

October 2026 Wellness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Meeting Places ARActivity Room ADMAdmin. Conference Room AERAerobics Room LPAl Fresco Patio ASArt Studio CWCampus Wide CHChannel 1390/130.2 CRClub Room CFTCraft Room ERExercise Room FSPFireside Parlor ILCIL Clinic LIBLibrary MRMeditation Room PCPickleball Court SPSwimming Pool GPThe Gathering Place TVNThe Village Tavern VLVillage Landing VSVillage Square VPVillage Square Parking Lot November Activity Registration Beginns:Tuesday, October 27th Register on the Portal or contact a Campus Life Team Member. Mary Faucette- ext.8381 Debbie Itani- ext.8303 Kristy Pardue- ext.8660 Shea Crutchfield- ext.8319
				01 9:00 Tai Chi Broadcast* 10:30 Corn Hole Toss 10:30 Total Aquatic Fitness 11:00 Tripoley 1:30 Bridge 6:30 Game Night CH AER SP CR CR	02 Wear Pink for Breast Cancer Awareness 8:00 Aerobics and Strength 9:00 Aerobics and Strength 11:00 Pinochle 11:30 Chair Yoga 1:30 Bridge AER AER CR AER CR	03 10:30 Mindfulness Meditation 2:00 Resident Led Bingo 2:00 The Great Courses 3:15 Canasta AER GP FSP CR	
04 3:00 TVAB Play Reading Group FSP	05 9:00 Aerobics and Strength 9:00 Tai Chi Broadcast* 10:00 Better Balance 10:00 Pickleball 11:00 Fit & Flexible Pilates 1:00 Tai Chi 1:30 Mah-Jongg 2:00 Water Volleyball 6:30 Game Night AER CH AER PC AER AER CR SP CR	06 9:00 Cardio Beats 10:30 Ladder Toss 10:30 Total Aquatic Fitness 2:00 Yoga on Your Mat 3:00 Intro. Training to Exercise Equip. 3:00 Penny Poker 3:00 Rummikub AER AER SP AER ER AR CR	07 Everything Clinic 8:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Better Balance 10:00 Pickleball 1:00 Tai Chi 1:30 Mah-Jongg 7:00 Trivia Night to Benefit Residents' Assistance Fund (R) AER AER AER PC AER CR CR	08 9:00 Tai Chi Broadcast* 10:30 Corn Hole Toss 10:30 Total Aquatic Fitness 11:00 Tripoley 1:00 Beginner Line Dancing 1:30 Bridge 1:30 Line Dancing 6:30 Game Night CH AER SP CR AER CR AER CR	09 Wear Pink for Breast Cancer Awareness 8:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Fairy Hair by Appointment 10:00 Wellness Committee Meeting 11:00 Pinochle 11:30 Chair Yoga 1:30 Bridge AER AER AER MR CR AER CR	10 2:00 Canasta 2:00 The Great Courses CR FSP	
11	12 9:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Tai Chi Broadcast* 10:00 Better Balance 10:00 Pickleball 11:00 Fit & Flexible Pilates 1:30 Mah-Jongg 2:00 Water Volleyball 6:30 Game Night AER AER CH AER PC AER CR SP CR	13 9:00 Cardio Beats 10:30 Ladder Toss 10:30 Total Aquatic Fitness 2:00 Yoga on Your Mat 3:00 Penny Poker 3:00 Rummikub AER AER SP AER AR CR	14 8:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Better Balance 10:00 Pickleball 1:00 Tai Chi 1:30 Mah-Jongg 2:00 Chair Volleyball 4:00 \$.25 Cent Bingo AER AER AER PC AER CR AER CR	15 9:00 Tai Chi Broadcast* 10:30 Corn Hole Toss 11:00 Tripoley 1:00 Beginner Line Dancing 1:30 Bridge 1:30 Line Dancing 6:30 Game Night CH AER CR AER CR AER CR	16 Wear Pink for Breast Cancer Awareness 8:00 Aerobics and Strength 9:00 Aerobics and Strength 11:00 Pinochle 11:30 Chair Yoga 1:30 Bridge AER AER CR AER CR	17 10:30 Mindfulness Meditation 2:00 Resident Led Bingo 2:00 The Great Courses 3:15 Canasta AER GP FSP CR	
18	19 9:00 Aerobics and Strength 9:00 Tai Chi Broadcast* 10:00 Better Balance 10:00 Pickleball 11:00 Fit & Flexible Pilates 1:00 Tai Chi 1:30 Mah-Jongg 2:00 Water Volleyball 6:30 Game Night AER CH AER PC AER AER CR SP CR	20 9:00 Cardio Beats 10:30 Ladder Toss 10:30 Total Aquatic Fitness 3:00 Penny Poker 3:00 Rummikub AER AER SP AR CR	21 8:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Better Balance 10:00 Pickleball 1:00 Tai Chi 1:30 Mah-Jongg 1:45 Village Singers- Meet in Meditation Room 2:00 Chair Volleyball AER AER AER PC AER CR MR AER	22 9:00 Tai Chi Broadcast* 10:30 Corn Hole Toss 10:30 Total Aquatic Fitness 11:00 Tripoley 1:00 Beginner Line Dancing 1:30 Bridge 1:30 Line Dancing 6:30 Game Night CH AER SP CR AER CR AER CR	23 Wear Pink for Breast Cancer Awareness 8:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Coffee and Campus Updates** 11:00 Pinochle 11:30 Chair Yoga 1:30 Bridge AER AER GP CR AER CR	24 10:00 First TVAB Crop Hunger Walk (R) 2:00 \$.25 Cent TRIVIA Bingo 2:00 Canasta 2:00 The Great Courses LP GP CR FSP	
25	26 9:00 Aerobics and Strength 9:00 Tai Chi Broadcast* 10:00 Better Balance 10:00 Pickleball 11:00 Fit & Flexible Pilates 1:00 Tai Chi 1:30 Mah-Jongg 2:00 Water Volleyball 6:30 Game Night AER CH AER PC AER AER CR SP CR	27 November Activity Registration 9:00am 9:00 Cardio Beats 10:30 Ladder Toss 10:30 Total Aquatic Fitness 2:00 Yoga on Your Mat 3:00 Penny Poker 3:00 Rummikub AER AER SP AER AR CR	28 8:00 Aerobics and Strength 9:00 Aerobics and Strength 10:00 Better Balance 10:00 Pickleball 1:00 Tai Chi 1:30 Mah-Jongg 2:00 Chair Volleyball AER AER AER PC AER CR AER	29 9:00 Tai Chi Broadcast* 10:30 Corn Hole Toss 10:30 Total Aquatic Fitness 11:00 Tripoley 1:30 Bridge 3:30 Eat, Drink & Be Scary 6:30 Game Night CH AER SP CR CR GP CR	30 Wear Pink for Breast Cancer Awareness 8:00 Aerobics and Strength 9:00 Aerobics and Strength 11:00 Pinochle 11:30 Chair Yoga 1:30 Bridge AER AER CR AER CR	31 Halloween 10:30 Mindfulness Meditation 2:00 Resident Led Bingo 2:00 The Great Courses 3:15 Canasta AER GP FSP CR	