

OCTOBER EVENTS & ACTIVITIES

INDEPENDENT LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Here at Hidden Springs, our Lifestyle 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 parentheses 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>		<p>LEGEND</p> <p>M: Multipurpose Room B: Crazy Waters Bistro DR: Las Boquillas Dining Room P: Dining Room Patio C: Inner Courtyard P: San Solomon Pool FC: Balmorhea Fitness Center F: Front Entrance</p>		1	2	3
4	5	6	7	8	9	10
<p>10:30 (SP) Blessing of the Pets- M 11:00 (SP) Morning Worship Service and Holy Communion with Reverend Paulette Magnuson- M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 3:30 (I) Documentary Series: <i>Conspiracies: The Nazis</i>- M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: Polka-FC 10:30 (P) Water Walking- P 12:00 (S) Springs Bucks Bingo- M 2:00 (E) Oil Painting w/ Nancy-M 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>	<p>10:00 (SP) Wednesday Worship- M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 3:00 (S) Wine Down Wednesday: Oreo Taste Test Challenge- M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Balance & Strength- FC 12:00 (S) Creative Crafters: <i>Jewelry Making: Memory Wire Bracelets</i>- M 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>Nat Geo: Fresh Water</i> 6:30 (V) Resident Council Meeting-M</p>	<p>11:30 (V) Vote By Mail Applications *final two weeks to apply* Pick up at Concierge Desk 3:00 (S) Happy Hour: <i>Live Music by Marty Ruiz: "Texas State Fair Celebration"</i>- M 6:30 (S) B.Y.O.B. Game Night- M</p>	<p>12:00 (S) Penny Poker in the Bistro B.Y.O.B 6:30 (E) Night at the Movies: <i>Chorus Line</i>- M</p>
11	12	13	14	15	16	17
<p>11:00 (SP) Morning Worship Service with Reverend Paulette Magnuson-M</p> <p>3:25 (S) Giants at Cowboys: <i>B.Y.O.B. and enter the football pool- \$5- M</i></p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes- M 3:30 (I) Documentary Series: <i>Conspiracies: The Royal Family</i>- M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: Merengue - FC 10:30 (P) Aqua Stretch- P 12:00 (SP) Blessing of Hidden Springs and Reception- M 2:00 (E) Oil Painting w/ Nancy-M 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) "Wellness For Life" Workshop with Reliant: <i>Rehab, Home Health & Hospice- Who Are We?</i>- M 3:00 (S) Wine Down Wednesday: <i>Yard Games on the Patio</i>- M 3:30 (E) Grief Support Group- Apt 1004</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Balance & Strength- FC 2:30 (S) Thirsty Thursday Diano Lounge: Music Trivia on Diano- M 3:30 (E) Caregiver Support Group- Apt 1004 6:30 (E) Night at the Movies: <i>Peter Rabbit</i>- M</p>	<p>9:45 (P) Aqua Zumba- P 10:15 (P) Water Relaxation- P 11:30 (V) Vote By Mail Applications *final week to apply*- M 12:00 (I) Pub Trivia Challenge- M 3:00 (S) Happy Hour: <i>Live Music by Byron Haynie: "Country & Americana"</i>- M 6:30 (S) B.Y.O.B. Game Night-M</p>	<p>9:00 (S) Walk To End Alzheimer's Opening Ceremony- M 9:30 (V) Walk Around Hidden Springs (3 miles) 11:30 (S) Post Walk Celebration- M 6:30 (E) Night at the Movies: <i>The Best Exotic Marigold Hotel</i>- M</p>
18	19	20	21	22	23	24
<p>11:00 (SP) Morning Worship Service with Reverend Paulette Magnuson-M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes- M 3:30 (I) Documentary Series: <i>Conspiracies: The Cold War</i>- M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i>-B 7:15 (S) Cardinals at Cowboys: <i>B.Y.O.B. and enter the football pool- \$5- M</i></p>	<p>8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: Country Line Dance- FC 10:30 (P) Water Strengthening- P 12:00 (S) Springs Bucks Bingo- M 2:00 (E) Oil Painting w/ Nancy-M 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) "Wellness For Life" Workshop": <i>Virtual Medicare/Medicaid Informational Session</i>- M 3:00 (S) Wine Down Wednesday: <i>The Escape Room Challenge</i>- M</p>	<p>10:00 (V) Town Hall Meeting- M 11:15 (P) Walk For Wellness- FC 12:00 (S) Creative Crafters: <i>DIY Halloween Monster Costume Ideas & Tips</i>- M 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>Nat Geo: From Deserts to Grasslands</i> 6:30 (E) Night at the Movies: <i>Chicago</i>- M</p>	<p>9:45 (P) Aqua Zumba- P 10:15 (P) Water Relaxation- P 12:00 (I) Pub Trivia Challenge- M 3:00 (S) Happy Hour: <i>Live Music by Tony P.: "Music to Dance To"</i>- M 6:30 (S) B.Y.O.B. Game Night- M</p>	<p>12:00 (S) Penny Poker in the Bistro B.Y.O.B 6:30 (E) Night at the Movies: <i>Christopher Robbin</i>- M</p>
25	26	27	28	29	30	31
<p>11:00 (SP) Morning Worship Service with Reverend Paulette Magnuson-M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:00 (P) Full Body Floor Stretch- FC 12:00 (S) Monday Sundaes- M 3:30 (I) Documentary Series: <i>Conspiracies: The Hollywood Files</i>- M 6:30 (V) The Good Neighbors Volunteer Group: <i>The KnitWits Knitters for Charity</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:30 (P) Dance Fitness: Halloween Hits- FC 10:15 (P) Water Balance- P 6:30 (SP) The Bistro Bible Bunch with Dr. Larry Fane- B</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) "Wellness For Life" Workshop with Dr. Bryan Asby: <i>The Gut-Brain Connection</i>- M 3:00 (S) Wine Down Wednesday: <i>The Great Chili Cook Off</i> - M 3:30 (E) Grief Support Group- Apt 1004</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Balance & Strength- FC 12:00 (S) Cooking Demonstration: <i>Arroz Con Pollo</i>- Apt 1032 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>Nat Geo: Forests</i></p>	<p>11:00 (V) Set up Crew for Halloween Monster's Ball 6:30 (S) Halloween Monsters Ball with live DJ, dancing, drinks, costume contest and other surprises!</p>	<p>12:00 (S) Penny Poker in the Bistro B.Y.O.B 6:30 (E) Night at the Movies: <i>Sleepy Hollow</i>- M</p>

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