Thursday Friday Saturday 2 Interested in 1 **Continental Breakfast?** 10:00 Sit to Stand Exercise Please remember to Happy Birthday, 8:30 How to Choose an with Marla (WTTV) Come down daily to the sign up for Residents Internet Browser (WTTV) Café between 10:30 Sing Along with programs in the 8:30 a.m.—9:30 a.m. 9:45 Tai Chi Beginnings Songs We all Know (WTTV) brown book at the 12:00 Woodland Church (WTTV) 1- Marian Mostellar **AR—Activity Room** front desk. 10:30 WTTV Cardio Exercise Service (WTTV) 5– Larry Kress (CR & WTTV) 1:00 Old Time Radio B— Bus 11:00 Chair Stretch (WTTV) Show: Dragnet, Auto 5– Roger Crook Café— 2nd Floor Bistro 2:00 Documentary Program: Burglaries 6– Betty Cowick 1:30 Woodland Writers' Nile: Egypt (WTTV) **CH—Chapel on 3rd** 12:30 Birding in North Group (CR) 7- Donald Colby Floor 1:30 Happy Classical Music America (WTTV) 9- Kenton Cowick **DR**—Dining Room 2:00 BINGO W/Diane (PDR) (WTTV) 16-Edwina Humphrey 3:00 Classical Music 2:00 Knit Wits (VSCK) CR—Carolina Room 3:00 Water Exercise with **Performance with Mary** 23– Ray Neese **LKVR-Lakeview Room** Diane (Pool) (SU, CR) 26– Bobbi Kelly 3:30 How to get up from the 3:30 Learn Mahjong P—Pool floor after a fall (WTTV) (WTTV) 29- Claire Nemesi SU—Sign Up 6:30 Movie Night: Radium 6:30 & 9:15 Movie Night 31– Mike Krause Girls (2018, PG) CR (WTTV) WTTV—Channel 1390 31- Carder Hobson

CR: Carolina Room

Café: 2nd Floor Bistro

DR: Dining Room

LKVR: Lakeview Room CK: AL Country Kitchen

SU: Sign Up AR: Activity Room

CH: 3rd Floor Chapel

P: Pool

B: Bus

V: Van

VS: Verra Spring Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Active Aging Week Begins	5	6	7 Wear Your Favorite Sports	8 Last Day of Active Aging	9
9:30 Coffee Chat (Café)		10:00 Cardio Exercise with	8:30 Publix & Dollar Tree	Team Jersey or Colors!	Week	10:00 Sit to Stand Exercise
10:00 Woodland Church	8:30 Shopping at Harris	Marla (WTTV)	(B, SU)	10:00 Cardio Exercise	9:45 Tai Chi Beginnings	with Marla (WTTV)
Service (CR)	Teeter (B, SU)	10:30 Sit to Stand Exercise	9:30 Communion (CH)	with Marla (WTTV)	(WTTV)	10:30 Sing Along with
10:30 Kirk of Kildaire	10:00 Chair Exercise (WTTV)	(CR)	10:00 Chair Exercise (WTTV)	9:00 Men's Breakfast	10:30 WTTV Cardio Exercise	Songs We all Know (WTTV)
Presbyterian Church	10:30 Chair Exercise (CR)	11:00 Sit to Stand Exercise	10:30 Name that Celebrity	(DR, SU)	(CR & WTTV)	12:00 Woodland Church
Service (WTTV)	11:00 Cardio Exercise (CR)	with Marla (WTTV)	Pond Walk & Mimosas	10:30 Sit to Stand Exercise	10:30 Ladies Brunch at First	Service (WTTV)
12:00 Cardio Exercise	11:00 Chair Stretch (WTTV)	1:00 Wellness Committee	(Pond, LKVR Door)	(CR)	Watch (B, SU)	1:00 Old Time Radio
(WTTV)	1:00 Poker (LKVR)	(CR)	11:00 Chair Stretch (WTTV)	11:00 Homewatch Blood	11:00 Stretch From Your	Shows: Dragnet, Body
1:00 Saint Andrew's	1:30 Active Aging Week Kick	2:00 Cornhole Tournament	1:00 Woodland Taxi	Pressure Checks	Chair (WTTV)	Buried in Nursery (WTTV)
Mass (WTTV)	Off: Disco Dance Party (CR)	(CR/Patio, SU)	(Car, SU)	(IL Landing)	12:30 Birding in North	2:00 Resident Led Trivia
2:00 Resident Movie:	3:00 Water Exercise (Pool)	2:00 BINGO w/Larry (PDR)	1:30 Chair Yoga for Seniors	11:00 Sit to Stand Exercise	America (WTTV)	(CR)
Catch Me If You Can (CR)	3:30 Art Appreciation	2:00 & 3:30: Beginner 1 Mile	(WTTV)	with Marla (WTTV)	2:00 BINGO W/Diane (PDR)	1:45 Music Concerts:
3:00 Sunday Travelogue:	Program (WTTV)	Walk with Leslie Sansone	3:00 Men's Beer Social	2:30 Sports Social - Wear	2:00 Cary Fire Department	Classical Music to make
Rick Steves- Iran (WTTV)	6:30 & 9:15 Movie Night	(WTTV)	BYOB (Café)	your teams Colors/Jersey	Safety Program (CR)	you happy (WTTV)
6:30 & 9:15 Sunday Night	(WTTV)	3:00 Scrabble (AR)	2:00 Music Therapy &	(CR)	2:00 Knit Wits (AR)	3:30 Learn Mahjong
Movie (WTTV)		6:30 & 9:15 Movie Night	meditation for seniors	3:00 Scrabble (AR)	3:00 Pool Movement (Pool)	(WTTV)
		(WTTV)	(WTTV)	6:30 & 9:15 Movie Night	3:30 How to get up from the	6:30 & 9:15 Movie Night
			2:30 Pool Volleyball (Pool)	(WTTV)	floor after a fall (WTTV)	(WTTV)
			3:00 Aqua Fitness (Pool)			
	AND SECTION		6:30 & 9:15 Movie Night		6:30 Movie Night:	
	niceniioar+u		(WTTV)	CSPORTS	Hampstead (2017, PG13) CR	
	DISAN MAI OS			COLUMN TO		
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CR: Carolina Room Café: 2nd Floor Bistro DR: Dining Room LKVR: Lakeview Room CK: Country Kitchen

SU: Sign Up AR: Activity Room CH: 3rd Floor Chapel P: Pool V: Van VS: Verra Spring Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13 Flu Shots Today!	14	15	16
9:30 Coffee Chat (Café)	8:45 Shopping at	10:00 Cardio Exercise with	9:30 Communion (CH)	9:00 Men's Breakfast	9:45 Tai Chi Beginnings	10:00 Sit to Stand Exercise
10:00 Woodland Church	Trader Joes (V, SU)	Marla (WTTV)	10:00 Chair Exercise (WTTV)	(DR, SU)	(WTTV)	with Marla (WTTV)
Service (CR)	10:00 Chair Exercise (WTTV)	10:30 Sit to Stand Exercise	10:30 Chair Exercise (CR)	10:00 Cardio Exercise	10:30 WTTV Cardio Exercise	10:30 Sing Along with
10:30 Kirk of Kildaire	10:30 Chair Exercise (CR)	(CR)	10:30 Farmers Market &	with Marla (WTTV)	(CR & WTTV)	Songs We all Know (WTTV)
Presbyterian Church	11:00 Cardio Exercise (CR)	11:00 Trivia with Heather D.	Lunch (B, SU)	10:30 Sit to Stand Exercise	11:00 Stretch From Your	12:00 Woodland Church
Service (WTTV)	11:00 Chair Stretch (WTTV)	(CR)	11:00 Cardio Exercise (CR)	(CR)	Chair (WTTV)	Service (WTTV)
12:00 Cardio Exercise	1:00 Poker (LKVR)	11:00 Sit to Stand Exercise	11:00 Stretch From Your	11:00 Homewatch Blood	12:30 Birding in North	1:00 Old Time Radio
(WTTV)	1:30 Wild Russia Ep. 1 (CR)	with Marla (WTTV)	Chair (WTTV)	Pressure Checks	America (WTTV)	Shows : Dragnet Sullivan
1:00 Saint Andrew's	1:30 Technology Assistance	2:00 & 3:30: Beginner 1 Mile	1:00 Woodland Taxi	(IL Landing)	2:00 ED Chat and Social	Kidnapping WTTV)
Mass (WTTV)	w/ Heather D (SU)	Walk with Leslie Sansone	(Car, SU)	11:00 Sit to Stand Exercise	(DR, Café)	1:30 Woodland Writers'
2:00 Buried Treasure of	3:00 Water Exercise (Pool)	(WTTV)	1:00 Dining Committee (CR)	with Marla (WTTV)	2:00 BINGO W/Diane (PDR)	Group (CR)
Maya (CR)	3:30 Trans-Siberian Railway	2:00 BINGO w/Larry(PDR)	2:00 Movie and Chips:	2:30 Birthday Social Hour:	2:00 Knit Wits (AR)	2:30 Woodland Writers'
2:00 Sunday Travelogue:	(WTTV)	3:00 Scrabble (AR)	Ma & Pa Kettle at the fair	w/Luke (CR, Café)	3:00 Water Exercise (Pool)	Present Their Stories (CR)
Rick Steves Assisi and	6:30 & 9:15 Movie Night	6:30 & 9:15 Movie Night	(VSLR, SU)	2:30 Gentle Chair Yoga	3:30 How to get up from the	1:30 Music Concerts: Best
Italian Country Charm	(WTTV)	(WTTV)	1:30 Chair Yoga for Seniors	Stretch (WTTV)	floor after a fall (WTTV)	relaxing classical music
(WTTV)			(WTTV)	3:00 Scrabble (AR)	6:30 Movie Night: Show	(WTTV)
6:30 & 9:15 Sunday Night			3:00 Aqua Fitness (Pool)	6:30 & 9:15 Movie Night	Dogs (2018, PG) (CR)	6:30 & 9:15 Movie Night
Movie (WTTV)			3:00 Library Outing (B, SU)	(WTTV)		(WTTV)
	THE STATE OF THE S		6:30 & 9:15 Movie Night		SHOW DOGS	
	TRADER		(WTTV)			
	JOE'S			mQUOn		
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				Up To The Party		
				7.	ANT UNITARION AND AND AND AND AND AND AND AND AND AN	

CR: Carolina Room Café: 2nd Floor Bistro DR: Dining Room LKVR: Lakeview Room CK: Country Kitchen

SU: Sign Up AR: Activity Room CH: 3rd Floor Chapel P: Pool V: Van VS: Verra Spring Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR) 10:30 Kirk of Kildaire Presbyterian Church Service (WTTV) 12:00 Cardio Exercise (WTTV) 1:00 Saint Andrew's Mass (WTTV) 2:00 Fortress of the Knights Templar (CR) 2:20 Sunday Travelogue: Cocos Island (WTTV) 6:30 & 9:15 Sunday Night Movie (WTTV)	8:30 Shopping at Fresh Market (B, SU) 10:00 Chair Exercise (WTTV) 10:30 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (WTTV) 1:00 Poker (LKVR) 2:00 Wild Russia Ep 2 (CR) 3:30 Art Appreciation Program (WTTV) 3:00 Water Exercise (Pool) 6:30 & 9:15 Movie Night (WTTV)	19 Wear PINK for Breast Cancer Awareness Month! 10:00 Cardio Exercise with Marla (WTTV) 10:30 Sit to Stand Exercise (CR) 11:00 Sit to Stand Exercise with Marla (WTTV) 2:00 & 3:30: Beginner 1 Mile Walk with Leslie Sansone (WTTV) 1:00 Visit Your Verra Spring Neighbors (Lobby, SU) 2:00 BINGO w/Larry(PDR) 3:00 Scrabble (AR) 6:30 & 9:15 Movie Night (WTTV) 6:30 Sip & Paint w/ Kerina: Fall Painting (CR, SU)	8:30 Shopping at Walmart (Bus, SU) 9:30 Communion (CH) 10:00 Chair Exercise (WTTV) 10:30 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Stretch From Your Chair (WTTV) 1:00 Woodland Taxi (Car, SU) 1:30 Building and Grounds Committee Meeting (LKVR) 2:30 Mike & Dorothy Krause 65th Anniversary Party w/ Caroline Gregory (CR, Patio, Cafe) 1:30 Chair Yoga for Seniors (WTTV) 2:00 Music Therapy & meditation for seniors (WTTV) 3:00 Aqua Fitness (Pool) 6:30 & 9:15 Movie Night (WTTV) TndrCare Nail Services (SU, By Appointment)	21 10:00 Cardio Exercise with Marla (WTTV) 10:30 Sit to Stand Exercise (CR) 11:00 Homewatch Blood Pressure Checks (IL Landing) 11:00 Sit to Stand Exercise with Marla (WTTV) 2:15 Resident Social Hour With Music w/Zeke on Keyboard (Café, CR) 2:30 Gentle Chair Yoga Stretch (WTTV) 3:00 Scrabble (AR) 6:30 & 9:15 Movie Night (WTTV)	9:45 Tai Chi Beginnings (WTTV) 10:30 WTTV Cardio Exercise (CR & WTTV) 11:00 NC Symphony Concert (B, SU) 11:00 Stretch From Your Chair (WTTV) 12:30 Birding in North America (WTTV) 2:00 BINGO W/Diane (PDR) 2:00 Knit Wits (AR) 3:00 Movement (Pool) 3:30 How to get up from the floor after a fall (WTTV) 6:30 Movie Night: Collateral Beauty (2016, PG13) CR	(WTTV) 2:00 Blast From the Past Reminiscing Group (CR) 4:00 Resident Play: Connie
CR: Carolina Roo	m Café: 2nd Floo	or Bistro D	R: Dining Room	LKVR: Lakeview Roo	m CK: Country Ki	tchen

CR: Carolina Room Cafe: 2nd Floor Bistro DR: Dining Room LKVR: Lakeview Room CR: Country Ritchen

SU: Sign Up AR: Activity Room CH: 3rd Floor Chapel P: Pool V: Van VS: Verra Spring Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR) 10:30 Kirk of Kildaire Presbyterian Church Service (WTTV) 12:00 Cardio Exercise (WTTV) 1:00 Saint Andrew's Mass (WTTV) 2:00 Disney's Broadway Hits at London's Royal Albert Hall (CR) 6:30 & 9:15 Sunday Night Movie (WTTV)	25 Onsite Dermatology Visits 8:30 Shopping at Food Lion (V, SU) 10:00 Chair Exercise (WTTV) 10:30 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Chair Stretch (WTTV) 1:00 Poker (LKVR) 1:30 Wild Russia Ep 3 (CR) 3:30 Art Appreciation Program: The Legacy of Jackson Pollock's Mural (WTTV) 6:30 & 9:15 Movie Night (WTTV) 3:00 Water Exercise (Pool) 4:30 Dinner, La Coquette (B, SU) Sign up for your Waffle Order at the Front Desk	26 10:00 Cardio Exercise with Marla (WTTV) 10:30 Sit to Stand Exercise (CR) 11:00 Sit to Stand Exercise with Marla (WTTV) 2:00 & 3:30: Beginner 1 Mile Walk with Leslie Sansone (WTTV) 1:30 Learn to Loom (AR) 2:00 BINGO w/Larry(PDR) 2:00 Music with Teresa in the Arboretum Dance Party (Arboretum) 3:00 Scrabble (AR) 6:30 & 9:15 Movie Night (WTTV)	8:30-9:30 Waffle Breakfast (Pick Up in IL LKVR or Eat in Dining Room, SU) 9:30 Communion (CH) 10:00 Chair Exercise (WTTV) 10:30 Chair Exercise (CR) 11:00 Cardio Exercise (CR) 11:00 Stretch From Your Chair (WTTV) 1:00 Resident Board Meeting (LVR) 1:30 Chair Yoga for Seniors (WTTV) 2:00 Fortnight Beer Outing (B, SU) 2:00 Music Therapy & meditation for seniors (WTTV) 3:00 Aqua Fitness (Pool) 6:30 & 9:15 Movie Night (WTTV)	28 10:00 Cardio Exercise with Marla (WTTV) 10:30 Sit to Stand Exercise (CR) 11:00 Homewatch Blood Pressure Checks (IL Landing) 11:00 Sit to Stand Exercise with Marla (WTTV) 3:00 Fall Festival (SU) 2:30 Gentle Chair Yoga Stretch (WTTV) 3:00 Scrabble (AR) 6:30 & 9:15 Movie Night (WTTV)	29 8:30 iPad for Beginners (WTTV) 9:45 Tai Chi Beginnings (WTTV) 10:30 WTTV Cardio Exercise (CR & WTTV) 11:00 Calendar Review (CR) 11:00 Stretch From Your Chair (WTTV) 12:30 Birding in North America (WTTV) 2:00 BINGO W/Diane (PDR) 2:00 Knit Wits (AR) 3:00 Movement (Pool) 3:30 How to get up from the floor after a fall (WTTV) 6:30 Movie Night: The Guilty (2021, R) CR	30 10:00 Sit to Stand Exercise with Marla (WTTV) 10:30 Sing Along with Songs We all Know (WTTV) 12:00 Woodland Church Service (WTTV) 1:00 Old Time Radio Show: Truck Hijackers (WTTV) 1:30 Music Concerts: Beethoven Pastoral (WTTV) 3:00 The Minimalism: Less Is Now (CR) 3:00 Mega Ocean Conquest (WTTV) 6:30 & 9:15 Movie Night (WTTV)
CR: Carolina Roon	n Café: 2nd Floor	Bistro DR	: Dining Room	LKVR: Lakeview Room	CK: Country Kito	chen

CK: Carolina Room Cate: 2nd Floor Bistro DR: Dining Room LKVK: Lakeview Room CK: Country Kitchen

CH: 3rd Floor Chapel SU: Sign Up **AR: Activity Room VS: Verra Spring Assisted Living** P: Pool V: Van

Sunday

31

9:30 Coffee Chat (Café) 10:00 Woodland Church Service (CR)

10:30 Kirk of Kildaire
Presbyterian Church
Service (WTTV)
12:00 Cardio Exercise
(WTTV)

1:00 Saint Andrew's Mass (WTTV)

2:00 Movie: Hocus Pocus (SU, CR)

6:30 & 9:15 Sunday Night Movie (WTTV)

Please remember to sign up for programs in the brown book at the front desk.

SU: Sign Up

WTTV is channel 1390

Interested in
Continental Breakfast?
Come down daily to
the Café between
8:30 a.m.—9:30 a.m.

AR—Activity Room
B— Bus

Café— 2nd Floor Bistro

CH—Chapel on 3rd

Floor

DR—**Dining Room**

CR—Carolina Room

LKVR-Lakeview Room

P—Pool

SU—Sign Up

WTTV—Channel 1390

Happy Birthday, Residents

1- Marian Mostellar

5- Larry Kress

5– Roger Crook

6– Betty Cowick

7– Donald Colby

9– Kenton Cowick

16- Edwina Humphrey

23– Ray Neese

26- Bobbi Kelly

29- Claire Nemesi

31– Mike Krause

31 – Carder Hobson

Fall Word Search

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PUMPKIN

RAKE SCARECROW SEPTEMBER SLEET THANKSGIVING

QUILT



CR: Carolina Room Café: 2nd Floor Bistro

AR: Activity Room CH: 3rd Floor Chapel

P: Pool

DR: Dining Room

V: Van

LKVR: Lakeview Room

VS: Verra Spring Assisted Living

October Birthdays

Ammon C. 10/12
Pat V. 10/18
Betty B. 10/25

Welcome to Verra Springs Mel

KEY

VS: Verra Springs

BUS: Bus Outing

CK: Country Kitchen

LB: Library

CY: Courtyard

DR: Dining Room

RV: Room Visit







301 Kildaire Woods Drive, Cary, NC, 27511

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 9:30 Crosswords	4 Active Aging Week Begins	5 Cornhole Tournament	6	7 Teams Day: Wear your favorite sports	8 Last Day of Active Aging week	9
	(CK)	10:00 Monday Bible Verses (LR)	10:00 Trivia (LR)	10:00 Name that Celebrity: Courtyard Walk (CY)	team Jersey or Colors 9:00 Men's	10:00 Brain Games (LR)	9:30 Morning Group (CK)
	10:00 Woodland Church Service (CR)	` ,	, ,	, ,	Breakfast (IL, DR)	11:00 Morning Movements (LR)	1:00 Piano Tunes
7	10:30 Kirk of Kildaire Presbyterian Church	11:00 Sit to Stand Fit (LR)	11:00 Quick Fit (LR)	11:00 Short Sing-a- long (LR)	10:00 Did you Know (LR)	1:30 Balloon	(LR)
	Service (WTTV)	1:30 Active Aging	1:30 Cornhole		12	Volleyball (LR) 2:00 Bridge Group	3:30 Saturday Documentary (LR)
	12:00 Cardio Exercise (WTTV)	Week Kickoff: Disco Dance Party (IL, CR)	Tournament (LR)	1:30 Bingo (CK)	11:00 Chair Fitness (LR)	(LB)	
į.	1:00 Piano Listening (LR)		2:30 Snack and Chat (CK)	2:30 Music with Joan (LR)	1:30 Calm Coloring	2:30 Let's Get Cooking (CK)	
	2:00 Balloon Volley (LR)		6:30 & 9:15 Movie Night (WTTV)	6:30 & 9:15 Movie Night (WTTV)	(CK) 2:00 Pet Therapy	3:30 Friday Afternoon Movie	
5	()			TAISIIC (VVIIV)	(CK)	(LR)	



301 Kildaire Woods Drive , Cary, NC, 27511

VS: Verra Springs
BUS: Bus Outing
CK: Country Kitchen

CK: Country Kitchen

LB: Library

CY: Courtyard

DR: Dining Room

RV: Room Visit

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
÷	10	11	12	13	14	15	16
4	9:30 Group Chat (CK)	10:00 Fall Wreath (CK)	10:00 Remember Me	11:00 Cornhole (LR)	10:00 Mad libs (LR)	10:00 Scenic Drive (Bus, Sign up)	9:30 Morning Group (CK)
	10:00 Woodland		(LR)	1:00 Bingo (CK)		1:30 Trivia (LR)	
7	Church Service (CR)	WATER TO	11:00 Disc Toss (LR)		11:00 Hot Potato (LR)	2:00 Bridge Group (LB)	1:00 Piano Tunes (LR)
	10:30 Kirk of Kildaire Presbyterian Church Service (WTTV)	11:00 Chair Fitness (LR)	1:30 Quick Trivia (LR)		1:30 Resident Council Meeting	2:30 Puzzle Corner (CK)	3:30 Saturday Documentary (LR)
	12:00 Cardio Exercise (WTTV)	1:00 Thrift Store Outing (BUS) (Please Sign-up)	2:00 Music with	BIN GO	(LR)	3:30 Friday Afternoon Movie (LR)	
	1:00 Piano Listening (LR)	3:00 Snack and Chat (CK)	Teresa (ARB)	2:00 Music with Joan (LR)			
	2:00 Table Games (CK)	(CK)			2:30 Snack and Chat (CK)		
5							



301 Kildaire Woods Drive , Cary, NC, 27511

VS: Verra Springs
BUS: Bus Outing
CK: Country Kitchen

CK: Country Kitchen

LB: Library

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DR: Dining Room

RV: Room Visit

I,	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
'n,	17	18	19 Wear Pink for Breast Cancer Awareness Month!	20	21	22	23
0	9:30 Crosswords (CK)	10:00 Crosswords (LR)	10:00 Lets Debate (LR)	10:00 Analogies (LR)	10:00 Trivia (LR)	10:00 Brain Games (LR)	9:30 Morning Group (CK)
	10:00 Woodland Church Service (CR)	11:00 Balloon Volley	11:00 Bowling (LR)	11:00 Batting Practice (CY)	11:00 Sit to Stand (LR)	11:00 Movement to Music (LR)	1:00 Piano Tunes
R	10:30 Kirk of Kildaire Presbyterian Church Service (WTTV)	(LR)	1:30 Calm Coloring (CK)		1:30 Match Game (LR)	1:30 Crafters Corner (CK)	(LR) 2:30 Saturday
0	12:00 Cardio Exercise (WTTV)	1:30 Wood Art (CK)	2:30 Music with Teresa (ARB)	1:00 Bingo (CK)	2:00 Music with Barbara (LR)	2:00 Bridge Group (LB) 2:30 Lets Bake! (CK)	Documentary (LR)
į,	1:00 Piano Listening (LR)	2:30 Snack and Chat (CK)	3:00 Breast Cancer Social (CK)	2:00 Music with Joan (LR)	2:30 Gentle Chair Yoga Stretch (WTTV)	3:30 Friday Afternoon Movie (LR)	
0	2:00 Balloon Volley (CK)	(Cit)			6:30 & 9:15 Movie Night (WTTV)	(LIV)	



301 Kildaire Woods Drive , Cary, NC, 27511

VS: Verra Springs **BUS: Bus Outing**

CK: Country Kitchen

LB: Library

CY: Courtyard

DR: Dining Room

RV: Room Visit

A.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
,L	24	25	26	27	28 Fall Fest	29 Costume Contest	30
	9:30 Group Chat (CK)	10:00 Family Feud Question Game (LR) 11:00 Balloon Volley (LR)	10:00 Button Bowl (CK) 11:00 Chair Exercise (LR)	10:00 Match Game (LR) 11:00 Ring Toss (LR)	10:00 Candy Apple DIY (CK) 11:00 Cornhole (LR)	10:00 Brain Games (LR) 11:00 Movement to	9:30 Morning Group (CK) 1:00 Piano Tunes (LR)
N	10:00 Woodland Church Service (CR)	1:30 Fall Tie Dye Fun	1:30 Calm Coloring (CK)		1:30 Trivia (LR)	Music (LR)	
	10:30 Kirk of Kildaire Presbyterian Church	(CK)	2:00 Music With Teresa (ARB)		3:00 Fall Fest! (IL, CR)	2:00 Costume Contest (ARB) 3:30 Friday	2:30 Saturday Documentary (LR)
	Service (WTTV)	2:30 Bananagrams Word Game (CK)	3:00 Birthday Social (CK)	1:00 Bingo (CK)		Afternoon Movie (LR)	
	12:00 Cardio Exercise (WTTV)			2:00 Music with Joan (LR)	FAME		
6	1:00 Piano Listening (LR) 2:00 Table Games		-birthday		FESTIVAL.		
9							



301 Kildaire Woods Drive , Cary, NC, 27511

VS: Verra Springs
BUS: Bus Outing

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Sunday	Monday	Tue	sday	Wedne	esday	Thursday	Friday	Saturday
31 Halloween	Ι	all V	Vor	d Se	arch	L	October	Birthdays
9:30 Crosswords							Ammoi	1 C. 10/12
1	N	FIWL	V W N 7	THPZP	FLD	Δ]	Pat V	V. 10/18
(CK)	0	HFAL	LIAS	CLED	GLH	Q		
	V	XTUQ	KWEN	ZALG	PAA	N	Betty	B. 10/25
40.00 144 41 4	E	YLWP	v v s c	GATO	KBY	E		
10:00 Woodland	M	LIMV	APRO	PCML		E		
Church Service (CR)	B	CUJE		NOKHL		w		
0	R	PQLB	STNL	NYKNJ	W O D	0		
10.00 10.1 1.1		ZBPH	SYLI	LIHCS		ī		
10:30 Kirk of Kildaire	м	GNIV	IGSK	KNAHT	rccj	A		
Presbyterian Church	A	0 C T 0	BERA	AUELA	BYA	н	Please	remember
Service (WTTV)	t	HUOA	TWOF	RCERA	CSM			
Service (VVIIV)	Z	RKPP	UKSC			R	to sign	up for
	5	PPNH	ETOY		GIQ	v E		
12:00 Cardio Exercise	E	VYBZ	REBN	4 E T P E	SGL		progra	ms at the
(WTTV)	z	TCBD	YIEE	NORE	зсик	Т	prograi	iiis at tile
(******)						_	bulletin	n board
1:00 Piano Listening	ACORI APPLE AUTUM		HAR	OWEEN VEST BALE	R	UILT AKE RECROW	near th	e nursing
(LR)	CHESTNI CHILLY CIDER	ITS	HAY!	RIDE	SEPT S	TEMBER LEET KSGIVING	station	
2:00 Scary Movie	COBWE			MBER		NSGIVING		

NUTS OCTOBER

PUMPKIN

FALL

FOOTBALL GOURD



(LR)

301 Kildaire Woods Drive , Cary, NC, 27511

VS: Verra Springs
BUS: Bus Outing

CK: Country Kitchen

LB: Library

CY: Courtyard

DR: Dining Room

RV: Room Visit

October 2021 Arboretum

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELCOME New Residents: B. Becker J. Carreras W. Miller	KEY: A,B,C,D: Neighborhoods N: Neighborhoods WTTV: Channel. 1390 LR: Arb Living Room BUS: Bus Outing P+: Pool (escort) +: Requires family Escort VSLR- Verra Spring Living Room		HELL		1 10:00 Fun Facts Friday (A/C) 10:30 Exercise (A/C) 1:30 Trip to Diary Queen (BUS) 3:00 Evening Movie (N)	2 10:30 Sing Along (LR) 12:00 Woodland Church Service (WTTV) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)
3 10:00 Activities w/ Starr (C&D) 10:00 Woodland Church Service (IL+) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)	4 Active Aging Week Begins 10:30 Morning Prayers (A) 11:00 Sit & Be Fit (A) 1:30 Balloon Volleyball (A/C) 2:00 Calm Coloring (A/C) 3:00 Hand Massage (A/C)	5 10:00 Refreshments (N) 10:30 Cornhole Tournament (N) 1:00 Fall Trivia (B) 2:00 Music w/Teresa (A) 3:00 Faith & Fellowship (A)	6 10:00 Catholic Communion (N) 10:00 Morning Stretch (B) 10:30 Spelling Bee (B) 1:15 Celebrity Courtyard Walk (N) 2:30 Mixing up Mimosas (N)	7 Dr. Hill Podiatry Visits 10:00 Morning Movements (B) 10:30 Snacks & Chat (B) 2:00 Pet Therapy (B) 2:00 Craft/ Jennifer (A) 3:00 Evening Worship (B)	8 10:00 Fun Facts Friday (C) 10:30 Exercise (C) 1:00 Jokes & Trivia (A) 2:00 BINGO (A) 3:00 Evening Movie (N)	9 10:30 Sing Along (LR) 12:00 Woodland Church Service (WTTV) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)
10 10:00 Activities w/ Starr (C&D) 10:00 Woodland Church Service (IL+) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)	11 10:00 Coffee Chat (A) 10:30 Sit & Be Fit (A/C) 1:00 Balloon Volleyball (A/C) 2:00 Memory Magic (A/C) 3:00 Social Hour (A)	12 10:00 Refreshments (C) 10:30 Chair Exercise (C) 1:00 Bowling (C) 2:00 Music w/Teresa (C) 3:45 Cary Memory Café (**Family escort required Please RSVP to Marla.Ramsey @Kiscosl.com)	13 10:00 Catholic Communion (N) 10:00 Morning Stretch (A) 10:30 Sing Along w/ Mary Sue (A) 1:00 Connect Four (A) 2:00 Movie and Chips (VSLR) 3:00 Documentary (A)	14 10:00 Morning Movements (C) 10:30 Snacks & Chat (C) 2:00 Craft w/ Jennifer (A) 3:00 Dominoes (A)	15 10:00 Scenic Drive (BUS) 1:30 Spa Afternoon (A/C) 3:00 Evening Movie (N)	16 10:30 Sing Along LR) 12:00 Woodland Church Service (WTTV) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)

October 2021 Arboretum

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Activities w/Starr (C&D) 10:00 Woodland Church Service (IL+) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)	18 10:00 Morning Prayers (A) 10:30 Sit & Be Fit (A/C) 1:00 Parachute (A) 2:00 Colorful Creations (A) 3:00 Social Hour: Oatmeal Cookies (A)	19 Wear PINK for Breast Cancer Awareness Month! 10:00 Refreshments (C) 10:30 Chair Exercise (C) 1:00 Mind Joggers (C) 2:00 Music w/ Teresa (A) 3:00 Faith & Fellowship (A)	20 TndrCare Nail Services (By App't) 10:00 Catholic Communion (N) 10:00 Morning Stretch (A) 10:30 Trivia (A) 1:00 Balloon Volleyball (A) 2:00 Evening Devotion (A) 3:00 Documentary (N)	21 10:00 Morning Movements (C) 10:30 Snacks & Chat (C) 2:00 Pet Therapy (N) 2:00 Music w/ Barbara (VSLR) 3:00 Evening Worship (N)	1:00 Building Blocks (A/C) 2:00 Social Hour: Pumpkin Pie (N)	10:30 Sing Along (LR) 12:00 Woodland Church Service (WTTV) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)
24 10:00 Activities w/Starr (C&D) 10:00 Woodland Church Service (IL+) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)	25 10:00 Morning Prayers (A/C) 10:30 Sit & Be Fit (A/C) 11:00 Daily Devotions (A) 2:00 Calm Coloring (A/C) 3:00 Relaxing w/Smoothie Drink (A)	26 10:00 Refreshments (C) 10:30 Chair Exercise (C) 1:00 Mind Joggers (C) 2:00 Music w/Teresa (C) 3:00 Table Games (C)	10:00 Catholic Communion (N) 10:00 Morning Stretch (A) 10:30 What Do You Know? (A) 1:00 Cornhole (A) 2:00 Evening Devotion (A) 3:00 Documentary (N)	28 10:00 Morning Movements (C) 10:30 Snacks & Chat (C) 1:00 BINGO (C) 2:00 Craft w/ Jennifer (C) 3:00 Evening Worship (C)	29 10:00 Fun Facts Friday (A/C) 10:30 Exercise (A/C) 1:00 Music & Coloring A/C) 2:00 Costume Contest (ARB) 3:00 Movie Evening (N)	30 10:30 Sing Along (LR) 12:00 Woodland Church Service (WTTV) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)
31 Halloween 10:00 Activities w/ Starr (C&D) 10:00 Woodland Church Service (IL+) 2:00 Classical Music (A) 2:30 Classical Music (C) 3:00 Movie (N)	OC Breast	TOB Baneen	BER WARENESS MONTH		KEY: A,B,C,D: Neighborhoods N: Neighborhoods WTTV: Channel1390 LR: Arb Living Room BUS: Bus Outing P+: Pool (escort) +: Requires family Escort VSLR- Verra Springs	Woodland Terrace A KISCO SENTOR LIVING