

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|--|--|--|--|--|---|
| * Ac ** Ac (R) Rc  AER Aerobics  AR Activity Rc AS Art Studio  CFT Craft Roo  November activ  Register on the pordeadlines. Please of | KEY ctivity will be broadcast on Channel 13 ctivity will be broadcast and recorded egistration is required  MEETING PLACES  Room CR Club Room P  oom FSP Fireside Parlor S  GP Gathering Place 1   | C Pickleball Court  P Swimming Pool  VN Village Tavern  VL Village Landing  r 28 at 9:00am  as for registration for need assistance.   | 8:00 Aerobics and Strength, AER 9:00 Aerobics and Strength, AER 10:00 Better Balance, AER 1:00 Life @ Elon (R), VS | 7:30 Pickleball, PC<br>9:00 Tai Chi Broadcast*,CH<br>10:00 Property Committee<br>Meeting, MR   | 9:00 Aerobics and Strength,<br>AER<br>11:00 Pinochle, CR<br>11:00 Chair Yoga, AER<br>12:30 Hearing Aid Clinic, FSP | 10:30 Mindfulness Meditation,<br>AER<br>2:00 The Great Courses, FSP<br>2:00 Resident Led Bingo, GP<br>3:15 Canasta, CR<br>7:00 Pickleball, PC |
| 1:30 Worship* Sermon by Mike Shannon, TVAB Chaplain, GP   | 7:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics and Strength, AER 10:00 Better Balance, AER 11:00 Fit & Flexible Pilates, AER 1:00 Tai Chi, AER 1:30 Mah-Jongg, CR 2:00 Death Cafe (R), FSP 2:00 Water Volleyball, SP 6:30 An Evening with Babar and Friends at Whitley Auditorium (R), VS 6:30 Game Night, CR | 8:15 Women's Breakfast: IHOP, Burlington (R),VS 9:00 Cardio Beats, AER 10:00 Depart for Aldi / Food Lion (R), VL 10:00 Dining Committee Meeting, MR 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 1:00 Life @ Elon, VS 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Rummikub, CR | 9:15 Tour of Republic Recycling Facility and Lunch at Carrabba's, Greensboro (R), VS 10:00 Better Balance, AER     | 9:00 Tai Chi Broadcast*,CH<br>10:30 Corn Hole Toss, AER<br>10:30 Total Aquatic Fitness, SP<br>11:00 Episcopal Service, MR<br>11:00 Tripoly, CR | <b>Burlington (R), VS</b><br>11:00 Pinochle, CR<br>11:00 Chair Yoga, AER   | 2:00 Canasta, CR<br>2:00 The Great Courses, FSP<br>7:00 Pickleball, PC  |

| Sunday 12                            | Monday 13  | Tuesday 14   | Wednesday 15   | Thursday 1  | 16          | Friday 17  | Saturday 18   |
|--------------------------------------|--|--|--|---|-------------|--|---|
| John Paderson, GP                    | Recycling Pick-up at Garden Homes 7:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics and Strength,  | 9:00 Cardio Beats, AER  10:00 Depart for Aldi / Food Lion (R), VL  10:30 Resident Association Meeting**, GP  10:30 Ladder Toss, AER  10:30 Total Aquatic Fitness, SP  1:00 Life @ Elon, VS  2:00 \$.25 Cent Bingo,TVN  2:00 Yoga on Your Mat, AER  2:30 Crafty Villagers, CFT  3:00 Penny Poker, AR  3:00 Rummikub, CR | 8:00 / 9:00 Aerobics and Strength, AER 10:00 Coffee and Campus Updates**, GP 10:00 Better Balance, AER 1:00 Mother Roots Bible Study with Chaplain Mike Shannon, MR 1:00 Tai Chi, AER 1:30 Mah-Jongg, CR 2:00 Alzheimer's Series: "Communicating Effectively", GP 2:15 Chair Volleyball, AER 3:00 Tech. Series: Smart Phones & Apps/GP 7:00 Dessert and Devotion with Leslie Peavy, FSP                      | 7:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 10:00 Employee Council Flower Sale Event, GP 10:00 Everything Clinic, GP 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SF 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 2:00 Care & Concern, MR 2:30 TRX Instructional Session (R), AER 3:00 Parkinson's Support Group, FSP 6:30 Game Night, CR | 1<br>1<br>1 | 9:00 Aerobics and Strength, AER  0:30 Shopping & Lunch at Wegman's, (R),VS  1:00 Pinochle, CR  1:00 Chair Yoga, AER  1:30 Bridge, CR  2:00-3:00 Breast Cancer Awareness Month Ice Cream Social sponsored by Life at Home, VS  4:00 Piano Performance by Nick Fehervari, GP       | 10:30 Mindfulness Meditation,<br>AER 2:00 The Great Courses, FSP 2:00 Resident Led Bingo, GP 3:15 Canasta, CR 7:00 Pickleball, PC |
| 19                                   | 20   | 21   | 22   | 2   | 23          | 24   | 2:  |
|                                      | 7:30 Pickleball, PC 8:30 Depart for NC State Fair, Raleigh (R), VS 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics and Strength, AER 10:00 Better Balance, AER 11:00 Fit & Flexible Pilates, AER 1:00 Tai Chi, AER 1:30 Mah-Jongg, CR 2:00 Seasonal Craft with Debbie (R), CFT 2:00 Water Volleyball, SP 6:30 Game Night, CR | 8:15 Women's Breakfast: Cracker Barrel (R), VS 9:00 Cardio Beats, AER 10:00 Depart for Aldi / Food Lion (R), VL 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 1:00 Life @ Elon, VS 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Pumpkin Pie Social, TVN 3:00 Rummikub, CR  | 8:00 / 9:00 Aerobics and Strength, AER  10:00 Better Balance, AER  11:00 Catholic Service, MR  12:00 Big Red Bus Blood Donation at TVAB, VP  1:00 Mother Roots Bible Study with Chaplain Mike Shannon, MR  1:00 Tai Chi, AER  1:30 Mah-Jongg, CR  2:00 Two Thorns and a Rose Music Program, GP  2:15 Chair Volleyball, AER  3:00 Tech. Help Session w/ Christina Rhone(R),FSP  6:30 Ballet w/ B. Bullen, FSP | 7:30 Pickleball, PC 8:15 Men's Breakfast: IHOP, Burlington (R), VS 9:00 Tai Chi Broadcast*, CH 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SF 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 2:30 TRX Instructional Session (R), AER 6:30 Game Night, CR   | 1<br>1<br>2 | 9:00 Aerobics and Strength, AER 1:00 Pinochle, CR 1:00 Chair Yoga, AER 1:30 Bridge, CR 2:00 Friday with Friends: ** Sailing on a Dream, 7,000 Mile Sailboat Adventure w Dick & Jackie Shulman, GP 3:00 October Birthday Party sponsored by Always Best Care Senior Services, TVN | 2:00 Canasta, CR<br>2:00 The Great Courses, FSP<br>7:00 Pickleball, PC  |
| 26                                   | 27   |  |  | 3   | 30          | 3′   | 1   |
| Sermon by<br>Leslie Peavy, <b>GP</b> | 7:30 Pickleball, P 9:00 Shopping at Trader Joe's, (R), VS 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics and Strength, AER 10:00 Better Balance, AER 11:00 Fit & Flexible Pilates, AER 1:30 Mah-Jongg, CR 2:00 Fireside Chat with April (R), FSP 2:00 Water Volleyball, SP 6:30 Game Night, CR                              | November Activity Registration Begins at 9:00am  9:00 Cardio Beats, AER  10:00 Depart for Aldi / Food Lion (R), VL  10:30 Ladder Toss, AER  10:30 Total Aquatic Fitness, SP  1:00 Life @ Elon, VS  2:00 Yoga on Your Mat, AER  2:30 Crafty Villagers, CFT  3:00 Penny Poker, AR  3:00 Rummikub, CR                     | 8:00 / 9:00 Aerobics and Strength, AER  10:00 Better Balance, AER  10:30 Laughter Yoga with Kristie Miles -GP  1:00 Mother Roots Bible Study w/ Chaplain Mike Shannon, MR  1:00 Tai Chi, AER  1:30 Mah-Jongg, CR  2:15 Chair Volleyball, AER  3:00 Crocket / Shuffleboard Party, LP  6:30 Elon Percussion Ensemble at Yeager Center for the Arts (R),VS  | 7:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 10:00 Caregiver Support Group, FSP 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SF 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 3:30 TVAB Fall Festival, GP 4:30-6:00 Fall Festival Dinne 6:15 Depart for The Wiz at Tanger Center (R), VS 6:30 Game Night, CR                                | 1<br>1<br>2 | Happy Halloween!  9:00 Aerobics and Strength,  | CheVILLAGE AT BROOKWOOD  – A Well-Spring Group Life Plan Community  |