

October 2026 1990'S

Independent Living

ACTIVITIES ARE SUBJECT TO CHANGE

LO- Lobby DR-Dining Room AR-Activity Room

P- Pool FR- Front Porch AX- Annex

Exercise and Fitness Activity

Special Events/ Outings

Religious/Spiritual Activity

Travel Thru Time with Atlas

Monthly Support Group Meetings

An Atlas Senior Living Community



Sunday



Monday



Tuesday



Wednesday



thursday



Friday



Saturday

4

10am **Virtual Church** (LO)
12:30pm Mobile Library (LO)
2pm Sun, Swim & Smiles (P)
4pm **Resident led evening stroll**

5

10am Daily Chronicle
10am **Exercise w/Fox** (DR)
10am **Outing to Burlington And lunch at Olive Garden**
1pm **Communion w/pastor Bo** (AR)
4pm **Resident led evening stroll**

6

10am Daily Chronicle
10am **Catholic Mass** (AR)
10:30 Bingo w/Kathy (DR)
12:30 Mobile Library (LO)
3pm **Back to 90's Trivia**(LO)
5pm News
6pm Self-directed (AX)

7

10am Daily Chronicle
10am **Publix outing**
12pm Self-directed (AX)
1pm **IL Resident Council** (CH)
2pm Crafts (AR)
4pm **Resident led evening stroll**

8

10am Daily Chronicle
2pm Paint & Sip (AR)
4pm **Resident led evening stroll**
5pm Good News at Five
6pm **Catholic Women of Faith** (AR)

9

10am Daily Chronicle
10am **Catholic Mass** (AR)
12pm Self-directed (AX)
1pm Crafts (AR)
2pm Corn hole (LO)
4pm **Happy Hour** (CH)

10

10am Wii Games (LO)
12pm Self-directed
1pm Resident led card game (AX)
2pm **Sunshine & Splashes** (P)
4pm Resident led card games (AX)

11

10am **Virtual Church** (LO)
1pm Resident led card game (AX)
2pm Sun, Swim & Smiles (P)
4pm **Resident led evening stroll**

12

10am Daily Chronicle
10am **Exercise w/Fox** (DR)
10:30 Bingo w/Jim (AR)
1pm Fancy Nails w/Tasha (AR)
2pm Self-directed
4pm **Resident led evening stroll**

13

9am **Grief Counseling w/Tony** (AR)
10am Daily Chronicle
10am **Catholic Mass** (AR)
1:30pm **Friendly Menders** (AR)
4pm **Resident led evening stroll**

14

10am Daily Chronicle
10am **Food Lion outing**
12pm Self-directed activities
1pm Board Games (AR)
2pm Independent Activity
3pm **Wind Down Weds**
5pm **90's Sitcom** (LO)

15

10am Daily Chronicle
11am Coffee Chats w/snacks
1pm **90's Wordsearch**
2pm **Story time w/Vanessa Cole** (AR)
4pm **Resident led evening stroll**

16

10am Daily Chronicle
10am **Catholic Mass** (AR)
12pm Crafts in (AR)
1pm Putting Green (LO)
3pm Corn hole (LO)
4pm **Happy Hour** (CH)

17

10am Wii Games (LO)
11am Checkers (AR)
1pm Resident led card game (AX)
2pm **Sunshine & Splashes** (P)
4pm Resident led card games (AX)

18

10am **Virtual Church** (LO)
1pm Resident led board game (AX)
2pm Sun, Swim & Smiles (P)
4pm **Resident led evening stroll**

19

10am Daily Chronicle
10am **Exercise w/Fox** (DR)
1pm **Bible Study w/Pastor Bo** (AR)
2pm **Grove to the 90's** (AR)
3pm Self-directed (AX)
4pm **Resident led evening stroll**

20

10am Daily Chronicle
10am **Catholic Mass** (AR)
12:30 Mobile Library (LO)
1pm Self-directed (AX)
3pm Snack Cart (LO)
4pm **Resident led evening stroll**

21

10am Daily Chronicle
10am **Harris Teeter outing**
12pm Self-directed (AX)
1pm Resident Council (AR)
4-6pm **Wildcats friends and Family celebrating The 90's**
RSVP!!!! (DR)

22

10am Daily Chronicle
11am Golf Putt (LO)
12pm Self-directed (AX)
1pm Poolside Meditation (P)
3pm **Paint & Sip** (AR)
4pm Book club (AR)
4pm **Resident led evening stroll**

23

10am Daily Chronicle
10am **Catholic Mass** (AR)
11am Bingo (AR)
12pm Self-directed (AX)
1pm Arts & crafts (AR)
2pm Corn Hole (LO)
4pm **Happy Hour** (CH)

24

10am Wii games (LO)
11am Resident led card game (AX)
12pm Self-directed (AX)
1pm Movie Time (LO)
2pm Sunshine & Splashes
4pm **Resident led evening stroll**

25

10am **Virtual Church** (LO)
2pm Sun, Swim & Smiles (P)
2:30pm-4pm **Parkinson Support Group** (AR)
4pm **Resident led evening stroll**

26

10am Daily Chronicle
10am **Exercise w/Fox** (DR)
11am Fancy Nails w/Tosha (AR)
12pm Self-directed (AX)
4pm **Resident led evening stroll**

27

9am **Grief Counseling w/Tony**
10am Daily Chronicle
10am **Catholic Mass** (AR)
1:30pm **Friendly menders and needles** (AR)
4pm **Resident led evening stroll**

28

10am Daily Chronicle
10am **Walmart outing**
12pm Self-directed (AX)
2pm **Where in the world is Chef Eileen** (DR)
4pm **Resident led evening stroll**

29

10am Daily Chronicle
11am Bingo (AR)
1pm Putting Green
2pm **Halloween Crafts** (AR)
3:30pm Snack Cart
4pm **Resident led evening stroll**

30

10am Daily Chronicle
10am **Catholic Mass** (AR)
11am Bingo (AR)
12pm Self-directed (AX)
1pm **October Birthday's Party** (DR)
4pm **Happy Hour** (CH)

31

Happy Halloween!!!
10am Relax by the pool
1pm Resident led card game(AX)
2pm Self-directed (AX)
4pm **Resident led evening stroll**