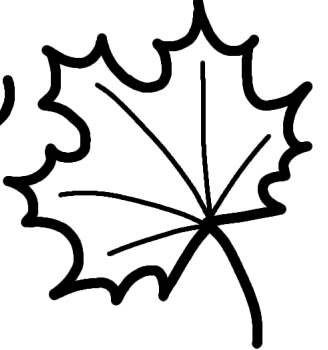




OCTOBER 2021 INDEPENDENT LIVING

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

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

OCTOBER 2021 INDEPENDENT LIVING

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

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

OCTOBER 2021 INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 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 Buried Treasure of Maya (CR) 2:00 Sunday Travelogue: Rick Steves Assisi and Italian Country Charm (WTTV) 6:30 & 9:15 Sunday Night Movie (WTTV)	11 8:45 Shopping at Trader Joes (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. 1 (CR) 1:30 Technology Assistance w/ Heather D (SU) 3:00 Water Exercise (Pool) 3:30 Trans-Siberian Railway (WTTV) 6:30 & 9:15 Movie Night (WTTV) 	12 10:00 Cardio Exercise with Marla (WTTV) 10:30 Sit to Stand Exercise (CR) 11:00 Trivia with Heather D. (CR) 11:00 Sit to Stand Exercise with Marla (WTTV) 2:00 & 3:30: Beginner 1 Mile Walk with Leslie Sansone (WTTV) 2:00 BINGO w/Larry(PDR) 3:00 Scrabble (AR) 6:30 & 9:15 Movie Night (WTTV)	13 Flu Shots Today! 9:30 Communion (CH) 10:00 Chair Exercise (WTTV) 10:30 Chair Exercise (CR) 10:30 Farmers Market & Lunch (B, SU) 11:00 Cardio Exercise (CR) 11:00 Stretch From Your Chair (WTTV) 1:00 Woodland Taxi (Car, SU) 1:00 Dining Committee (CR) 2:00 Movie and Chips: Ma & Pa Kettle at the fair (VSLR, SU) 1:30 Chair Yoga for Seniors (WTTV) 3:00 Aqua Fitness (Pool) 3:00 Library Outing (B, SU) 6:30 & 9:15 Movie Night (WTTV)	14 9:00 Men's Breakfast (DR, SU) 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) 2:30 Birthday Social Hour: w/Luke (CR, Café) 2:30 Gentle Chair Yoga Stretch (WTTV) 3:00 Scrabble (AR) 6:30 & 9:15 Movie Night (WTTV) 	15 9:45 Tai Chi Beginnings (WTTV) 10:30 WTTV Cardio Exercise (CR & WTTV) 11:00 Stretch From Your Chair (WTTV) 12:30 Birding in North America (WTTV) 2:00 ED Chat and Social (DR, Café) 2:00 BINGO W/Diane (PDR) 2:00 Knit Wits (AR) 3:00 Water Exercise (Pool) 3:30 How to get up from the floor after a fall (WTTV) 6:30 Movie Night: Show Dogs (2018, PG) (CR) 	16 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 Shows : Dragnet Sullivan Kidnapping WTTV) 1:30 Woodland Writers' Group (CR) 2:30 Woodland Writers' Present Their Stories (CR) 1:30 Music Concerts: Best relaxing classical music (WTTV) 6:30 & 9:15 Movie Night (WTTV)

CR: Carolina Room

Café: 2nd Floor Bistro

DR: Dining Room

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AR: Activity Room




CH: 3rd Floor Chapel

P: Pool

V: Van

VS: Verra Spring Assisted Living

OCTOBER 2021 INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 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)	18 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) 	20 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)	22 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 	23 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: Dragnet, James Vickers-Cop Killing (WTTV) 1:30 Music Concerts: Mozart Clarinet in A major (WTTV) 2:00 Blast From the Past Reminiscing Group (CR) 4:00 Resident Play: <u>Connie</u> part 1 (WTTV) 4:30 Resident Play: <u>Connie</u> Part 2 (WTTV) 6:30 & 9:15 Movie Night (WTTV)

CR: Carolina Room

Café: 2nd Floor Bistro

DR: Dining Room

LKVR: Lakeview Room

CK: Country Kitchen

SU: Sign Up

AR: Activity Room





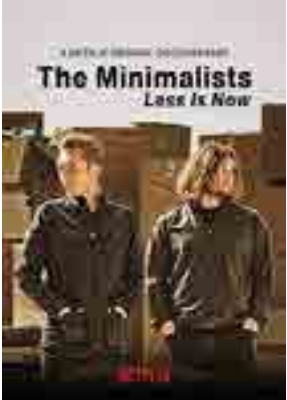
CH: 3rd Floor Chapel

P: Pool

V: Van

VS: Verra Spring Assisted Living

OCTOBER 2021 INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24</p> <p>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)</p> 	<p>25 Onsite Dermatology Visits</p> <p>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)</p> <p>Sign up for your Waffle Order at the Front Desk</p>	<p>26</p> <p>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)</p>	<p>27</p> <p>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)</p> 	<p>28</p> <p>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)</p> 	<p>29</p> <p>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</p> 	<p>30</p> <p>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)</p> 

CR: Carolina Room

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P: Pool

V: Van

VS: Verra Spring Assisted Living

OCTOBER 2021 INDEPENDENT LIVING

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)

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



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



CR: Carolina Room

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VS: Verra Spring Assisted Living

October Assisted Living 2021

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



Friday

Saturday

1

2

10:00 Brain Games
(LR)

9:30 Morning
Group Chat (CK)

11:00 Movement to
Music (LR)

1:00 Piano Tunes
(LR)

**1:30 Trip to Dairy
Queen (BUS, Sign
up)**

3:00 Classical
Music Performance
(IL,CR)

2:00 Bridge Group
(LB)


3:45 Saturday
Documentary (LR)

3:30 Friday
Afternoon Movie
(LR)



301 Kildaire Woods Drive , Cary, NC, 27511

October Assisted Living 2021

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



301 Kildaire Woods Drive , Cary, NC, 27511

VS: Verra Springs

BUS: Bus Outing

CK: Country Kitchen

LB: Library



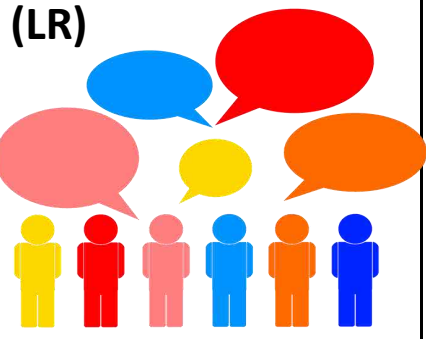
CY: Courtyard

DR: Dining Room

RV: Room Visit

LR: Living Room

October Assisted Living 2021

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



301 Kildaire Woods Drive , Cary, NC, 27511

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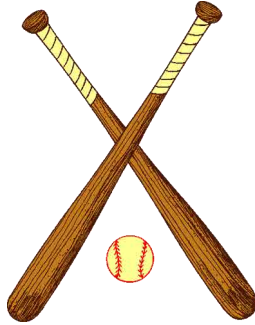
CY: Courtyard

DR: Dining Room

RV: Room Visit

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October Assisted Living 2021

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



301 Kildaire Woods Drive , Cary, NC, 27511

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BUS: Bus Outing

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October Assisted Living 2021

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



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

LR: Living Room

October Assisted Living 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Halloween 9:30 Crosswords (CK) 10:00 Woodland Church Service (CR) 10:30 Kirk of Kildaire Presbyterian Church Service (WTTV) 12:00 Cardio Exercise (WTTV) 1:00 Piano Listening (LR) 2:00 Scary Movie (LR)	<div>Fall Word Search</div> <div> N F J W L V W N T H P Z P F L D A O H F A L L I A S C L E D G L H Q V X T U Q K W E Y Z A L G P A A N E Y L W P V V S D G A T O K B Y E M L I M V A P R Q P C M L B T R E B C U J E L A J N O K H L E O I W E P Q L B K C U N Y K N J W O D O R X C H E S T N U T S I R B F E L O Z B P H S Y L L I H C S O Z X L M G N I V I G S K N A H T C C J A A O C T O B E R A U E L A B Y A H I H U O A T W O R C E R A C S M A Z R K P P U K S G L I Q Z L X C R E P P N H E T O Y Q B R E G I Q V Q L N F X X U U F H K E L D N P E E V Y B Z R E B M E T P E S G L S Z T C B D Y I E E N O R B C U K T </div> <div> ACORN APPLE AUTUMN CHESTNUTS CHILLY CIDER COBWEB FALL FOOTBALL GOURD </div> <div> HALLOWEEN HARVEST HAY BALE HAYRIDE LEAVES MAIZE NOVEMBER NUTS OCTOBER PUMPKIN </div> <div> QUILT RAKE SCARECROW SEPTEMBER SLEET THANKSGIVING </div> 				<div>October Birthdays</div> <div>Ammon C. 10/12</div> <div>Pat V. 10/18</div> <div>Betty B. 10/25</div>	<div>Please remember to sign up for programs at the bulletin board near the nursing station.</div>



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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				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
17 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)	22 10:00 Fun Facts Friday (A/C) 10:30 Exercise (A/C)  1:00 Building Blocks (A/C) 2:00 Social Hour: Pumpkin Pie (N)	23 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)	27 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)					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	Programs Subject to Change 