

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	L = Lobby TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room LR = Living Room FE = Front Entrance				All Saints Day 1 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Archi's Thai Bistro 2:00 Scrabble Club with Roger (B) 2:00 Autumn Crafts with Carol (B) 3:00 Shopping at Sam's Club 5:00 Resident's Choice Movie (B)	All Souls Day 2 9:00 Catholic Services at the Theater 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Happy Hour with Tom Mazzaro (B) 3:00 Expoza Travels on YouTube (TR) 5:00 Netflix Travelers Weekend Series (B): World's Most Amazing Vacation Rentals
Happy Birthday Virginia! 3 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) RAIDERS vs. BENGALS	National Candy Day 4 9:00 Walking Club with Roger (FE) 10:00 Strength Exercises with Kelsey (Gym) 1:00 Bingo with Julie and Bryan from Brighton Home Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) BUCCANEERS vs. CHIEFS	Election Day 5 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 2:00 Scrabble Club with Roger (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 Shopping at Walmart 5:00 Netflix Nature Series at the Bistro: OUR GREAT NATIONAL PARKS	National Basketball Day 6 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Dancing Fitness (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Wednesday Mimosas at the Bistro *Serving Nachos and Mimosas* 5:00 NBA Basketball Game (B): LAKERS vs. GRIZZLIES	Chocolate with Almonds Day 7 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with AdvisaCare (B) 1:00 BINGO at the Activity Room 2:00 Not Just Knitting Club at the Theater 3:00 Holy Rosary with Bonnie (CR) 5:00 Thursday Night Football (B) (TR) BENGALS versus RAVENS	Domino Day 8 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Smile Shota 2:00 Veterans Appreciation Ceremony (BP) 3:00 Shopping at the Dollor Tree 5:00 Resident's Choice Movie (B)	World Freedom Day 9 9:00 Catholic Services at the Theater 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Simple Manicures with Carol (AR) 3:00 Expoza Travels on YouTube (B) 5:00 Netflix Travelers Weekend Series (B): World's Most Amazing Vacation Rentals
Area Code Day 10 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) LIONS vs. TEXANS	Veterans Day 11 9:00 Walking Club with Roger (FE) 10:00 Strength Exercises with Kelsey (Gym) 11:00 Veteran's Day Luncheon (DR) 1:00 Bingo with Eileen from Comfort Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) DOLPHINS vs. RAMS	National French Dip Day 12 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:15 Tea Tasting with Chef Celeste (DR) 2:00 Scrabble Club with Roger (B) 3:00 Shopping at Smith's 5:00 Netflix Nature Series at the Bistro: OUR GREAT NATIONAL PARKS	Happy Birthday Barbara S! 13 9:00 Coffee and News at the Bistro 10:00 Resident Council Meeting and Food for Thought with Chef Celeste 1:00 Loteria with Ericka (AR) 2:00 LIFEDER Travels on YouTube (B) 3:00 Life's Journey with Monica at the Bistro *Serving Wine, Cheese and Crackers* 5:00 Netflix Adventure Series (TR) Keep Breathing	American Teddy Bear Day 14 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO at the Activity Room 2:00 Aging with Grace hosted by Hope from Quality of Life Hospice (B) 3:00 LIFEDER Travels on YouTube (B) 3:00 Holy Rosary with Bonnie (CR) 5:00 Thursday Night Football (B) (TR)	Happy Birthday Christina! 15 9:00 Outing at Gilcrease Orchards 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 2:00 Scrabble Club with Roger (B) 2:00 Let's Play Dominos with Carol (B) 3:00 Shopping at Albertson's 5:00 Resident's Choice Movie (B)	National Button Day 16 9:00 Catholic Services at the Theater 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Birthday Bash with Donna Lynne (B) 3:00 Expoza Travels on YouTube (TR) 5:00 Netflix Travelers Weekend Series (B): World's Most Amazing Vacation Rentals
Homemade Bread Day 17 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) RAIDERS vs. DOLPHINS	Mickey Mouse Day 18 9:00 Walking Club with Roger (FE) 10:00 Strength Exercises with Kelsey (Gym) 1:00 Bingo with Victoria from Archwell Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) TEXANS vs. COWBOYS	World Toilet Day 19 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 2:00 Scrabble Club with Roger (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 Shopping at Walmart 5:00 Netflix Nature Series at the Bistro: OUR GREAT NATIONAL PARKS	Peanut Butter Fudge Day 20 7:00 Monthly Signature Breakfast (DR) 10:00 Chair Yoga Dancing Fitness (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Wednesday Mimosas at the Bistro *Serving Nachos and Mimosas* 5:00 Netflix Adventure Series (TR) Keep Breathing	Happy Birthday David T& Jim 21 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Say Hello in Different Languages (B) 1:00 BINGO at the Activity Room 2:00 Not Just Knitting Club at the Theater 3:00 Holy Rosary with Bonnie (CR) 5:00 Thursday Night Football (B) (TR) STEELERS versus BROWNS	Humane Society Day 22 9:00 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 12:00 Foodie Run to Teriyaki Madness 2:00 Scrabble Club with Roger (B) 2:00 Autumn Crafts with Carol (B) 3:00 Shopping at the Dollar Tree 5:00 Resident's Choice Movie (B)	National Espresso Day 23 9:00 Catholic Services at the Theater 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 2:30 Simple Manicures with Carol (AR) 3:00 Expoza Travels on YouTube (B) 5:00 Netflix Travelers Weekend Series (B): World's Most Amazing Vacation Rentals
Happy Birthday Audrey! 24 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Group Coloring Class (B) 2:00 Netflix Weekend Traveler's Series: Travels with My Father (B) 3:00 Expoza Travels on YouTube (B) 5:00 NFL Sunday Football (B) BRONCOS vs. RAIDERS	International Hat Day 25 9:00 Walking Club with Roger (FE) 10:00 Strength Exercises with Kelsey (Gym) 1:00 Bingo with Heather from Enhabit Health (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Large Word Find Puzzles (B) 5:00 NFL Regular Season Game (B) RAVENS vs. CHARGERS	National Milk Day 26 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 2:00 Scrabble Club with Roger (B) 2:00 LIFEDER Travels on YouTube (TR) 3:00 Shopping at Smith's 5:00 Netflix Nature Series at the Bistro: OUR GREAT NATIONAL PARKS	National Jukebox Day 27 9:00 Coffee and News at the Bistro 10:00 Chair Yoga Dancing Fitness (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 LIFEDER Travels on YouTube (B) 3:00 Wine Down Wednesday at the Bistro *Serving Wine, Cheese and Crackers* 5:00 Netflix Adventure Series (TR) Keep Breathing	Happy Thanksgiving 28 9:00 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 11:00 Annual Thanksgiving Luncheon (DR) 1:00 BINGO at the Activity Room 2:00 Diamond Painting at the Theater 3:00 Holy Rosary with Bonnie (CR) 3:00 LIFEDER Travels on YouTube (B) 5:00 Thanksgiving Movie: THE STARLING	Black Friday 29 9:00 Coffee and News at the Bistro 10:00 Strength Exercises at the Bistro 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run at Chickpeas Buffet 2:00 Scrabble Club with Roger (B) 2:00 Basket Weaving with Carol (B) 3:00 Shopping at Sam's Club 5:00 Friday Night Football (B) (TR) RAIDERS versus CHIEFS	Happy Birthday Sally! 30 9:00 Catholic Services at the Theater 9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi & Qi Gong (B) 10:30 Inspirational Word Find Puzzles (B) 1:00 BINGO at the Activity Room 3:00 Happy Hour Karaoke with Carol (b) 3:00 Expoza Travels on YouTube (TR) 5:00 Netflix Travelers Weekend Series (B): World's Most Amazing Vacation Rentals

October 2024 Heritage Springs Assisted Living Events

Activities are subject to change based on the interests and requests of our residents.