

SPRIT ACTIVITY CALENDAR
OCTOBER 2026


THE GOLDTON
AT LAKE NONA

(321)850-2790
9682 Lake Nona Village PL
Orlando, FL 32827

SUNDAY

Location Key
Activity Room-AR
Red writing -Bus Trips
Dining Hall - DH
Entertainment
Special

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

4
9:30 Sunday Service
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Menchie's Ice Cream \$10
7:00Resident Lead Chat

5
9:30 Walking on Sunshine
10:00 Daily Digest
10:30 Timeless Tales
1:00 Air Tennis
2:00 Bingo
3:00 Sing Along
4:00 Jewish Pavillion

6 9:30 Daily Digest
10:00 Low Impact Cardio
10:30 Waggin with Maggie (Pet Therapy)
1:30 Bus Outing Cruise
2;30 Devotion with Mark
3:00 Silver Lining Manicure
4:00 The G General Store

7
9:30 Walking on Sunshine
10:00 Catholic Service
10:30 Chair Yoga
1:30 Bingo
3:00 Happy Hour Social
7:00 Movie

8
9:30 Walking on Sunshine
10:30 Daily Delight
11:00 First Watch \$30
1:00 Parachute game
2:00 Bingo
3:00 STEM with Mark
7:00 Gun Smoke Classic

9
9:30 Walking on Sunshine
10:00 Daily Digest
10:30 Get Fit Yoga
1:00 Artistry Hour – Clay Craft
2:00 Bingo
3:00 Happy Hour with Entertainment
7:00 Resident lead Games

10
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

11
9:30 Sunday Service
9:45 Tunes & Trail Stroll
10:30 Trivia bible verses
1:30 Bingo
2:30 Sing-a-Long
7:00Resident Lead Chat

12
9:30 Walking on Sunshine
10:30 Trivia
1:15 Fancy Goldton Nails
3:00 Air Tennis
7:00 Resident lead games

13
10:00 Exercise with SB
10:30 Daily Delight
1:30 Bus Outing Cruise
2:30 Devotion with Mark
3:00 Bingo
4:00 Noodle Ball

14 9:30 Walking on Sunshine
10:00 Catholic Service
10:30 Chair Yoga
1:00 Show & Tell
2:00 Bingo
3:00 Happy Hour ENT Nathan Scott
7:00 Movie

15
10:00 Walking on Sunshine
10:30 Daily Delight
11:00 Sonny's BBQ \$30
1:30 Puzzles
3:00 Bingo
6:00 sing along
7:00Resident Lead Games

16
10:00 Daily Digest
10:30 Chair Cardio
1:00 Air Tennis
1:30 Bingo
3:00 Happy Hour/ Coffee Talk
7:00 Resident lead Games

17
10:00 Painting
11:00 Air Tennis
1:30 Trivia
2:00 Bingo
3:30 Movie
7:00 Musical memories

18
9:30 Sunday Service
9:45 Tunes & Trail Stroll
10:30 Trivia bible verses
1:30 Bingo
2:30 Sing-a-Long
7:00Resident Lead Chat

19
9:30 Walking on Sunshine
10:00 Daily Digest
10:30 Timeless Tails
1:00 Arts and Craft- Memory Collage
2:00 Bingo
3:00 Sing along
7:00 Resident lead games

20 9:30 Daily Digest
10:00 Chair Yoga
10:30 Waggin with Maggie (Pet Therapy)
1:30 Dairy Queen Bus Outing
2;30 Devotion with Mark
3:00 Silver Lining Manicure
4:00 The G General

21 9:30 Gentle Chair Yoga
10:00 Catholic Service
10:00 Daily Digest
1:00 Baking - Cookies
2:00 Bingo
3:00 Happy Hour ENT Andy Costantini
7:00 Movie

22
10:00 Chair Yoga
11:00 Harry P Leu Gardens \$17
1:30 Jenga Blocks
3:00 Parachute game
4:00 Hangman
5:00 Halloween Party

23
10:00 Low Impact Cardio
10:30 Daily Digest
1:30 Bingo
3:00 Happy Hour/ Coffee Talk
7:00 Resident lead Games

24
10:00 Painting
11:00 Parachute games
1:30 Trivia
2:00 Bingo
3:30 Movie
7:00 Resident lead Games

25
9:30 Sunday Service
9:45 Tunes & Trail Stroll
10:30 Trivia bible verses
1:30 Bingo
2:30 Menchie's Ice Cream \$10
7:00Resident Lead Chat

26
9:30 Walking on Sunshine
10:00 Daily Digest
10:30 Timeless Tails 1980's
1:00 Arts and Craft
2:00 Bingo
3:00 Choir
7:00 Resident lead games

27
10:00 Exercise with SB
10:30 Low Impact Cadio
1:30 Bus Outing Cruise
2:30 Devotion with Mark
3:00 Color by Number
7:00 Movie

28
9:30 Daily Delight
10:00 Catholic Service
10:30 Chair Yoga
1:30 Bingo
3:00 Happy Hour Social
7:00 Movie

29
10:00 Walking on Sunshine
11:00 Chilis \$25
10:30 Daily Delight
1:30 Halloween Craft
3:00 Ice Cream Social
7:00 Movie

30
9:30 Daily Delight
10:00 Chair Cardio
1:30 Air Tennis
2:30 Trivia
3:00 Happy Hour Birthday Party
7:00 Movie

31
10:00 Painting
11:00 Parachute games
1:30 Trivia
2:00 Bingo
3:30 Movie
7:00 Resident lead Games