

OCTOBER EVENTS & ACTIVITIES

ASSISTED LIVING

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Here at Hidden Springs, our Wellness Program is designed around the 7 Dimensions of Wellness. Each activity addresses one of the 7 dimensions as its primary benefit, with secondary and tertiary benefits also in mind. Participation in our Lifestyle Program means an opportunity to have a well-rounded leisure lifestyle that focuses on the highest quality of life and well-being. Look for the letters in parenthesis that indicate the wellness dimension for each activity</p> <p>Physical (P) Social (S) Spiritual (SP) Vocational (V) Emotional (E) Environmental (EN) Intellectual (I)</p>		LEGEND CR: Card Room LR: Living Room DR: Dining Room TH: Movie Theater AR: Art Room B: Lobby Bistro C: Courtyard FC: IL Fitness Center P: Pool			1 10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) Crescent Roll Apple Danish- B 3:30 (E) Inspirational Stories - B 6:00 (I) Dominoes- CR	2 10:00 (S) "Rise & Shine" Café- B 10:30 (P) Theraband Stretch- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Docuseries: <i>Conspiracies: Nazis</i> - CR 6:00 (E) Friday Night Flick: Mary Poppins- TH	3 10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (S) Saturday Night at the Movies: Soul Surfer- TH
		4	5		6	7	8
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: Tootsie-TH 6:00 (S) Family Game Night- CR		10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (S) Country Music Monday- CR 6:00 (E) Monday Movie Classic: Fiddler on the Roof- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:30 (I) "Creative Crafters" Project of the Day: Jewelry Making- Memory Wire Bracelets- CR 3:30 (I) Discovery Series: History of McKinney Presentation - CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game-CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) The Great Cookie Bake-B 3:30 (E) Lifestories- B 6:00 (I) Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Theraband Stretch- LR 2:00 (I) Pub Trivia Challenge Oktoberfest Style with cocktails, mocktails and snacks- CR 3:30 (I) Docuseries: <i>Conspiracies: The Royal Family</i> - CR 6:00 (E) Friday Night Flick: Chorus Line- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (S) Saturday Night at the Movies: God Bless The Broken Road- TH
11		12	13	14	15	16	17
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: The Good, The Bad and The Ugly- TH 6:00 (S) Family Game Night- CR		10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (S) Country Music Monday- CR 6:00 (E) Movie Night Classic: Jersey Boys- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:00 (V) "Creative Crafters" Project of the Day: Fall Door Wreaths- CR 3:30 (I) Discovery Series: Texas Landmarks You Must See - CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game-CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) Homemade Pizza- B 3:30 (E) Remembering When- B 6:00 (I) Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Theraband Stretch- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Docuseries: <i>Conspiracies: The Cold War</i> - CR 6:00 (E) Friday Night Flick: Peter Rabbit- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (S) Saturday Night at the Movies: Grease- TH
18		19	20	21	22	23	24
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: Groundhog Day- TH 6:00 (S) Family Game Night- CR		10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (S) Country Music Monday-CR 6:00 (E) Movie Night Classic: West Side Story- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:00 (V) "Creative Crafters" Project of the Day: Fabric Pumpkins and Baskets-CR 3:30 (I) Discovery Series: What's In A Name? How Texas Cities Got Their Names- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game-CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) The Great Cookie Bake-B 3:30 (E) Pen Pal Letters- B 6:00 (I) Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Theraband Stretch- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Docuseries: <i>Conspiracies: Hollywood Files</i> - CR 6:00 (E) Friday Night Flick: Chicago- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (S) Saturday Night at the Movies: Knights Tale- TH
25		26	27	28	29	30	31
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: A Knight's Tale- TH 6:00 (S) Family Game Night- CR		10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (SP) Monday Inspirational Worship- TH 3:30 (S) Country Music Monday- CR 6:00 (E) Movie Night Classic: Marilyn- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:00 (I) "Creative Crafters" Project of the Day: Fall Scrapbook Coasters- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (I) Jackpot Bingo- TH 3:30 (I) Mental Fitness-CR 6:00 (S) Residents Choice Game-CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) Dressed Up Hummus and Homemade Pita- B 3:30 (E) Inspirational Stories for Pet Lovers- B 6:00 (I) Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Theraband Stretch- LR 2:00 (S) Halloween Celebration with musician Riley Wilson- CR 3:30 (I) Docuseries: <i>Conspiracies: Aliens</i> - CR 6:00 (E) Friday Night Flick: Tootsie- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) Jackpot Bingo- CR 6:00 (S) Saturday Night at the Movies: Sleepy Hollow- TH

Note: Scheduled activities and events are subject to change without prior notice. Please see Lifestyle staff for any possible changes and/or updates