

OCTOBER 2023 LIFE ENRICHMENT CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:30 Worship ** Sermon by: David Harper	2 2:00 Seasonal Craft : (SC) Fabric Pumpkin - Must be signed –up to participate. 6:30 Game Night (CR)	3 10:00 Dining Committee (MR) 10:00 Depart for ALDI / Food Lion 1:10 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (SC) 6:45 Depart for Stile Antico in Whitley Auditorium at Elon University (VS)	4 Sign Up Deadline for Shopping at Trader Joes & Lunch at The Loop, CH 11:00 Wellness Committee (CR) 1:10 Depart for Life @ Elon (VS) 2:00 Cultural Committee (FSP) 6:30 Dessert & Devotion with Leslie Peavy (FSP)	5 9:00 Finance Committee (MR) 10:00 Property Committee (MR) 10:00 TVAB Speaker Serries:** (GP) United Way—Tax Time Presentation 11:00 Library Committee (LIB) 1:30 Depart for Harris Teeter/ Walmart (VL) \	6 Sign Up Deadline for Watercolor with Debbie: Pumpkins 10:00 Depart for Trader Joe’s & Lunch at The Loop, Chapel Hill, NC (VS) 1:00 Hearing Aid Clinic (FSP)	7 Sign Up Deadline for Women’s Breakfast: Cracker Barrel, Burlington 2:00 The Great Courses: (FSP) NO Class Today 2:00 Canasta (CR)
8 1:30 Worship ** Sermon by: Leslie Peavy	9 Sign Up Deadline for Trip to A&A Plants in Brown Summit ,NC 10:30 Social Committee (MR) 2:00 Watercolor with Debbie: Pumpkins (AS) 4:00 Merger Update with Steve Fleming and Tim Webster (GP)** 6:30 Game Night (CR)	10 Sign Up Deadline for Men’s Breakfast: Grill Worx , Burlington 8:15 Women’s Breakfast: The Cracker Barrel, Burlington, NC (VS) 10:00 Depart for ALDI / FL (VL) 1:10 Depart for Life @ Elon (VS) 2:00 Age in Motion: Fit & Healthy-Flexibility** (Broadcast Only) 2:30 Crafty Villagers (SC) 6:00 Broadway Music and Operatic Arias by Elon University’s Class 2024 Music Theater Students ** (GP)	11 Sign Up Deadline for Lunch Bunch: Prego’s , Burlington 10:00 –3:00 Everything Clinic (GP) 11:00 Catholic Service (MR) 1:10 Depart for Life @ Elon (VS)	12 8:15 Men’s breakfast: Grill Worx, Burling-ton, NC (VS) 10:00 Depart for A&A Plants in Brown Summit for Seasonal Produce, Pumpkins, Mums,etc. (VS) 11:00 Episcopal Service (MR) 1:30 Depart for HT / Walmart (VL) 3:00 Mingle with Marketing : S’ Mores Around the Firepit (Patio)	13 Sign Up Deadline for Trip to North Carolina State Fair and Lunch on Site. Raleigh ,NC 11:00 Lunch Bunch @ Prego’s in Burlington (VS) 2:00 Friday Movie Matinee** : (GP) Edward Scissorhands	14 2:00 The Great Courses : (FSP)JFK Reconsidered / Vice President Kennedy 1956: 2:00 Resident Led Bingo (GP) 3:15 Canasta (CR)
15 1:30 Worship ** Sermon by: Travis Epperley	16 Sign Up Deadline for Trip to NC Zoo and Lunch on Site, Asheboro, NC 3:00 Train Your Brain Reverse Dictionary Game with Popcorn and Drinks (TVN) 6:30 Game Night (CR)	17 Sign Up Deadline for Day Trip to Chateau Morrisette , Lunch & Wine Tasting, Floyd, VA 8:30 Depart for North Carolina State Fair / Lunch on Site , Raleigh, NC (VS) 10:00 Depart for ALDI / FL (VL) 1:10 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (SC)	18 Sign Up Deadline for Trip to Mt. Airy w/ Visit to Andy Griffith Museum and Lunch in Walker’s Soda Fountain. 10:00 Coffee Hour ** (GP) 1:10 Depart for Life @ Elon (VS) 2:00 Breast Cancer Awareness Month Cupcake Social (50/50 raffle) (TVN) 3:00 Resident’s Association Meeting **(GP) 6:30 Dessert & Devotion with Leslie Peavy (FSP)	19 Sign Up Deadline for Breakfast Outing to The Mark at The Inn at Elon 9:30 Depart for NC Zoo & Lunch on Site, Asheboro ,NC (VS) 1:30 Depart for HT / Walmart (VL) 3:00 25 Cent Bingo (TVN) 3:00 Parkinson’s Support Group (FSP)	20 Sign Up Deadline for Spring Awakening by Dept. of Performing Arts at Elon 8:30 Depart for Day Trip to Chateau Morrisette w/Lunch and Wine Tasting , Floyd ,VA (VS) 10:00 Caregiver Support Group (FSP) 2:00 Pick –up Your Pumpkin for TVAB’s 1st Annual Pumpkin Decorating Contest (VS)	21 10:30 Mindfulness Meditation (AR) 2:00 The Great Courses: (FSP) JFK’s Pivotal Choices to Win the Presidency / Unearthing JFK’s Public and Private Lives 2:00 Canasta (CR)
22 1:30 Worship ** Sermon by: Terry Rikard	23 Sign Up Deadline for Shopping at Hamrick’s and Lunch in Raleigh ,NC 9:00 Depart for Trip to Mt. Airy, NC with Visit to the Andy Griffith Museum and Lunch in Walker’s Soda Fountain , Mt. Airy, NC (VS) 10:00 Eagle Eye (MR) 6:30 Game Night (CR)	24 8:15 Depart for Fall Getaway to Beauford , NC (Oct. 24-26) (VS)\ 8:15 Breakfast Outing—The Mark at The Inn at Elon (VS) 10:00 Depart for ALDI / FL (VL) 1:10 Depart for Life @ Elon (VS) 2:00 Age in Motion: AIM-Total Ball** (Broadcast Only) 2:30 Crafty Villagers (SC)	25 10:30 New Resident Orientation (FSP) 1:10 Depart for Life @ Elon (VS) 3:00 25 Cent Bingo (TVN) 11:00 Catholic Service (MR)	26 Sign Up Deadline for Shopping Trip and Lunch at Wegman’s , CH 10:00 Care & Concern Craft Meeting (SC) 1:30 Depart for HT / Walmart (VL) 3:00 Pumpkin Pie Social & Pumpkin Decorating Contest Judging Time! Bring Your Decorated Pumpkins to Win! (TVN)	27 9:30 Depart for Shopping Trip to Hamrick’s and lunch in Raleigh ,NC 2:00 Friday with Friends ** (GP) 3:00 October Birthday Party (TVN) 7:00 Depart for “Spring Awakening” by Department of Performing Arts at Elon (VS)	28 2:00 The Great Courses : (FSP) Kennedy’s New Approach to Presidency/ 1961: The Education of a President 2:00 Resident Led Bingo (GP) 3:15 Canasta CR)
29 1:30 Worship ** Sermon by: Terry Rikard	30 10:00 Depart for Lunch and Shopping at Wegman’s, Chapel Hill (VS) 6:30 Game Night (CR)	31 10:00 Depart for ALDI / FL (VL) 1:10 Depart for Life @ Elon (VS) 2:30 Crafty Villagers (SC) 2:00-3:30 Halloween Celebration Trunk or Treat (GP)				

OCTOBER 2023 WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Pickleball (Pickleball Court) 9:00 Tai Chi Broadcast (1391/130.2) 9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 2:00 Mah– Jongg (CR) 2:00 Water Volleyball (SP)	9:00 Cardio Beats (AR) 10:30 Ladder Toss (AR) 10:45 Total Aquatic Fitness (SP) 1:30 Yoga on Your Mat (AR) 3:00 Rummikub (CR) 3:00 Penny Poker (GR)	9:00 Aerobics and Strength (AR) 10:00 Better Balance (AR) 10:45 Total Aquatic Fitness (SP) 1:30 Scrabble (WC) 2:00 Mah-Jongg (CR) 3:00 Chair Volleyball (AR)	8:30 Pickleball (Pickleball Court) 9:00 Tai Chi Broadcast (1391/130.2) 10:30 Corn Hole Toss (AR) 11:00 Tripoly (CR) 1:30 Bridge (CR) 2:00 Line Dance (AR) 3:00 Poker w/ Chips (GR)	9:00 Aerobics and Strength (AR) 11:00 Pinochle (CR) 11:00 Chair Yoga (AR) 1:30 Bridge (CR) ***NOTE: All activities are subject to change***

Calendar Key

Plain Blue—
Wellness & Campus
Sports

Plain Purple—Religious/
Spiritual

Plain Black—
Life Enrichment Event
Bold- Important/New
event

Orange-off campus trip

Green– Deadline to
signup

Pink– Special Event
Maroon-Grocery Trip

For daily activities,
menus and other
announcements call
x8700 or view on
channel
130.1/1390
**Broadcast on
130.2/1391**

AD—Administration
AR—Aerobics Room
AR1— Activity Room
CR—Club Room
ESC—Edith Street
Café
FSP—Fireside Parlor
GP—Gathering Place
LIB—Library
LSD—Lakeside
Dining
GR—Game Room
MR—Meditation
Room
P –Lakeside Patio
PD—Private Dining
SC—Sewing/Craft
Room
TVN—Tavern/Bistro/
Pub
VS—Village Square
WC—Wellness

REMINDER!!!!

Once the sign up deadline for an event has passed, and a resident cancels, if there is a trip fee associated with the event, the resident is still responsible for that cost. Please notify Life Enrichment (Debbie Itani ext. 8303) if you need to cancel so they can attempt to fill your spot from residents who may be on the Wait List.

Any questions regarding personal conflicts with an event that are out of your control will be handled on a case by case basis. In this case, you should contact Ashley, Director of Resident Services at ext. 8381.

Thank you!!

Wellness Activity Descriptions

Aerobics & Strength—A variety of exercises designed to increase flexibility, muscular strength, balance and cardiovascular conditioning.

Total Aquatic Fitness— Fun and challenging movements that include cardiovascular and muscle conditioning and yoga for a total body workout.

Cardio Beats— This unique program uses movement through drumming to benefit the mind and body! Be ready to sweat!!

Chair Volleyball— Same rules of regular volleyball apply, with an added bonus of being in the comfort of your own chair and using a soft beach ball.

Chair Yoga—A great low impact option for everyone! Moves your whole body through a complete series of seated and standing yoga poses. A yoga class for all levels, focused on mindfulness, meditation, & involves gentle stretching.

Corn Hole Toss—Join this activity to enjoy a competitive and fun tossing game, while working on hand/eye coordination.

Ladder Toss—The object of the game is to wrap 3 bolls around the 3 ladder rungs; point values vary for each rung, 1st to 21 wins.

Line Dancing—Join us as we learn a variety of dances. The goal is to keep moving, get your heart rate up and have fun.

Pickleball— A game resembling tennis in which players use paddles to hit a perforated plastic ball over a net.

Poker— A card game that involves betting with chips and keeping a straight face.

Yoga on the Mat—In this yoga practice we will explore poses to benefit our strength and flexibility. We will start and stay down on the floor so you'll only have to get back up once at the end of the practice.

Tai Chi—Discover improved balance, strength, flexibility and mobility without fear of falling. This relaxed Chinese inspired practice helps with arthritis and is easy on your joints.

Water Volleyball—Play a fun game of volleyball in the water with a beach ball and friends.