

OCTOBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 AM Piano Break with Ron (IL), 3rd Floor Media Room 9:30 AM Steps to Fitness, Outing 10:30 AM Current Events Discussion, 1st Floor Lounge 2:45 PM Chair Yoga, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	2 9:30 AM Steps to Fitness, Outing 1 PM Cozy Cup Club, Front Lobby 3 PM Friday Wind Down Social, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room	3 9:30 AM Steps to Fitness, Outing 10:30 AM Gentle Stretch Class, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room
4 9:30 AM Steps to Fitness, Outing 10 AM Morning Worship & Dev., 1st Floor Lounge 11 AM Shadow Brook Visits, 1st Floor Lounge 1:30 PM Courtyard Gathering, Overlook at Suwanee-Asset 2 PM Rummikub, 2nd Floor Game Room 5 PM Movie Matinee, 2nd Floor Media Room	5 9:30 AM Steps to Fitness, Outing 10:30 AM Ted Talk, 2nd Floor Media Room 1:30 PM Afternoon Stretch, Overlook at Suwanee-Asset 1:30 PM Afternoon Stretch, AL Gym 5 PM Movie Matinee, 2nd Floor Media Room	6 9:30 AM Steps to Fitness, Outing 10:30 AM Strength & Balance Class, AL Gym 1 PM Bingo, 2nd Floor Media Room 2:30 PM Musical Memories Entertainment, Tv/Movie Room 5 PM Movie Matinee, 2nd Floor Media Room	7 9:30 AM Steps to Fitness, Outing 9:45 AM Shopping Outing: Publix, Outing 10 AM Arts & Crafts w/ Lloyd, AL 1st floor activity/library room 2 PM Crafts - Paint Pumpkins, 1st Floor Lounge 3:30 PM Karaoke & Cocktails, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	8 9:30 AM Steps to Fitness, Outing 9:30 AM Piano Break with Ron (IL), 3rd Floor Media Room 10:15 AM New Harvester Church, 2nd Floor Media Room 10:30 AM Current Events Discussion, 1st Floor Lounge 2 PM Resident Council Meeting, 2nd Floor Media Room 2:45 PM Chair Yoga, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	9 9:30 AM Steps to Fitness, Outing 10 AM Halloween Craft, AL 1st floor activity/library room 1 PM Corn Hole, 1st Floor Bar and Lounge 3 PM Friday Wind Down Social, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room	10 9:30 AM Steps to Fitness, Outing 10:30 AM Gentle Stretch Class, 2nd Floor Media Room 1:30 PM Courtyard Gathering, Pool/Courtyard 5 PM Movie Matinee, 2nd Floor Media Room 5 PM Alabama vs Georgia Game, 2nd Floor Media Room
11 9:30 AM Steps to Fitness, Outing 10 AM Morning Worship & Dev., 1st Floor Lounge 11 AM Shadow Brook Visits, 1st Floor Lounge 1:30 PM Game on Gathering, 2nd Floor Game Room 1:30 PM Courtyard Gathering, Overlook at Suwanee-Asset 5 PM Movie Matinee, 2nd Floor Media Room	12 9:30 AM Steps to Fitness, Outing 10:30 AM Ted Talk, 2nd Floor Media Room 1:30 PM Afternoon Stretch, AL Gym 2:30 PM Octoberfest Party, Bar and Lounge 5 PM Movie Matinee, 2nd Floor Media Room	13 9:30 AM Steps to Fitness, Outing 10:30 AM Strength & Balance Class, AL Gym 1 PM Bingo, 2nd Floor Media Room 3 PM Courtyard Gathering, Overlook at Suwanee-Asset 5 PM Movie Matinee, 2nd Floor Media Room	14 9:30 AM Steps to Fitness, Outing 9:45 AM Shopping Outing: Walmart, Outing 10 AM New Harvester Church, 2nd Floor Media Room 2 PM Ice Cream Social with Lloyd, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	15 9:30 AM Steps to Fitness, Outing 9:30 AM Piano Break with Ron (IL), 3rd Floor Media Room 10:30 AM Current Events Discussion, 1st Floor Lounge 2:45 PM Chair Yoga, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	16 9:30 AM Fall Festive Craft!, 2nd Floor Game Room 9:30 AM Steps to Fitness, Outing 11 AM Lunch Outing: Senior Taco, Outing 3 PM Friday Wind Down Social, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room	17 9:30 AM Steps to Fitness, Outing 10:30 AM Gentle Stretch Class, 2nd Floor Media Room 1:30 PM Courtyard Gathering, Pool/Courtyard 5 PM Movie Matinee, 2nd Floor Media Room
18 9:30 AM Steps to Fitness, Outing 10 AM Morning Worship & Dev., 1st Floor Lounge 11 AM Shadow Brook Visits, 1st Floor Lounge 2 PM Rummikub, 2nd Floor Game Room 5 PM Movie Matinee, 2nd Floor Media Room	19 9:30 AM Steps to Fitness, Outing 10:30 AM Ted Talk, 2nd Floor Media Room 1:30 PM Afternoon Stretch, AL Gym 5 PM Movie Matinee, 2nd Floor Media Room	20 9:30 AM Steps to Fitness, Outing 10:30 AM Strength & Balance Class, AL Gym 1 PM Bingo, 2nd Floor Media Room 3 PM Charm Bar, 2nd Floor Game Room 5 PM Movie Matinee, 2nd Floor Media Room	21 9 AM Steps to Fitness, Outing 9:45 AM Shopping Outing: Kroger, Outing 1:30 PM Fall Wreath Making!, 1st Floor Lounge 3 PM Music Entertainment - Eyen G., 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	22 9:30 AM Piano Break with Ron (IL), 3rd Floor Media Room 10:30 AM Current Events Discussion, 1st Floor Lounge 10:30 AM New Harvester Church, 2nd Floor Media Room 2:45 PM Chair Yoga, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	23 9 AM Steps to Fitness, Outing 10:30 AM The Beaded Boutique, 1st Floor Bar and Lounge 1:30 PM UNO group, Activity Room 2:30 PM Friday Wind Down Social, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room	24 10:30 AM Gentle Stretch Class, 2nd Floor Media Room 1:30 PM Courtyard Gathering, Pool/Courtyard 5 PM Movie Matinee, 2nd Floor Media Room
25 9:30 AM Steps to Fitness, Outing 10 AM Morning Worship & Dev., 1st Floor Lounge 11 AM Shadow Brook Visits, 1st Floor Lounge 1:30 PM Game on Gathering, 2nd Floor Game Room 5 PM Movie Matinee, 2nd Floor Media Room	26 10:30 AM Ted Talk, 2nd Floor Media Room 1:30 PM Afternoon Stretch, AL Gym 2:30 PM Halloween Craft! , AL 1st floor activity/library room 5 PM Movie Matinee, 2nd Floor Media Room	27 10:30 AM Trunk or Treat Celebration, Outing 1 PM Bingo, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room	28 9:45 AM Shopping Outing: Publix, Outing 10 AM New Harvester Church, 2nd Floor Media Room 2 PM Spooky Cookie Decorating!, 1st Floor Lounge 3:30 PM Wine Down Wednesday, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	29 9:30 AM Piano Break with Ron (IL), 3rd Floor Media Room 10:30 AM Current Events Discussion, 1st Floor Lounge 2:45 PM Chair Yoga, 1st Floor Lounge 5 PM Movie Matinee, 2nd Floor Media Room	30 9 AM Steps to Fitness, Outing 10 AM Table-top Games, 2nd Floor Game Room 12:30 PM Spooky Movie Marathon, 2nd Floor Media Room 1:30 PM UNO group, Activity Room 2:30 PM Friday Wind Down Social, 2nd Floor Media Room 5 PM Movie Matinee, 2nd Floor Media Room	31 10:30 AM Gentle Stretch Class, 2nd Floor Media Room 1:30 PM Courtyard Gathering, Pool/Courtyard 5 PM Movie Matinee, 2nd Floor Media Room