



October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 Daily Chronicles-Cafe 11:15 Fitness and Therapy w/ Krista - Multipurpose Room 3:30 Self Guided Art and Puzzle Project-materials provided-Activity Center	2 9:15 Daily Chronicles-Cafe 1:00 Polished and Pampered by Lula-Activity Center 3:00 Movie and Popcorn-Moon Struck-Media Center	3 9:15 Daily Chronicles - Cafe 11:00 Chair Exercise with Gale - Activities Center 1:30 BINGO - Activities Center 3:00 Stitching Society- Activities Center
4 9:15 Daily Chronicles - Cafe 11:15 Friendship Salem Terrace Church Service - Activities Center 2:00 Resident Neighbors Meetup-Bring Favorite Topics, Games, or just Socialize - Activities Center	5 9:15 Daily Chronicles-Cafe 11:30 Brain Fitness- Cafe 1:00 Scenic Ride-Catawba Valley 4:30 Pop Up Trivia - Private Dining Room	6 9:15 Daily Chronicles-Cafe 10:30 Gospel Sing West End United Methodist Church of Roanoke- Living Room 11:00 Game Hour - Cafe 1:30 BINGO - Activities Center 3:00 Seated Chair Workout -Activity Center	7 9:15 Daily Chronicles-Cafe 11:00 Word Games - Activities Center 1:15 Church Services with Chaplain Gary-Multipurpose Room 3:15 Music: Vested In Christ - Living Room 6:30 Evening Bingo with Vicki - Activities Center	8 9:15 Daily Chronicles-Cafe 11:15 Fitness and Therapy w/ Krista - Multipurpose Room 1:00 Fall Fun Trivia-Activity Center 3:00 RESIDENT COUNCIL - Activity Center 4:30 Wine & Cheese Tasting- Private Dining Room	9 9:15 Daily Chronicles-Cafe 11:00 Allegro Music Therapy -Living Room 1:30 Fall Gardening-Back Patio 3:00 Movie and Popcorn-When Harry Met Sally	10 9:15 Daily Chronicles - Cafe 11:00 Seated Chair Workout with Gale- Activities Center 1:00 Mill Mountain Theatre Trip-Encore! 1:30 BINGO - Activities Center 3:00 Fun Facts with Anna- Activities Center
11 9:15 Daily Chronicles - Cafe 11:15 Friendship Salem Terrace Church Service - Activities Center 2:00 Resident Neighbors Meetup-Bring Favorite Topics, Games, or just Socialize - Activities Center	12 Columbus Day 9:15 Daily Chronicles-Cafe 10:30 Bus Trip-Mac and Bob's Restaurant 1:30 Popcorn Tasting Station-Variety of Flavors-Tentative 2:00 Columbus Day Matinee-Heart of the Sea-Media Center 4:30 PopUp Trivia - Private Dining Room	13 9:15 Daily Chronicles-Cafe 11:00 Game Hour - Cafe 1:30 BINGO - Activities Center 3:15 Rhythm & Flow with Krista - Multipurpose Room 6:30 Live Music with John Giille-on Guitar with Vocals	14 9:15 Daily Chronicles-Cafe 11:00 History Chat Session - Cafe 1:15 Church Services with Chaplain Gary-Multipurpose Room 6:30 Evening Bingo with Vicki - Activities Center	15 9:15 Daily Chronicles-Cafe 11:15 Fitness and Therapy w/ Krista - Multipurpose Room 1:30 Bible Study w/ Eugene-Activities Center 2:30 Live Music with Guitarist & Vocalist Marc Baskind	16 9:15 Daily Chronicles-Cafe 1:30 Birthday Celebrations Cake/ Ice Cream Social & Birthday Card Signing -Activity Center 3:00 Movie and Popcorn-Cat on a Hot Tin Roof	17 9:15 Daily Chronicles - Cafe 11:00 Seated Chair Workout with Gale- Activities Center 1:30 BINGO - Activities Center 3:00 Stitching Society- Activities Center
18 9:15 Daily Chronicles - Cafe 11:15 Friendship Salem Terrace Church Service - Activities Center 2:00 Resident Neighbors Meetup-Bring Favorite Topics, Games, or just Socialize - Activities Center	19 9:15 Daily Chronicles-Cafe 10:30 Health Talk & BP Clinic w/ Enhabit - Cafe 1:00 Bus Trip-Starbucks Coffee Shop 4:30 Pop Up Trivia - Private Dining Room	20 9:15 Daily Chronicles-Cafe 11:00 Game Hour - Cafe 1:30 BINGO - Activities Center 3:00 Seated Chair Workout -Activity Center 4:00 Book Club Planning Meeting - Cafe	21 9:15 Daily Chronicles-Cafe 1:15 Church Services with Chaplain Gary-Multipurpose Room 3:15 Vested In Christ - Living Room 6:30 Evening Bingo with Vicki - Activities Center	22 9:15 Daily Chronicles-Cafe 11:15 Fitness and Therapy w/ Krista - Multipurpose Room 2:00 Card Stamping w/ Lisa - Activities Center 4:00 Happy Hour-Private Dining Room	23 9:15 Daily Chronicles-Cafe 1:30 Spelling Bee - Activities Center 3:00 Movie and Popcorn 6:30 Roanoke Symphony Outing-Sinatra & The American Songbook-Tentative	24 9:15 Daily Chronicles - Cafe 11:00 Seated Chair Workout with Gale- Activities Center 1:30 BINGO - Activities Center 3:00 Cookie Baking with Anna-Cafe
25 Life and Lights Week-Luminaries Display 9:15 Daily Chronicles - Cafe 11:15 Friendship Salem Terrace Church Service - Activities Center 2:00 Resident Neighbors Meetup-Bring Favorite Topics, Games, or just Socialize - Activities Center	26 9:15 Daily Chronicles-Cafe 10:30 Bus Trip-Glenvar Library 4:30 Pop Up Trivia - Private Dining Room	27 9:15 Daily Chronicles-Cafe 10:00 Live Music Entertainer Keith Campbell-Living Room 11:00 Game Hour - Cafe 1:30 BINGO - Activities Center 3:15 Rhythm & Flow with Krista - Multipurpose Room	28 9:15 Daily Chronicles-Cafe 1:15 Church Services with Chaplain Gary-Multipurpose Room 3:30 Live Music with Leslie Brooks-Dogwood Stage 6:30 Evening Bingo with Vicki - Activities Center	29 9:15 Daily Chronicles-Cafe 11:15 Fitness and Therapy w/ Krista - Multipurpose Room 2:00 Afternoon Ritz Tea Party	30 9:15 Daily Chronicles-Cafe 11:30 Name that Haunted Tune-Private Dining Room 3:00 Movie and Popcorn-Ghostbusters	31 9:15 Daily Chronicles - Cafe 11:00 Seated Chair Workout with Gale- Activities Center 1:30 BINGO - Activities Center 3:00 Halloween Celebration and Costume Contest-Featuring Special Guest-Singer Franksteinastra