



# Spring Village at Essex ~ Activities Calendar ~ October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1 National Homemade Cookie Day</b> 9:00 - Current Events 9:30 - Zumba 10:00 - Make Pumpkin Cookies 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Concert in the Square 4:00 - Aerobics 6:00 - Movie Night	<b>2 Anniversary of Peanut's Comic Strip</b> 9:00 - Current Events 9:30 - Aerobics 10:00 - Story Telling 11:00 - Peanuts Comics 1:00 - Walking Club* 2:00 - Art with Aly 4:00 - Tai Chi 6:00 - Corn Hole 6:30 - Basketball	3 9:00 - Current Events 9:30 - Yoga 10:00 - Picture Puzzle 11:00 - Make Leaf Garland 1:00 - Walking Club* 2:00 - Sing A Long 4:00 - Zumba 6:00 - Sweater Party 6:30 - Sweater Craft	4 9:00 - Current Events 9:30 - Aerobics 10:00 - Cooking with Chef Paul 11:00 - Horseshoes 1:00 - Visit from John the Therapy Dog 1:30 - Painting 2:00 - Beach Ball Bonanza 4:00 - Tai Chi 6:00 - Hula Hoop Challenge 6:30 - Rhythm Sticks	5 9:00 - Current Events 9:30 - Yoga 10:00 - Math Bee 11:00 - Piano Music with Stan 1:00 - Walking Club* 2:00 - Make a Jacob's Ladder 4:00 - Zumba 6:00 - Quilt Circle	6 9:00 - Current Events 9:30 - Aerobics 10:00 - List It! 11:00 - Block Build Challenge 1:00 - Outing to FES for Egg Drop 2:30 - Painting / SVE Egg Drop 4:00 - Tai Chi 6:00 - Music Lounge	7 9:00 - Current Events 9:30 - Yoga 10:00 - Card Games 1:00 - Walking Club* 2:00 - 1 on 1s 4:00 - Zumba 6:00 - Board Games	
8 9:00 - Current Events 9:30 - Zumba 10:00 - Group Word Challenge 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 4:00 - Aerobics 6:00 - Coloring	<b>9 Leif Erikson's Birthday</b> 9:00 - Current Events 9:30 - Aerobics 10:00 - Viking Documentary 11:00 - Manicures / Hand Massages 1:00 - Walking Club* 2:00 - Norse Tales 2:30 - Viking Knitting or Straw Weaving 3:30 - Kubb 4:00 - Tai Chi 6:00 - Ring Toss 6:30 - Horseshoes	<b>10 National Cake Decorating Day</b> 9:00 - Current Events 9:30 - Yoga 10:00 - Picture Puzzle 11:00 - Make Pinecone Owls 1:00 - Walking Club* 2:00 - Decorate Cupcakes 4:00 - Zumba 6:00 - Autumn Social 6:30 - Autumn Reminiscing	11 9:00 - Current Events 9:30 - Aerobics 10:00 - Mindfulness with Ellen 11:00 - Ladder Golf 1:00 - Visit from John the Therapy Dog 1:30 - Painting 2:00 - Book Club / Cooking Club 4:00 - Tai Chi 6:00 - Jeopardy 6:30 - Wheel of Fortune	12 9:00 - Current Events 9:30 - Yoga 10:00 - Group Sudoku 11:00 - Piano Music with Stan 1:00 - Walking Club* 2:00 - Make Button Spinners 4:00 - Zumba 6:00 - Quarter Bingo	13 9:00 - Current Events 9:30 - Aerobics 10:00 - What If...? 11:00 - Balloon Tennis 1:00 - Walking Club* 2:00 - Bridge Building 4:00 - Tai Chi 6:00 - Movie Night	14 9:00 - Current Events 9:30 - Yoga 10:00 - Coloring 1:00 - Walking Club* 2:00 - 1 on 1s 4:00 - Zumba 6:00 - Board Games	
15 9:00 - Current Events 9:30 - Zumba 10:00 - Spelling Bee 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 4:00 - Aerobics 6:00 - Movie Night	<b>16 National Learn A Word Day</b> 9:00 - Current Events 9:30 - Aerobics 10:00 - Horseshoes 11:00 - Music Therapy with Maggie 1:00 - Walking Club* 2:00 - Art with Aly 3:30 - Dictionary Challenge 4:00 - Tai Chi 6:00 - Ladder Golf 6:30 - Ring Toss	17 9:00 - Corn Maze Outing 9:30 - Current Events 10:30 - Yoga 11:00 - Fall Mazes 1:00 - Walking Club* 2:00 - Music with Corey 4:00 - Zumba 6:00 - Casino Night	<b>18 Alaska Day</b> 9:00 - Current Events 9:30 - Aerobics 10:00 - Story Telling 11:00 - Balloon Tennis 1:00 - Visit from John the Therapy Dog 1:30 - Barrel of Monkeys 2:00 - Virtual Tour of Alaska 2:30 - Handyman Project with Michael 4:00 - Tai Chi 6:00 - Poetry Night	19 9:00 - Current Events 9:30 - Yoga 10:00 - Tangrams 11:00 - Piano Music with Stan 1:00 - Walking Club* 2:00 - Cat's Cradle 4:00 - Zumba 6:00 - Karaoke Night	20 9:00 - Current Events 9:30 - Aerobics 10:00 - Toothpick Challenge 11:00 - Balloon Volleyball 1:00 - Walking Club* 2:00 - Make Catapults 4:00 - Tai Chi 6:00 - Music Lounge	21 9:00 - Current Events 9:30 - Yoga 10:00 - Card Games 1:00 - Walking Club* 2:00 - 1 on 1s 4:00 - Zumba 6:00 - Board Games	
<b>22 National Color Day</b> 9:00 - Current Events 9:30 - Zumba 10:00 - Group Crossword 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 4:00 - Aerobics 6:00 - Coloring	23 9:00 - Current Events 9:30 - Aerobics 10:00 - Magnetic Poetry 11:00 - Manicures / Hand Massages 1:00 - Walking Club* 2:00 - Art with Aly 4:00 - Tai Chi 6:00 - Horseshoes 6:30 - Basketball	24 9:00 - Current Events 9:30 - Yoga 10:00 - Pictures Puzzle 11:00 - Make Corn Husk Dolls 1:00 - Walking Club* 2:00 - Sing A Long 4:00 - Zumba 6:00 - I Hear Memories Reminiscing	25 9:00 - Current Events 9:30 - Aerobics 10:00 - Scattergories 11:00 - Table Bowling 1:00 - Visit from John the Therapy Dog 1:30 - Dominoes 2:00 - Book Club / Cooking Club 4:00 - Tai Chi 6:00 - Game-A-Palooza	<b>26 National Pumpkin Day</b> 9:00 - Current Events 9:30 - Yoga 10:00 - Tangrams 11:00 - Piano Music with Stan 1:00 - Walking Club* 2:00 - Cat's Cradle 2:30 - Square Pumpkin Mosaic 4:00 - Zumba 6:00 - Quarter Bingo	27 9:00 - Current Events 9:30 - Aerobics 10:00 - Pick Up Sticks 11:00 - Fleming Friday: Pumpkin Painting 1:00 - Walking Club* 2:00 - Masquerade Ball 3:00 - Spiritual Service with Joe 4:00 - Tai Chi 6:00 - Movie Night	28 9:00 - Current Events 9:30 - Yoga 10:00 - Coloring 1:00 - Walking Club* 2:00 - 1 on 1s 4:00 - Zumba 6:00 - Board Games	
29 9:00 - Current Events 9:30 - Zumba 10:00 - Group Word Jumble 11:00 - 1 on 1s 1:00 - Walking Club* 2:00 - Painting 4:00 - Aerobics 6:00 - Movie Night	30 9:00 - Current Events 9:30 - Aerobics 10:00 - Creative Writing 11:00 - Beach Hockey 1:00 - Walking Club* 2:00 - Art with Aly 4:00 - Tai Chi 6:00 - Corn Hole 6:30 - Ladder Golf	<b>31 National Knock Knock Joke Day</b> 9:00 - Current Events 9:30 - Yoga 10:00 - Knock Knock 11:00 - Fall Wreaths 1:00 - Walking Club* 2:00 - Sing A Long 4:00 - Zumba 6:00 - Monster Mash	<p><b>* Activities are Subject to Change</b>  <b>* Activities are weather dependent</b></p>			 <p>Listen! The wind is rising, and the air is wild with leaves,                      We have had our summer evenings, now for October eves!                      ~ Humbert Wolfe ~</p>	
 <p style="text-align: center;">Spring Village at Essex Specializing in Memory Care</p> <p style="text-align: center;">A Woodbine Senior Community</p>							