

<p>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</p> <p>8:40-10:15 Church Shuttle-O 10:15 Westminster Presbyterian Church Shuttles-O 10:15 Blessed Sacrament Shuttle-O</p>	<p>10:30 Chair Exercise - Inn-3rd 11:00 Rosary - SDR 1:30 WU-Moving Meditation -FC 3:15 Trivia - SR 3:30 WU-Line Dancing - FC</p>	<p>9:30 Tai Chi-FC 11:00 Stretch & Flex - Inn-2nd 1:15 WU-Stabilization Endurance-FC 1:30 Art w/coloring - Inn-2nd 2:00-4:00 Bridge Game - TC-9th 3:00-5:00 Rosary-SR 3:00 Bible Hour-TC-5th 6:15 UNO Game - Inn-3rd</p>	<p>10:00 Seamstress Visit - DS 10:30 Seated Fitness-Inn-3rd 11:00 Famous Places-Inn-3rd 3:00 Ice Cream Social-CBC 3:30 WU-Flow Yoga - FC</p>	<p>9:30 WU-Tai Chi-FC 10:00 Cribbage-TC-7th 10:30 Catholic Service-SDR 11:00 Get Fit - Inn-4th 12:45 Rummikub-TC-9th 1:15 WU-Strength Resistance - FC 1:45 WU-Skytones Rehearsal-SR 3:15 Trivia-SR 6:15 Wii Game - Inn-4th</p>	<p>9:45 WU-Dance Aerobics - FC 10:00 NOVA Fitness - SR 10:30 Stretch & Flex - Inn-3rd 11:00 Famous People - Inn-3rd 11:30 Musical Journey - Inn - 2nd</p>	<p>2:00 Matinee Movie-Whth-Ch.2 7:00 Evening Movie-Whth-Ch.2</p>
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>10:30 WH Church Service-SDR 5:00 Christian Worship Service -SR</p> <p style="text-align: right;">1</p>	<p>9:30 Basic Floral Demo-Inn-4th 10:00 WU-Current Events - LL 11:00 News & Views -Inn-3rd 11:30 Strolling Accordionist- Springs 2:00 Popcorn Social -L by Theater 2:45 Fitness Machine Demo -FC</p> <p style="text-align: right;">2</p>	<p>11:00 Food Comm. Meeting-MDR 11:30 Word Games - Inn-2nd 1:00 Garden Club Mtg. - TC-7th 2:30 Wii Game - Inn-4th 3:30 Accordion music w/Sylvia -SDR 4:15 Parkinson's Support Group -ART</p> <p style="text-align: right;">3</p>	<p>10:30 WU-Acrylic Painting-ART 1:00 WU-Needleworks Social-TC-5th 2:30 WU- History Talk "Sputnik I" - Inn-3rd</p> <p style="text-align: right;">4</p>	<p>11:30 Famous Events - Inn-4th 1:30 Craft Creation - Inn-2nd 3:00 WU- Computer 101 -LL 3:00 Talks & Tea - Inn-3rd 3:30 Letters to Troops - Inn-3rd 4:30 Aroma/Meditation -Inn-4th</p> <p style="text-align: right;">5</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle-October Birthday Celebration w/Bertram McLeish, piano - SR</p> <p style="text-align: right;">6</p>	<p>10:30 Chair Fitness - Inn-3rd 11:15 Water Coloring -Springs-M 1:15 Trivia -Springs-M 2:30 Weekend Bingo -SR 3:45 Farkle Dice Game -Inn-3rd</p> <p style="text-align: right;">7</p>
<p>10:30 WH Church Service-SDR 5:00 Christian Worship Service -SR</p> <p style="text-align: right;">8</p>	<p style="text-align: center;">Columbus Day</p> <p>9:30 Basic Floral Demo-Inn-2nd 11:30 Strolling Accordionist- Springs 2:00 WU- "Clara Barton" -SR 4:00 Bereavement Support Group w/ Colin -Springs-M</p> <p style="text-align: right;">9</p>	<p>11:30 Reminiscing- Inn-2nd 2:00 Resident Council Mtg - SR 2:00 WU- Nutrition Talk -ART 2:30 Scrabble - Inn-4th 3:30 WU-Music Therapy-SDR 4:00 WU- Armchair Theater - LL</p> <p style="text-align: right;">10</p>	<p>1:00 WU-Needleworks Social-TC-5th 1:30 Speak Easy for AL - Inn-3rd 2:30 WU- Old Time Radio -Inn-3rd 6:45 WSH Artist Series presents "A Night at the Opera" -SR</p> <p style="text-align: right;">11</p>	<p>11:30 Fun Trivia - Inn-4th 1:30 The Inn Scenic Bus Ride -O 3:30 Piano w/James - SDR 4:45 Kennedy Center Free Concert-O 6:30 Caregivers Support Group-Conf</p> <p style="text-align: right;">12</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/Jerry Roman, piano "30s & 40s music"-SR</p> <p style="text-align: right;">13</p>	<p>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</p> <p style="text-align: right;">14</p>
<p>10:30 WH Church Service-SDR 1:15 "A Little Night Music" at Signature Theater (tickets \$55 and up) - O 5:00 Christian Worship Service -SR</p> <p style="text-align: right;">15</p>	<p>9:30 Basic Floral Demo-Inn-3rd 10:00 WU-Current Events - LL 11:30 Madd Hatter's Lunch - O 2:15 WU- Book Discussion "Lenin, Hitler, & Me" -SR 3:00 Skytones Sing-Along -Springs-DR</p> <p style="text-align: right;">16</p>	<p>11:00 House Comm. Mtg.-Conf 11:30 Word Games - Inn-2nd 2:00 WU- Cell Phones 101 -ART 2:30 WU-Health Talk "Physical Therapy Month" - Inn- 3rd 3:30 WU-Music Therapy-SDR 3:30 WU- Ballroom Dance -FC</p> <p style="text-align: right;">17</p>	<p>10:30 WU-Acrylic Painting-ART 11:00 Care Comm. Meeting-Conf 1:00 WU-Needleworks Social-TC 5th 2:00 "Salute to Divas" Show -SR (A famous female impersonations)</p> <p style="text-align: right;">18</p>	<p>11:30 WU- History Talk "Nuremberg War Crimes Trial" -Inn-4th 1:30 Craft Creation - Inn-2nd 3:30 Piano w/James - SDR 4:30 Oktoberfest Theme Event Social -L 6:45 The Kings Park German Band- SR</p> <p style="text-align: right;">19</p>	<p>10:00 Crossroad Shopping-O 1:15 UNO Madness -Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/The Old Dominion Trio "Music of the 40s,50s, & 60s" -SR</p> <p style="text-align: right;">20</p>	<p>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</p> <p style="text-align: right;">21</p>
<p>10:30 WH Church Service-SDR 5:00 Christian Worship Service -SR</p> <p style="text-align: right;">22</p>	<p>9:30 Basic Floral Demo-Inn-4th 11:00 News & Views - Inn-3rd 2:00 WU- "D.C. Without Leaving your Seat" - SR 3:00 Scrabble game -Inn-4th 3:30 Coping w/Life Changes - M</p> <p style="text-align: right;">23</p>	<p>11:30 Story/Reflections - Inn-2nd 1:00 Garden Club Outing - O 2:45 Manicures - Inn- 2nd 3:30 Bluegrass & Country Music -SDR</p> <p style="text-align: right;">24</p>	<p>11:00 Activity Comm. Mtg.-Conf 1:00 WU-Needleworks Social-TC 5th 1:45 WU- Balance Stabilization -FC 2:30 WU- Old Time Radio -Inn-3rd 2:30 WU- Great Decisions "Afghanistan & Pakistan" -SR</p> <p style="text-align: right;">25</p>	<p>10:00 Tour of the National Air & Space Museum, Udvar-Hazy Center- O 11:30 Fun Trivia - Inn-4th 1:30 Creating Caring Cards - Inn-2nd 3:00 Talks & Tea - Inn-3rd 3:15 Battle of the Sexes - SR</p> <p style="text-align: right;">26</p>	<p>10:00 Target Shopping-O 1:15 UNO Madness-Inn-3rd 2:00 Shabbat Service-Conf 3:00 Mix & Mingle w/Stan Hamrick "Country Music & More" - SR</p> <p style="text-align: right;">27</p>	<p>10:15 Chair Fitness - Inn-3rd 11:15 Recycling Yarn Craft -Springs-M 1:15 Trivia - Springs-M 2:30 Weekend Bingo -SR 3:45 Farkle Dice Game -Inn-3rd</p> <p style="text-align: right;">28</p>
<p>10:30 WH Church Service-SDR 2:30 Sunday Musicales: The Soul Tones of Swing w/Ernie Tolley, vocals/guitar -SR 5:00 Christian Worship Service -SR</p> <p style="text-align: right;">29</p>	<p>9:30 Basic Floral Demo-Inn-2nd 2:00 WU-Book Review -LL</p> <p style="text-align: right;">30</p>	<p style="text-align: center;">Halloween</p> <p>10:30 Open Communion -C 11:30 Word Games - Inn-2nd 2:00 The Great Gatsby Halloween Event & Talent Show -SR 3:30 Music w/Stan Hamrick -SDR</p> <p style="text-align: right;">31</p>	<p>NEW Watermark University Classes</p> <p>9 - "Clara Barton: Red Cross Angel" portrayed by Mary Ann Jung 11 - CUBA: A glimpse into Americans' "Forbidden" Country 16 - Book Review "Lenin, Hitler, & Me" 23 - "DC Without Leaving your Seat"</p>	<p style="text-align: center;">WSH Artist Series</p> <p>11 - "A Night at the Opera" w/Krista & Larry Clouse, soprano/ piano/baritone</p>	<p style="text-align: center;">OUTINGS</p> <p>12 - Kennedy Center Millennium Stage 15 - Signature Theater "A Little Night Music" 26 - National Air & Space Museum Udvar-Hazy Center</p>	<p style="text-align: center;">Theme Events</p> <p>19 - Oktoberfest 4:30 Event Social w/Accordion music by Sylvia- L 5:00 German Cuisine - MDR 6:45 The Kings Park German Band 31 - The Great Gatsby Halloween Event</p>

<p>Mix & Mingle Events</p> <p>6 - October Birthday Celebration w/Bertram McLeish, piano 13 - Jerry Roman, piano 20 - The Old Dominion Trio 27 - Stan Hamrick, vocals/guitar</p>	<p>ACTIVITIES ARE SUBJECT TO CHANGE WITH PRIOR NOTICE. Please refer to our daily sheets for more updated programs & events.</p>	<h1>OCTOBER 2017</h1> <p>Town Center/The Inn</p>	<p>ACTIVITY LOCATOR KEY</p> <p>AR- Activity Room ART- Art Room C- Chapel CBC- Cherry Blossom Cafe Conf- Conference Room</p>	<p>FC- Fitness Center G- George Unit Inn- Assisted Living L- Lobby LL- Lobby Library M- Martha Unit MDR- Main Dining Room</p>	<p>O- Outing S- Solarium SDR- Springs Dining Room Springs- Healthcare SR- Sky Room T- Theater Town Center- Independent Living</p>
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