




# OCTOBER

## Activities and Event Calendar (1724 Milestone Ridge.)

Shelby York  
 Life Enrichment Coordinator  
 Shelby@4seasonsseniorliving.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>1.</b> <b>9:00AM</b> Seated Tai Chi.</p> <p><b>9:30AM</b> Ghost Blast.</p> <p><b>2:00PM</b> Baking Club.</p> <p><i>Resident Rights Month</i></p>	<p><b>2.</b> <b>10:00AM</b> Connect 4.</p> <p><b>2:00PM</b> <i>Word Game Wednesday:</i> Pizza Toppings Word Search.</p>	<p><b>3.</b> <b>10:30AM</b> Potato Stamp Ghost Craft.</p> <p><b>2:00PM</b> Group Puzzle.</p>	<p><b>4.</b> <b>2:00PM</b> Game Time <i>Sorry!</i></p> <p><b>GAME TIME!</b></p>	<p><b>5.</b> <b>10:00AM</b> Morning Meditation.</p> <p><b>2:00PM</b> <i>Book Club:</i> 'Where Do Superstitions Come From?'</p>	<p><b>6.</b> <b>10:00AM</b> Sunday Shows 'Shark Tank.'</p> <p><b>2:00PM</b> Weather Song Titles Quiz.</p>
<p><b>7.</b> <b>10:00AM</b> Adult Coloring Club.</p> <p><b>2:00PM</b> <i>Music Group:</i> Whitney Houston.</p>	<p><b>8.</b> <b>9:00AM</b> Gentle Stretches.</p> <p><b>9:30AM</b> Mummy Bowling.</p> <p><b>2:00PM</b> Wooden Shapes Matching.</p>	<p><b>9.</b> <b>10:00AM</b> <i>Card Game:</i> Go Fish.</p> <p><b>2:00PM</b> <i>Word Game Wednesday:</i> Halloween Word Scramble.</p>	<p><b>10.</b> <b>10:30AM</b> Bat Silhouette Art.</p> <p><b>2:00PM</b> <i>Poetry Club:</i> Poems for Grandparents Day.</p>	<p><b>11.</b> <b>2:00PM</b> Spa Day <i>Manicures</i></p> 	<p><b>12.</b> <b>10:00AM</b> Table Talk.</p> <p><b>2:00PM</b> <i>Trivia</i> Candy Trivia.</p>	<p><b>13.</b> <b>10:00AM</b> Read the Paper.</p> <p><b>2:00PM</b> Workout Video.</p>
<p><b>14.</b> <b>10:00AM</b> Bible Study.</p> <p><b>2:00PM</b> <i>Music Group:</i> Cyndi Lauper.</p> <p><i>Columbus Day/Indigenous Peoples Day</i></p>	<p><b>15.</b> <b>9:00AM</b> Chair Yoga.</p> <p><b>9:30AM</b> Witch's Hat Ring Toss.</p> <p><b>2:00PM</b> Baking Club.</p>	<p><b>16.</b> <b>10:00AM</b> Jenga.</p> <p><b>2:00PM</b> <i>Word Game Wednesday:</i> American Candy Word Finder.</p>	<p><b>17.</b> <b>10:30AM</b> Spiderweb Suncatcher.</p> <p><b>2:00PM</b> Photo Puzzle.</p>	<p><b>18.</b> <b>2:00PM</b> Film Friday 'Hocus Pocus.'</p> 	<p><b>19.</b> <b>10:00AM</b> Morning Meditation.</p> <p><b>2:00PM</b> <i>Book Club:</i> 'The Raven' by Edgar Allen Poe.</p>	<p><b>20.</b> <b>10:00AM</b> Sunday Shows 'Let's Make a Deal.'</p> <p><b>2:00PM</b> It Happened in October Quiz.</p>

<p><b>21.</b> <b>10:00AM</b> Adult Coloring Club.</p> <p><b>2:00PM</b> <i>Music Group:</i> Tina Turner.</p>	<p><b>22.</b> <b>9:00AM</b> Squeeze Ball Exercise.</p> <p><b>9:30AM</b> What's in the Box?</p> <p><b>2:00PM</b> Sensory Seek and Find.</p>	<p><b>23.</b> <b>10:00AM</b> <i>Card Game:</i> Weather Memory Match.</p> <p><b>2:00PM</b> <i>Word Game Wednesday:</i> Grandparents Day Word Search.</p>	<p><b>24.</b> <b>10:30AM</b> Pumpkin Dog Treats for Lewisville Animal Shelter.</p> <p><b>2:00PM</b> <i>Poetry Club:</i> Spooky Poems for Halloween.</p>	<p><b>25.</b> <b>27.</b> <b>2:00PM</b> Bingo <i>Halloween Bingo</i></p> 	<p><b>26.</b> <b>10:00AM</b> Table Talk.</p> <p><b>2:00PM</b> <i>Trivia</i> Famous Witches Trivia.</p>	<p><b>27.</b> <b>10:00AM</b> Read the Paper.</p> <p><b>2:00PM</b> Workout Video.</p> <p><i>Grandparents Day</i></p>
<p><b>28.</b> <b>10:00AM</b> Bible Study.</p> <p><b>2:00PM</b> <i>Music Group:</i> Madonna.</p>	<p><b>29.</b> <b>9:00AM</b> 30 Min. Exercise Routine.</p> <p><b>9:30AM</b> Monster Tin Can Shooting.</p> <p><b>2:00PM</b> Baking Club.</p>	<p><b>30.</b> <b>10:00AM</b> Dominoes.</p> <p><b>2:00PM</b> <i>Word Game Wednesday:</i> Halloween Mystical Word Search.</p>	<p><b>31.</b> <b>10:30AM</b> Pick your Own: Pumpkin Patch and Decoration Station.</p> <p><b>2:00PM</b> Jigsaw Puzzle.</p>  <p><i>Halloween</i></p>			