

October 2026		Spring Arbor of Bristol											
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<u>Locations</u> Side 2 (S2) In Room (IR) Courtyard (C) Side 1 (S1) Dining Room (DR) 1 on 1 (101) Beauty Salon (BS)		<u>Dimensions</u>						National Coffee and Homemade Cookie Day 01 10:30 AM - Balloon Blast Fitness (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Thursday Reflection & Prayer (2) (S2) 1:00 PM - Companion Visits (IR) (IR) 1:30 PM - Coffee and Cookies w/ Chef (S2) 2:00 PM - TSO Life Games Thursdays (2) (S2) 3:00 PM - Armchair Travel Pennsylvania (2) (S2) 4:30 PM - Walk around the World Club		10:30 AM - Lets get our Groove on Chair Exercises (S2) 02 11:00 AM - Daily News (2) (S2) 11:30 AM - Faith & Reflection Fridays (2) (S2) 2:00 PM - Bingo with Ivy (2) (S2) 3:30 PM - Word Games (2) (S2) 4:00 PM - Patio Time (weather permitting) (C) 5:30 PM - Comedy Movie Fridays (1) (S1)		9:30 AM - Outdoor Meditation w Ivy 03 10:30 AM - Avoca Christian Church Bible Study (D) (DR) 11:30 AM - Daily News (2) (S2) 2:00 PM - Arts & Crafts with Music (2) (S2) 3:00 PM - One on One Time with Ivy (101) (101) 4:00 PM - Fall Word Challenge (2) (S2) 4:30 PM - TSO Life Games with Ivy (2) (S2) 5:30 PM - Saturday Movie Matinee (1) (S1)	
10:30 AM - Gospel Music (2) (S2) 04 11:00 AM - Puzzle & Packet (IR) (IR) 3:00 PM - Sunday Leisure Time (1) (S1) 4:00 PM - Aromatherapy (2) (S2) 4:30 PM - Walk with a Friend- Resident Choice		10:30 AM - Fall into Fun with Therapy (2) (S2) 05 11:00 AM - Daily News (2) (S2) 11:30 AM - Moment of Faith (2) (S2) 2:00 PM - Sunshine Refreshments in Courtyard (C) (C) 3:00 PM - Memory Lane Talks with Kristi 4:00 PM - Music Appreciation Country (2) (S2) 5:30 PM - Movie Mondays (2) (S2)		National Teacher Day 06 9:00 AM - Salon Time (BS) (BS) 10:30 AM - Exercises with Ivy (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Tuesday Spiritual Moments (2) (S2) 2:00 PM - Fall Bingo Fun (2) (S2) 3:30 PM - Talk about Pennsylvania (2) (S2) 4:30 PM - Walking Club 5:30 PM - Andy Griffith		10:30 AM - Spa Day with Nails (BS) (BS) 07 11:00 AM - Daily News (2) (S2) 1:30 PM - Autumn Bright Minds with Therapy (2) (S2) 2:00 PM - Fall Trip to Horse Farm 3:30 PM - Wednesday Devotion (2) (S2) 4:30 PM - Seasonal Coloring Circle: Adult Coloring (2) (S2) 5:30 PM - Backyard Birdwatching (IR)		10:30 AM - Balloon Blast Fitness (2) (S2) 08 11:00 AM - Daily News (2) (S2) 11:30 AM - Thursday Reflection & Prayer (2) (S2) 1:00 PM - Companion Visits (IR) (IR) 2:00 PM - TSO Life Games Thursdays (2) (S2) 3:00 PM - Armchair Travel Pennsylvania (2) (S2) 4:30 PM - Walk around the World Club		Angel Food Cake Day 09 10:30 AM - Lets get our Groove on Chair Exercises (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Faith & Reflection Fridays (2) (S2) 2:00 PM - Bingo with Ivy (2) (S2) 3:30 PM - Word Games (2) (S2) 4:00 PM - Patio Time (weather permitting) (C) 5:30 PM - Comedy Movie Fridays (1) (S1)		9:30 AM - Outdoor Meditation w Ivy 10 10:00 AM - Hymns and Bible Worship w/ Ivy (S2) 1:00 PM - Sunshine Visits with Ivy (101) (101) 2:00 PM - Crafts with Music (2) (S2) 3:00 PM - One on One Time with Ivy (101) (101) 4:00 PM - Fall Word Challenge (2) (S2) 4:30 PM - Chair Yoga with Ivy (2) (S2) 5:30 PM - Saturday Movie Matinee (1) (S1)	
10:30 AM - Gospel Music (2) (S2) 11 11:00 AM - Puzzle & Packet (IR) (IR) 3:00 PM - Sunday Leisure Time (1) (S1) 4:00 PM - Aromatherapy (2) (S2) 4:30 PM - Walk with a Friend- Resident Choice		Columbus Day 12 10:30 AM - Fall into Fun with Therapy (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Moment of Faith (2) (S2) 2:00 PM - Sunshine Refreshments in Courtyard (C) (C) 3:00 PM - Memory Lane Talks with Kristi 4:00 PM - Music Appreciation Country (2) (S2) 5:30 PM - Movie Mondays (2) (S2)		Happy Birthday Fran P. 13 9:00 AM - Salon Time (BS) (BS) 10:30 AM - Exercises with Ivy (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Tuesday Spiritual Moments (2) (S2) 2:00 PM - Fall Bingo Fun (2) (S2) 3:30 PM - Talk about Pennsylvania (2) (S2) 4:30 PM - Walking Club 5:30 PM - Andy Griffith		10:30 AM - Spa Day with Nails (BS) (BS) 14 11:00 AM - Daily News (2) (S2) 1:30 PM - Autumn Bright Minds with Therapy (2) (S2) 2:00 PM - Fall Country Rides 3:30 PM - Wednesday Devotion (2) (S2) 4:30 PM - Seasonal Coloring Circle: Adult Coloring (2) (S2) 5:30 PM - Backyard Birdwatching (IR)		10:30 AM - Pepper will be Visiting us! 15 11:00 AM - Daily News (2) (S2) 11:30 AM - Thursday Reflection & Prayer (2) (S2) 1:00 PM - Companion Visits (IR) (IR) 1:45 PM - Lighting Charlie 2:00 PM - TSO Life Games Thursdays (2) (S2) 3:00 PM - Armchair Travel Pennsylvania (2) (S2) 4:30 PM - Walk around the World Club		Happy Birthday Richard M. 16 10:30 AM - Lets get our Groove on Chair Exercises (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Faith & Reflection Fridays (2) (S2) 2:00 PM - Bingo with Ivy (2) (S2) 3:30 PM - Word Games (2) (S2) 4:00 PM - Patio Time (weather permitting) (C) 5:30 PM - Comedy Movie Fridays (1) (S1)		9:30 AM - Outdoor Meditation w Ivy 17 10:30 AM - Avoca Christian Church Bible Study (D) (DR) 11:30 AM - Daily News (2) (S2) 2:00 PM - Arts & Crafts with Music (2) (S2) 3:00 PM - One on One Time with Ivy (101) (101) 4:00 PM - Fall Word Challenge (2) (S2) 4:30 PM - TSO Life Games with Ivy (2) (S2) 5:30 PM - Saturday Movie Matinee (1) (S1)	
National Chocolate Cupcake Day Happy Birthday Joyce L. 18 10:30 AM - Gospel Music (2) (S2) 11:00 AM - Puzzle & Packet (IR) (IR) 3:00 PM - Sunday Leisure Time (1) (S1) 4:00 PM - Aromatherapy (2) (S2) 4:30 PM - Walk with a Friend- Resident Choice		10:30 AM - Fall into Fun with Therapy (2) (S2) 19 11:00 AM - Daily News (2) (S2) 11:30 AM - Moment of Faith (2) (S2) 2:00 PM - Sunshine Refreshments in Courtyard (C) (C) 3:00 PM - Memory Lane Talks with Kristi 4:00 PM - Music Appreciation Country (2) (S2) 5:30 PM - Movie Mondays (2) (S2)		9:00 AM - Salon Time (BS) (BS) 20 10:30 AM - Exercises with Ivy (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Tuesday Spiritual Moments (2) (S2) 2:00 PM - Fall Bingo Fun (2) (S2) 3:30 PM - Talk about Pennsylvania (2) (S2) 4:30 PM - Walking Club 5:30 PM - Andy Griffith		10:30 AM - Spa Day with Nails (BS) (BS) 21 11:00 AM - Daily News (2) (S2) 1:30 PM - Autumn Bright Minds with Therapy (2) (S2) 2:00 PM - Fall Country Rides 3:30 PM - Wednesday Devotion (2) (S2) 4:30 PM - Seasonal Coloring Circle: Adult Coloring (2) (S2) 5:30 PM - Backyard Birdwatching (IR)		10:30 AM - Balloon Blast Fitness (2) (S2) 22 11:00 AM - Daily News (2) (S2) 11:30 AM - Thursday Reflection & Prayer (2) (S2) 1:00 PM - Companion Visits (IR) (IR) 2:00 PM - Fall Bingo Fun (2) (S2) 2:00 PM - TSO Life Games Thursdays (2) (S2) 3:00 PM - Butterscotch Visiting 3:00 PM - Armchair Travel Pennsylvania (2) (S2) 4:30 PM - Walk around the World Club		10:00 AM - TN High Anchor Club 23 10:30 AM - Lets get our Groove on Chair Exercises (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Faith & Reflection Fridays (2) (S2) 2:00 PM - Bingo with Ivy (2) (S2) 3:30 PM - Word Games (2) (S2) 4:00 PM - Patio Time (weather permitting) (C) 5:30 PM - Comedy Movie Fridays (1) (S1)		9:30 AM - Outdoor Meditation w Ivy 24 10:00 AM - Hymns and Bible Worship w/ Ivy (S2) 1:00 PM - Sunshine Visits with Ivy (101) (101) 2:00 PM - Crafts with Music (2) (S2) 3:00 PM - One on One Time with Ivy (101) (101) 4:00 PM - Fall Word Challenge (2) (S2) 4:30 PM - Chair Yoga with Ivy (2) (S2) 5:30 PM - Saturday Movie Matinee (1) (S1)	
10:30 AM - Gospel Music (2) (S2) 25 11:00 AM - Puzzle & Packet (IR) (IR) 3:00 PM - Sunday Leisure Time (1) (S1) 4:00 PM - Aromatherapy (2) (S2) 4:30 PM - Walk with a Friend- Resident Choice		10:30 AM - Fall into Fun with Therapy (2) (S2) 26 11:00 AM - Daily News (2) (S2) 11:30 AM - Moment of Faith (2) (S2) 2:00 PM - Sunshine Refreshments in Courtyard (C) (C) 3:00 PM - Memory Lane Talks with Kristi 4:00 PM - Music Appreciation Country (2) (S2) 5:30 PM - Movie Mondays (2) (S2)		National Potato Day 27 9:00 AM - Salon Time (BS) (BS) 10:30 AM - Exercises with Ivy (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Tuesday Spiritual Moments (2) (S2) 12:00 PM - Bake Potato Bar Lunch 2:00 PM - Fall Bingo Fun (2) (S2) 3:30 PM - Talk about Pennsylvania (2) (S2) 4:30 PM - Walking Club 5:30 PM - Andy Griffith		10:30 AM - Spa Day with Nails (BS) (BS) 28 11:00 AM - Daily News (2) (S2) 1:30 PM - Autumn Bright Minds with Therapy (2) (S2) 2:00 PM - Fall Country Rides 3:30 PM - Wednesday Devotion (2) (S2) 4:30 PM - Seasonal Coloring Circle: Adult Coloring (2) (S2) 5:30 PM - Backyard Birdwatching (IR)		Annual Trunk or Treat 29 10:30 AM - Balloon Blast Fitness (2) (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Thursday Reflection & Prayer (2) (S2) 1:00 PM - Companion Visits (IR) (IR) 1:45 PM - Resident & Food Council 2:00 PM - TSO Life Games Thursdays (2) (S2) 3:00 PM - Armchair Travel Pennsylvania (2) (S2) 4:30 PM - Walk around the World Club		Candy Corn Day 30 10:30 AM - Lets get our Groove on Chair Exercises (S2) 11:00 AM - Daily News (2) (S2) 11:30 AM - Faith & Reflection Fridays (2) (S2) 2:00 PM - Bingo with Ivy (2) (S2) 3:30 PM - Word Games (2) (S2) 4:00 PM - Patio Time (weather permitting) (C) 5:30 PM - Comedy Movie Fridays (1) (S1)		Halloween 31 9:30 AM - Outdoor Meditation w Ivy 10:00 AM - Hymns and Bible Worship w/ Ivy 11:30 AM - Daily News (2) (S2) 2:00 PM - Arts & Crafts with Music (2) (S2) 3:00 PM - One on One Time with Ivy (101) (101) 4:00 PM - Fall Word Challenge (2) (S2) 4:30 PM - TSO Life Games with Ivy (2) (S2) 5:30 PM - Saturday Movie Matinee (1) (S1)	

Allegro

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Spring Arbor Of Bristol Memory Care

October 2026



Celebrating October Birthdays

Richard Martinez
Joyce Laughlin

October Poem

Fall, leaves, fall; flowers go away; Lengthen night and
shorten day; Every leaf speaks bliss to me, Fluttering from
the autumn tree.

I shall smile when wreaths of snow blossom where the rose
should grow; I shall sing when night's decay
ushers in a drearier day.

Dementia Support Group

Join us at Spring Arbor Senior Living of Bristol for our monthly **Dementia Support Group**, held every second Thursday of the month from **2:30 PM-3:30 PM**. This is a welcoming space for family members, caregivers, and loved ones to connect, share experiences, ask questions, and receive support while navigating the journey of dementia. **October's support group will be held Thursday, October 8th.** We would love to have you join us!

October Fun!

🍁 October Fun at Spring Arbor of Bristol! 🎃

October is bringing lots of fall fun, special visitors, and memorable moments to Spring Arbor!

🎃 3rd Annual Indoor Trick-or-Treat

October 29 | 5:00-7:00 PM

Join us for an evening of Halloween fun, treats, costumes, and activities!

🍁 October 15 – We are excited to welcome Lightning Charlie for a special visit!

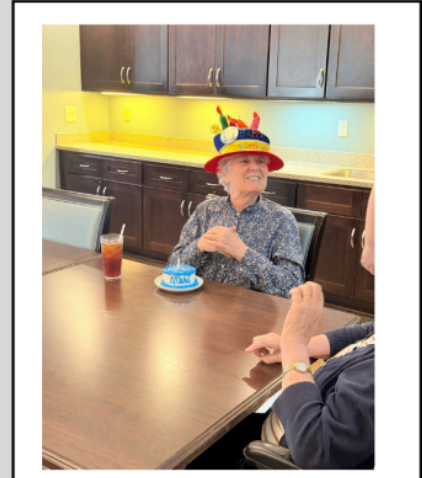
🍁 Pepper & Butterscotch will also be stopping by to brighten our residents' day.

🚗 Fall Rides – Weather permitting, we'll enjoy scenic rides around our beautiful community to take in the gorgeous fall colors and visiting the Horse Farm

We're looking forward to a fun-filled October full of laughter, friendship, and making memories! ❤️ 🍁



September Rewind



The Executive Corner

Hello, October! 🍁

As we welcome the month of October, we're excited for all the wonderful things this new season brings! The cooler weather, beautiful fall colors, and cozy moments make this such a special time of year. October is sure to be filled with fun activities, meaningful moments, and opportunities to create new memories with our residents, families, and friends. We look forward to enjoying all that fall has to offer and making this month one to remember here at Spring Arbor Senior Living of Bristol!

With Love,
Lori Goodman, Executive Director

Upcoming Events:

Indoor Trick or Treat on October 29th 5pm-7pm

Holiday Family Nights:

**Thanksgiving will be November 5th, 2026
@4:30pm.**

**Christmas Family Night will be December 3rd,
2026 @ 4:30pm.**

Please make RSVP's for these Dinner the week before event and plates will be 10.00 per plate. Pay Kayla Harless (check or Cash).

Google Reviews and Facebook Follows

Your support means so much to us! We would love your help in showcasing our wonderful community to families and friends. By leaving us a Google review or following our Facebook Page, you will help others see the meaningful moments, special activities, and fun experiences our residents enjoy each day!

Thank you for supporting residents and our community!