

October 2026 1990'S

*** Activities Are Subject to Change ***



Sunday



Monday



Tuesday



Wednesday



thursday



Friday



Saturday

4 10:00 Church Time
1:45 Music with Jim
3:00 Patio Rest Time
3:15 Patio Snack
4:00 Thompson's Station Church
6:00 TV Classics

5 10:00 Monday Movement
10:30 Meditation Time
1:30 Axe Throwing
3:15 Sip & Snack
3:30 Women's Book Club
6:00 90's "Mrs. Doubtfire"

6 10:00 Stretch & Resistance
10:30 Teaching Tuesday
11:00 Walk & Roll
2:30 Station Hill Church
3:15 Cooking Class With Antonio
5:00 Dinner & a Show

7 10:00 Musical Exercise
10:30 Humming Hymns
1:30 Donuts In the Park With Nicole
3:15 Sip & Snack
3:30 Man Bites & Brew
6:00 Worship Songs

8 10:00 Patio Brew
10:30 Sit & Fit
11:00 1990'S True or False
1:30 Wreath Making
3:15 Sip & Snack
6:00 Gentle Music Time

9 10:00 Fun & Fitness
10:30 Friendly Reminders
11:00 Friday Delight
2:00 Music With Tomas MC
3:15 Sip & Snack
6:00 Evening Comfort

10 10:00 Morning Stretch
10:30 Axe Throwing
1:30 Coloring Club
2:30 90's Name That Tune
3:15 Sip & Snack
6:00 Porch Relaxation

11 10:00 Church Time
1:45 Music with Jim
3:00 Patio Rest Time
3:15 Patio Snack
4:00 Wellspring's Church
6:00 TV Classics

12 10:00 Monday Movement
10:30 Meditation Time
2:00 Scenic Drive With Candace
3:30 Cooking Class
4:00 Women's Book Club
6:00 90's "Little Women"

13 10:00 To-Do-sday Devotion
10:30 Stretch & Resistance
11:00 Hoop Ball
2:30 Station Hill Church
3:15 Sip & Snack
3:30 Pumpkin Painting With Tammy
6:00 Hand Massage

14 10:00 Wednesday Workout
10:30 Soul Care Devotion
11:00 Walk & Roll
2:00 Scenic Drive
3:15 Sip & Snack
3:30 Man Bites & Brew With Chris
6:00 Worship Songs

15 10:00 Patio Brew
10:30 Sit & Fit
11:00 Table Hockey
1:30 Name that Object
3:15 Sip & Snack with Tina
6:00 Bill Clinton (1993-2001) Video

16 10:00 Pet Therapy
10:30 Fit & Fierce
11:00 Faithful Words
2:00 Music in AL
3:15 Sip & Snack
3:30 Ghost Craft
6:00 Evening Comfort

17 10:00 Morning Stretch
10:30 Simon Says
1:30 Coloring Club
2:30 Word Search
3:15 Sip & Snack
6:00 Porch Relaxation

18 10:00 Church Time
1:45 Music with Jim
3:00 Patio Rest Time
3:15 Patio Snack
4:00 Spring Meadows Church
6:00 TV Classics

19 10:00 Monday Movement
10:30 Meditation Time
2:00 Scenic Drive
3:30 Ping Pong Snack With Gaby
6:00 90's Movie Theater Experience

20 10:00 Stretch & Resistance
10:30 Teaching Tuesday
11:00 Picture Matching
2:30 Station Hill Church
3:15 Sip & Snack
4:00 Halloween Finger Paint
6:00 Gentle Music Time

21 10:00 Musical Exercise
10:30 Humming Hymns
2:00 Scenic Drive With Amanda
3:15 Sip & Snack
3:30 Man Bites & Brew
6:00 Worship Songs

22 10:00 Patio Brew
10:30 Sit & Fit
11:00 Fall Memory Time
1:30 Pretty & Pampered
3:15 Sip & Snack
6:00 Twilight Tea Time

23 10:00 Fun & Fitness
10:30 Faithful Words
11:00 Friday Delight
2:00 Music in AL
3:15 Sip & Snack
5:00 Chili Cook Off
6:30 Evening Comfort

24 10:00 Morning Stretch
10:30 Simon Says
1:30 Coloring Club
2:30 '90'S Karaoke
3:15 Sip & Snack
6:00 Porch Relaxation

25 10:00 Church Time
1:45 Music with Jim
3:00 Patio Rest Time
3:15 Patio Snack
4:00 Spring Hill Church
6:00 TV Classics

26 10:00 Monday Movement
10:30 Meditation Time
2:00 Scenic Drive
3:15 Sip & Snack
4:00 Women's Book Club
6:00 90's "Forest Gump"

27 10:00 To-Do-sday Devotion
10:30 Stretch & Resistance
11:00 Walk & Roll
2:30 Station Hill Church
3:15 S'mores Snacking
6:00 Hand Massage

28 10:00 Musical Exercise
10:30 Humming Hymns
11:00 Picture Match
2:00 Scenic Drive
3:15 Sip & Snack
3:30 Man Bites & Brew
6:00 Worship Songs

29 10:00 Patio Brew
10:30 Sit & Fit
11:00 Balloon Noodle
1:30 Nails with Myleah
3:15 Sip & Snack
6:00 Gentle Music Time

30 10:00 Fun & Fitness
10:30 Faithful Words
11:00 Walk & Roll
2:00 Trunk or Treat MC
3:15 Sip & Sneak
6:00 Evening Comfort

31 **10:00 Witches & Wheels**
10:30 Balloon Noodle
1:30 Coloring Club
2:30 Letter Association
3:15 Sip & Snack
6:00 Porch Relaxation