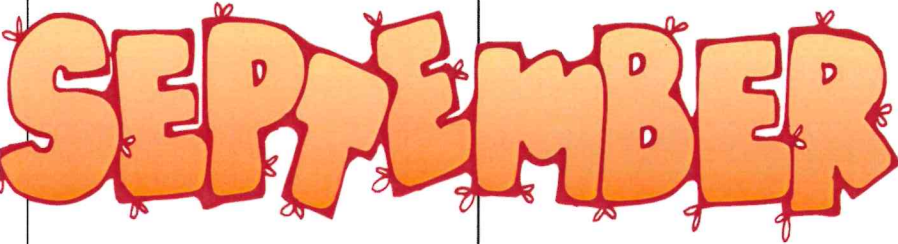
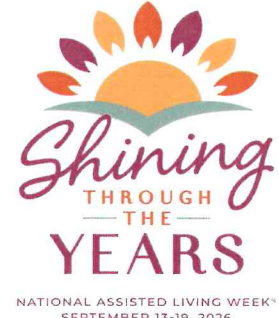


Stones River Manor

Independent/Assisted Living Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Activities in LEC 9:30 Exercise– Chair Yoga 10:00 Bingo 2:00 Bible Study with Kirk 3:00 Walking Club leaves from LEC	2 9:00 Leave for Target Strip Morning Activities in Activity Room 9:30 Exercise 10:00 Discussion of Fall Flowers 10:30 Plant Fall Seeds 1:30 Optimistic Garden Club comes to LEC to Help Residents Make Mugs of Sunshine	3 Activities in Activity Room 9:30 Exercise– Strength Training 10:00 Jeopardy 2:00 Bingo	4 Morning Activities in Activity Room 9:30 Exercise 10:00 Fun with Words 10:30 Pictionary 2:00 Tim Lowery and Friends Perform in the LEC	5 Morning Activities in Activity Room 9:30 Exercise 10:00 Wheel of Fortune 2:00 Meet Me in the Sunroom
6 2:00 Worship with North Boulevard Church of Christ in LEC 3:00 Bingo with Carl and Friends in Activity Room	7  No Activities today, please go to the Activity Room and pick up an Activ-ity Packet	8 All Activities in LEC 9:30 Exercise-Seated Cardio 10:00 Bingo 2:00 Bible Study with Kirk 3:00 Walking Club leaves from LEC	9 9:00 Leave for Walmart Activities in Activity Room 9:30 Exercise 10:00 History of Old Model Cars 10:30 Chatter of the Best Hairdos 2:00 Cooking Show with DeAnne	10 Activities in Activity Room 9:30 Exercise-Bands & Plates 10:00 Sun Craft 11:00 Out to Lunch Bunch Leaves for Cracker Barrell 2:00 Bingo	11 Morning Activities in Activity Room 9:30 Exercise 10:00 Board Games 10:30 Uzzle 2:00 Billy Tarkington Performs in LEC	12 Morning Activities in Activity Room 9:30 Exercise 10:00 Good News Network 2:00 Meet Me at the Pool Table
13 2:00 Worship with Highland Heights Church of Christ in LEC 6:00 North Boulevard Youth Group Comes to LEC for Devo and Singing . Family is invited	14 Dress like a Ray of Sunshine: Bright Neon Yellow, gold or tie dye All Activities in LEC 9:30 Tap Exercise with Crystal of Broad River Rehab 10:00 Show and Tell 10:30 Coffee and Chat 2:00 Watch “Grease” and Enjoy Popcorn and Soda	15 Superstars and Groupies Day, wear your sparkles, glitter, sunglasses and favorite band t-shirts All Activities in LEC 9:30 Exercise 10:00 Bingo 2:00 Talent Show with Residents and Employees	16 Decades Day, wear your iconic outfits from your favorite era Activities will Start in Activity Room as a Meeting Point 9:30 Exercise 10:00 Shining Through the Eras Travel to stations around the Manor 2:00 Traveling continues around the Manor	17 Comfy and Cozy, wear your pj’s , loungewear, sweats. Rise and Shine Activities in Activity Room 9:30 Exercise-Strength Training 10:00 Art 4 Life 2:00 Bingo	18 Purple and Sunshine, , Wear your purple and yellow Accessories Morning Activities in Activity Room 9:30 Exercise 10:00 Yard Sale 2:00 Bill Sleeter Performs in LEC	19 Morning Activities in Activity Room 9:30 Exercise 10:00 Board Games 2:00 Meet Me at the Gazebo
20 2:00 Worship with Crescent Church of Christ in LEC	21 All Activities in LEC 9:30 Exercise-Mini Ball Fitness 10:00 Public Library Comes/Taz the Therapy Dog Comes to LEC 10:00 Hobby Hour 2:00 Drumming with Roxy	22 All Activities in LEC 9:30 Exercise-Seated Cardio 10:00 Bingo 2:00 Bible Study with Kirk 3:00 Walking Club leaves from LEC	23 9:00 Leave for Aldi Activities in Activity Room 9:30 Exercise 10:00 Bible Jingo 2:00 Cooking Show with Shayna	24 Activities in Activity Room 9:30 Exercise– Bands & Plates 10:00 Bp checks with Adoration 10:30 Auction with Adoration 2:00 Bingo	25 Morning Activities in Activity Room 9:30 Exercise 10:00 Fall Memories 10:30 Trivia 2:00 Dean Patrick Performs in LEC	26 Morning Activities in Activity Room 9:30 Exercise 10:00 Smothers Brothers 2:00 Meet me in the Sunroom
27 2:00 Worship with Kingwood Church of Christ in LEC	28 All Activities in LEC 9:30 Exercise– Drum Circle 10:00 Boggle 10:30 Noodle Volleyball 2:00 Cookies and Conversation 2:30 Resident Meeting and Pass out Calendars 3:00 Fall Prevention Tips with Broad River Rehab	29 All Activities in LEC 9:30 Exercise-Chair Yoga 10:00 Bingo 2:00 Bible Study with Kirk 3:00 Walking Club leaves from LEC	30 9:00 Leave for Walmart Activities in Activity Room 9:30 Exercise 10:00 Getting to Know you Bingo 10:30 Parachute Game 2:00 Cooking Show with Kim		Activities are Subject to Change due to inclement weather, cancellations etc. If you would like to go on an outing, please make sure to sign up at least by the day Before to ensure your spot on the bus. Thank you	Questions? Concerns? Want to go on an outing? Call Kimberly and the Life Enrichment Team at #5125