCATOR KEY TC- Town Center C- Chapel L- Lobby LL- Lobby Library FC - Fitness Center	PDR- Private Dining Room ART - Art Room DR- Dining Room AR - Activity Room MDR - Main Dining Room S- Solarium M - Martha Unit	Inn- Assisted Living O - Outing SR - Sky Room Conf- Conference Room T- Theater G - George Unit
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