

October 2026

Spring Arbor of Cary
ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u> Activity Room (AR) Wellness Center (WC) Atrium (A) Salon (S) Sun Room (SR) Living Room (LR) Cafe (C) Hallway (H)	<u>Dimensions</u>			Homemade Cookies Day 9:00 AM - Praise Chorale (AR) 10:00 AM - Resident Council (AR) 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Dollar Tree Shopping 2:00 PM - Open Studio (AR) 3:30 PM - What's Up: Current Events (AR) 4:00 PM - Bingo Express (AR) 5:30 PM - Rummikub (AR)	10:00 AM - Soft Pretzel Adventure 11:00 AM - Flower Savvy: Centerpieces (AR) 11:30 AM - Sidewalk Stroll (A) 1:00 PM - Posh & Polish (S) 2:00 PM - What's That Song? (AR) 3:30 PM - Oktoberfest Happy Hour 4:00 PM - Game On: Scattergories (AR) 6:00 PM - Friday Night Light	10:00 AM - Quick to Craft: Simple Fun (AR) 11:00 AM - Eucharistic Ministry 11:30 AM - Pickup Game 1:00 PM - Bingo with Jack (AR) 2:00 PM - Sports Watch (SR) 3:00 PM - Deisy's Chair Fitness (AR) 4:00 PM - Memory Match Cards (AR) 4:30 PM - Poetry Reading (LR) 5:30 PM - NC Weekend: PBS 1276 (SR)
Card Day 10:00 AM - Sunday Mass Telecast (AR) 11:00 AM - Hayes Barton Telecast (SR) 1:00 PM - Autumn Basket: Room Visits 2:00 PM - Cafe Wordplay (C) 3:00 PM - Creamery Treats 4:30 PM - Parlor Stories Book Club (LR) 5:30 PM - Sunday Night Cinema (SR) 7:00 PM - The Moth Story Hour (AR)	9:30 AM - SalOn-the-Go Cart (H) 10:00 AM - Art: Brown Bag Cards (AR) 11:00 AM - Seated Senior Strength (AR) 11:30 AM - Monday Meditation (AR) 1:00 PM - BrainFit Trivia: Legacy Health (AR) 1:00 PM - Game of Cards: Hand & Foot 2:00 PM - General Store Open In House 3:00 PM - Open Gym (AR) 4:00 PM - Sports Teams Watch Party (SR) 4:00 PM - Autumn Sing-Along (AR) 5:15 PM - Melissa on Piano (LR)	10:00 AM - Salon Delights (S) 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Bingo (AR) 2:30 PM - Baking Bliss: Iced Cookies (AR) 3:00 PM - Star of the Month 4:00 PM - Rosary Group (SR) 5:30 PM - Game Table (AR)	You Matter to Me Day 9:00 AM - Apple Cider Bar (C) 10:00 AM - Master Gardeners Visit (AR) 11:00 AM - Classical Chair Stretch (AR) 1:30 PM - Scenic Splurge 2:00 PM - October Matinee (AR) 3:00 PM - General Store Open In House 4:00 PM - Cooler's in the Courtyard 5:30 PM - Evening Devotions (SR)	9:00 AM - Morning Devotion (AR) 10:15 AM - Magnolia Melodies (AR) 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Jordan Lake Adventure 2:00 PM - Open Studio (AR) 3:30 PM - Wiki Riddles (AR) 4:00 PM - Bingo Express (AR) 5:30 PM - Restaurant Review (AR)	10:00 AM - Tea Room Adventure 11:00 AM - Fresh Picks Flower Cart (SR) 1:00 PM - Posh & Polish (S) 2:00 PM - Rob at the Mic: Cottage 3:00 PM - Tom & Diane's Gospel Guitar 4:00 PM - Game On: Timeline (AR) 6:00 PM - Friday Night Light	10:00 AM - Encore! Art Session (AR) 11:00 AM - Eucharistic Ministry 11:30 AM - Pickup Game 1:00 PM - Bingo with Jack (AR) 2:00 PM - Sports Watch (SR) 3:30 PM - Dennis on Piano (SR) 4:30 PM - Greatest Stories... (LR) 5:30 PM - NC Weekend: PBS 1276 (SR)
10:00 AM - Sunday Mass Telecast (AR) 11:00 AM - Hayes Barton Telecast (SR) 1:00 PM - Autumn Basket: Room Visits 2:00 PM - Cafe Wordplay 3:00 PM - Silver Scoops (AR) 4:30 PM - Parlor Stories Book Club (LR) 5:30 PM - Sunday Night Cinema (SR) 7:00 PM - The Moth Story Hour (AR)	Columbus Day 9:30 AM - SalOn-the-Go Cart (H) 10:00 AM - Art: Leaf Relief (AR) 11:00 AM - Sitting Zumba (AR) 11:30 AM - Monday Meditation (AR) 1:00 PM - BrainFit Trivia: Legacy Health (AR) 1:00 PM - Game of Cards: Hand & Foot 2:00 PM - General Store Open In House 3:00 PM - Snapology Building Blocks (AR) 4:00 PM - Sports Teams Watch Party (SR) 4:00 PM - Hymn Sing (AR)	Hawaii's Discovers Day 10:00 AM - Salon Delights (S) 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Bingo (AR) 2:00 PM - Men at the Movies (AR) 3:30 PM - Hawaiian Dessert Cups (AR) 4:00 PM - Rosary Group (SR) 5:30 PM - TED Talk (AR)	10:00 AM - Drum Fit and Fun (AR) 11:00 AM - Worship with Peace Church (LR) 11:30 AM - Lunch Bunch 1:00 PM - Dominoes (AR) 2:30 PM - Ice Cream Parlor Treats (AR) 3:00 PM - General Store Open In House 4:00 PM - Pop the Cork: Wine & Cheese (AR) 5:30 PM - Evening Devotions (SR)	9:00 AM - Praise Chorale (AR) 10:00 AM - Barefoot in the Grass 11:00 AM - Stretch in Strength: Legacy (WC) 12:30 PM - RLT: Singin' in the Rain Sr. 2:00 PM - Open Studio (AR) 3:30 PM - What's Up: Current Events (AR) 4:00 PM - Bingo Express (AR) 5:30 PM - Rummikub (AR)	Fall Harvest Day 10:00 AM - Harvest Scenic Drive 11:00 AM - Flower Savvy: Centerpieces (AR) 11:30 AM - Sidewalk Stroll (A) 1:00 PM - Posh & Polish (S) 2:00 PM - Food For Thought: Candy (AR) 3:00 PM - Deisy's Chair Fitness (AR) 3:30 PM - Harvest Happy Hour (LR) 6:00 PM - Friday Night Light	Sweetest Day 10:00 AM - Quick to Craft: Simple Fun (AR) 11:00 AM - Eucharistic Ministry 11:30 AM - Pickup Game 1:00 PM - Bingo with Jack (AR) 2:00 PM - Sports Watch (SR) 4:00 PM - Find & Seek Cards (AR) 4:30 PM - Would You Rather? (LR) 5:30 PM - NC Weekend: PBS 1276 (SR)
Donut Day 10:00 AM - Sunday Mass Telecast (AR) 11:00 AM - Hayes Barton Telecast (SR) 1:00 PM - Autumn Basket: Room Visits 2:00 PM - Cafe Wordplay 3:00 PM - Donuts & Discussion (AR) 4:30 PM - Parlor Stories Book Club (LR) 5:30 PM - Sunday Night Cinema (SR) 7:00 PM - The Moth Story Hour (AR)	9:30 AM - SalOn-the-Go Cart (H) 10:00 AM - Art: Apple Prints (AR) 11:00 AM - Sit and Be Fit (AR) 11:30 AM - Monday Meditation (AR) 1:00 PM - BrainFit Trivia: Legacy Health (AR) 1:00 PM - Game of Cards: Hand & Foot 2:00 PM - General Store Open In House 3:30 PM - Chef Chat (AR) 4:00 PM - Sports Teams Watch Party (SR) 4:00 PM - Music & Motion Sing-Along (AR) 5:00 PM - Mike on Guitar	10:00 AM - Salon Delights (S) 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Bingo (AR) 2:30 PM - The Science of Things 3:30 PM - Destiny's Cooking (AR) 4:00 PM - Rosary Group (SR) 5:30 PM - Picture This & Chat (AR)	9:00 AM - Pumpkin Spice Coffee Social (C) 10:00 AM - Drum Fit and Fun (AR) 11:00 AM - Chair Tai Chi (AR) 1:30 PM - Scenic Splurge 2:00 PM - October Matinee (AR) 3:00 PM - General Store Open In House 4:00 PM - The Sounds of Music (AR) 5:30 PM - Evening Devotions (SR)	Color Day: Wear your favorite! Happy Birthday Leroy C. 9:00 AM - Morning Devotion (AR) 10:15 AM - Magnolia Melodies 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Goodberry's Adventure 2:00 PM - Open Studio (AR) 3:30 PM - Wiki Riddles (AR) 4:00 PM - Bingo Express (AR) 5:30 PM - Restaurant Review (AR)	10:00 AM - Ragan's Pumpkin Adventure 11:00 AM - Fresh Picks Flower Cart (SR) 1:00 PM - Posh & Polish (S) 2:00 PM - Reader's Digest & Discuss (AR) 3:30 PM - October Birthday Party 4:00 PM - Game On: Mancala 6:00 PM - Friday Night Light	10:00 AM - Encore! Art Session (AR) 11:00 AM - Eucharistic Ministry 11:30 AM - Pickup Game 1:00 PM - Bingo with Jack (AR) 2:00 PM - Sports Watch (SR) 3:00 PM - Uno Card Game (AR) 4:30 PM - This Or That (LR) 5:30 PM - NC Weekend: PBS 1276 (SR)
Happy Birthday Alena N. 10:00 AM - Sunday Mass Telecast (AR) 11:00 AM - Hayes Barton Telecast (SR) 1:00 PM - Autumn Basket: Room Visits 2:00 PM - Cafe Wordplay 3:00 PM - Sunday Sundaes 4:30 PM - Parlor Stories Book Club (LR) 5:30 PM - Sunday Night Cinema (SR) 7:00 PM - The Moth Story Hour (AR)	Pumpkin Day 9:30 AM - SalOn-the-Go Cart (H) 10:00 AM - Art: Paint Pumpkins (AR) 11:00 AM - Seated Senior Strength (AR) 11:30 AM - Monday Meditation (AR) 1:00 PM - BrainFit Trivia: Legacy Health (AR) 1:00 PM - Game of Cards: Hand & Foot 2:00 PM - General Store Open In House 3:00 PM - Open Gym (AR) 4:00 PM - Patriotic Sing-Along (AR) 4:00 PM - Sports Teams Watch Party (SR) 5:15 PM - Melissa on Piano (LR)	10:00 AM - Salon Delights (S) 11:00 AM - Stretch in Strength: Legacy (WC) 1:30 PM - Movercize with Richard (AR) 2:00 PM - Bingo (AR) 3:30 PM - Recipe Roundup (AR) 4:00 PM - Rosary Group (SR) 5:30 PM - TED Talk (AR)	10:00 AM - Drum Fit and Fun (AR) 11:00 AM - Worship with Peace Church (LR) 11:30 AM - Lunch Bunch 1:00 PM - Left Right Center Game (AR) 2:30 PM - Ice Cream Parlor Treats (AR) 3:00 PM - General Store Open In House 4:00 PM - Campfire Songs Social (AR) 5:30 PM - Evening Devotions (SR)	Campfire Songs Day 9:00 AM - Praise Chorale (AR) 11:00 AM - Stretch in Strength: Legacy (WC) 1:00 PM - Apex Senior Center Visit 2:00 PM - Open Studio (AR) 3:30 PM - What's Up: Current Events (AR) 4:00 PM - Bingo Express (AR) 4:30 PM - Trunk or Treat 5:30 PM - Rummikub (AR)	10:00 AM - Halloween Scenic Drive 11:00 AM - Flower Savvy: Centerpieces (AR) 11:30 AM - Sidewalk Stroll (A) 1:00 PM - Posh & Polish (S) 2:00 PM - Travelogue: Isabel's Toronto (AR) 3:30 PM - Halloween Happy Hour 4:00 PM - Game On: Scattergories (AR) 6:00 PM - Friday Night Light	Halloween 10:00 AM - Craft Halloween Cookies (AR) 11:00 AM - Eucharistic Ministry 11:30 AM - Pickup Game 1:00 PM - Bingo with Jack (AR) 2:00 PM - Sports Watch (SR) 2:00 PM - Caramel Apple Bar (C) 3:00 PM - Spooky Trivia (AR) 5:30 PM - NC Weekend: PBS 1276 (SR)

* Activities are subject to change

October 2026

Spring Arbor of Cary
Memory Care 400



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u>	<u>Dimensions</u>			Pumpkin Spice Day 10:00 AM - Resident Council 11:00 AM - Wise & Well: Walking Club Around the Arbor 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions	9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Bavarian Brews & Bites: Oktoberfest Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin: A Cozy October 5:30 PM - Classics on Screen	9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 11:00 AM - Balloon Boogie 1:00 PM - Relaxing Moments with Meditative Melodies 2:30 PM - Cottage Stories 3:30 PM - Pastime Picks 4:00 PM - The Brainy Bunch 5:30 PM - Saturday Night Sitcom
9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Sundae Social 3:30 PM - The Daily Chronicle: Weekend Update 4:00 PM - Cranium Crunchies 5:30 PM - Sunday TV Hour	9:30 AM - Sit & Stretch 10:00 AM - Musical Memories 11:00 AM - Art From the Heart: Painting with the Cary Homeschoolers 11:00 AM - Wellness Clinic 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club 3:00 PM - Scenic Drive Adventure 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room	Mad Hatter Day 10:00 AM - Wise & Well: Walking Club to the Cary Cafe 11:00 AM - Golden Memories: Morning Mingle 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Tea Time in Wonderland 3:00 PM - Afternoon Yoga 4:00 PM - Devotions with a View: Rosary Circle 5:30 PM - Match It Up	9:30 AM - Chair Flow Tai Chi 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Worship with Peace Church (AL) 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - What's Cooking with Isabel 3:00 PM - Wine-Down at the Arbor Spa 4:00 PM - Patio Pours: Guy's Time in the Courtyard 5:30 PM - Evening Devotions	9:30 AM - Core & More Seated Exercise 10:15 AM - Magnolia Melodies Music Therapy 11:00 AM - Wise & Well: Walking Club Through the Courtyard 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail: Crafting Connections 5:30 PM - Artful Expressions	9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen	Walk to a Park Day 9:30 AM - Sunrise Strides: Visiting our National Parks 10:00 AM - St. Michael's Eucharistic Ministry Visits 11:00 AM - Pass the Conversation 1:00 PM - Relaxing Moments with Meditative Melodies 2:30 PM - Cottage Stories 3:30 PM - Pastime Picks 4:00 PM - The Brainy Bunch 5:30 PM - Saturday Night Sitcom
9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Sundae Social 3:30 PM - The Daily Chronicle: Weekend Update 4:00 PM - Cranium Crunchies 5:30 PM - Sunday TV Hour	Columbus Day 9:30 AM - Sit & Stretch: Set Sail & Get Moving! 10:00 AM - Musical Memories: Songs Across the Sea 11:00 AM - Art From the Heart: Pony Beaded Indian Corn 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club: Maple Cornbread Muffins 3:00 PM - Scenic Drive Adventure 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room: Kenny Rogers	9:00 AM - Weights & Wellness 10:30 AM - Game On 11:00 AM - Wise & Well: Walking Club to the Library 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Chair Qigong 3:00 PM - The Catch-Up: Current Events 4:00 PM - Devotions with a View: Rosary Circle 5:30 PM - Match It Up	9:30 AM - Wake, Shake & Zumba 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Crafting with Isabel: Leaf Tail Squirrel 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - Scenic Splurge 3:30 PM - Wine-Down at the Arbor Spa 4:00 PM - The Gentlemen's Table 5:30 PM - Evening Devotions	10:00 AM - Wise & Well: Walking Club Around the Arbor 11:00 AM - Fortune Roulette 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions	Fall Harvest Day 9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Falling for Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin: A Touch of Autumn 5:30 PM - Classics on Screen	9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 11:00 AM - Balloon Boogie 1:00 PM - Relaxing Moments with Meditative Melodies 2:30 PM - Cottage Stories 3:30 PM - Pastime Picks 4:00 PM - The Brainy Bunch 5:30 PM - Saturday Night Sitcom
Donut Day 9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Donut Hole Delights 3:30 PM - The Daily Chronicle: Weekend Update 4:00 PM - Cranium Crunchies 5:30 PM - Sunday TV Hour	9:30 AM - Sit & Stretch 10:00 AM - Musical Memories 11:00 AM - Art From the Heart: Mixed-Media Geodes 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club 3:00 PM - Scenic Drive Adventure 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room: Barry Manilow	10:00 AM - Wise & Well: Walking Club to the Cary Cafe 11:00 AM - Golden Memories: Morning Mingle 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Afternoon Yoga 3:00 PM - The Catch-Up: Current Events 4:00 PM - Mike on Guitar 5:30 PM - Match It Up	9:30 AM - Chair Flow Tai Chi 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Worship with Peace Church (AL) 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - What's Cooking with Isabel 3:00 PM - Wine-Down at the Arbor Spa 4:00 PM - Patio Pours: Guy's Time in the Courtyard 5:30 PM - Evening Devotions	Color Day: Wear your favorite! 9:30 AM - Core & More Seated Exercise 10:15 AM - Magnolia Melodies Music Therapy 11:00 AM - Wise & Well: Walking Club Through the Courtyard 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions	9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen	9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 11:00 AM - Pass the Conversation 1:00 PM - Relaxing Moments with Meditative Melodies 2:30 PM - Cottage Stories 3:30 PM - Pastime Picks 4:00 PM - The Brainy Bunch 5:30 PM - Saturday Night Sitcom
9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Sundae Social 3:30 PM - The Daily Chronicle: Weekend Update 4:00 PM - Cranium Crunchies 5:30 PM - Sunday TV Hour	9:30 AM - Sit & Stretch 10:00 AM - Musical Memories: Spooky Tunes 11:00 AM - Art From the Heart: Clothespin Bats 11:30 AM - Brain Dance with Susan 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club: Halloween Candy Cookies 3:00 PM - Scenic Drive Adventure: Spotting Halloween Decorations 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room: Melissa on Piano	9:00 AM - Weights & Wellness 10:30 AM - Game On: Through the Web Toss 11:00 AM - Wise & Well: Walking Club to the Library 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Movercize with Richard 3:00 PM - The Catch-Up: Current Events 4:00 PM - Devotions with a View: Rosary Circle 5:30 PM - Match It Up	9:30 AM - Wake, Shake & Zumba 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Crafting with Isabel: Eee-resistable Webs 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - Scenic Splurge 3:30 PM - Wine-Down at the Arbor Spa 4:00 PM - The Gentlemen's Table 5:30 PM - Evening Devotions	10:00 AM - Wise & Well: Walking Club Around the Arbor 11:00 AM - Tales Together: Story Maker 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Halloween Bingo 3:00 PM - Flower Arranging 4:30 PM - Spring Arbor of Cary's 3rd Annual Trunk-or-Treat 5:30 PM - Artful Expressions	9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Trivia & Treats Social 3:00 PM - Monster Mash Bash (AL) 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin: Hocus Pocus Sensory Magic 5:30 PM - Classics on Screen	Halloween 9:30 AM - Sunrise Strides: Halloween Scavenger Hunt 10:00 AM - St. Michael's Eucharistic Ministry Visits 11:00 AM - Balloon Boogie 1:00 PM - Relaxing Moments with Meditative Melodies 2:30 PM - Cottage Stories 3:30 PM - Pastime Picks 4:00 PM - The Brainy Bunch 5:30 PM - Saturday Night Sitcom

October 2026

Spring Arbor of Cary
Memory Care 300



SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
<u>Locations</u>							<u>Dimensions</u>																					Pumpkin Spice Day 10:00 AM - Resident Council 11:00 AM - Wise & Well: Walking Club Around the Arbor 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions							9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Bavarian Brews & Bites: Oktoberfest Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin: A Cozy October 5:30 PM - Classics on Screen							9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Balloon Boogie 1:00 PM - Relaxing Moments with Meditative Melodies 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch 4:00 PM - Pastime Picks 5:30 PM - Saturday Night Sitcom						
9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Sundae Social 3:30 PM - Cranium Crunchies 4:00 PM - The Daily Chronicle: Weekend Update 5:30 PM - Sunday TV Hour							9:30 AM - Sit & Stretch 10:00 AM - Musical Memories 11:00 AM - Art From the Heart: Painting with the Cary Homeschoolers 11:00 AM - Wellness Clinic 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club 3:00 PM - Scenic Drive Adventure 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room							Mad Hatter Day 10:00 AM - Wise & Well: Walking Club to the Cary Cafe 11:00 AM - Golden Memories: Morning Mingle 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Tea Time in Wonderland 3:00 PM - Afternoon Yoga 4:00 PM - Devotions with a View: Rosary Circle 5:30 PM - Match It Up							9:30 AM - Chair Flow Tai Chi 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Worship with Peace Church (AL) 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - What's Cooking with Isabel 3:00 PM - Wine-Down at the Spa 4:00 PM - Patio Pours: Guy's Time in the Courtyard 5:30 PM - Evening Devotions							9:30 AM - Core & More Seated Exercise 10:15 AM - Magnolia Melodies Music Therapy 11:00 AM - Wise & Well: Walking Club Through the Courtyard 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail: Crafting Connections 5:30 PM - Artful Expressions							9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen							Walk to a Park Day 9:30 AM - Sunrise Strides: Visiting our National Parks 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Pass the Conversation 1:00 PM - Relaxing Moments with Meditative Melodies 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch 4:00 PM - Pastime Picks 5:30 PM - Saturday Night Sitcom						
9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Sundae Social 3:30 PM - Cranium Crunchies 4:00 PM - The Daily Chronicle: Weekend Update 5:30 PM - Sunday TV Hour							Columbus Day 9:30 AM - Sit & Stretch: Set Sail & Get Moving! 10:00 AM - Musical Memories: Songs Across the Sea 11:00 AM - Art From the Heart: Pony Beaded Indian Corn 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club: Maple Cornbread Muffins 3:00 PM - Scenic Drive Adventure 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room: Kenny Rogers							9:00 AM - Weights & Wellness 10:30 AM - Game On 11:00 AM - Wise & Well: Walking Club to the Library 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Chair Qigong 3:00 PM - The Catch-Up: Current Events 4:00 PM - Devotions with a View: Rosary Circle 5:30 PM - Match It Up							9:30 AM - Wake, Shake & Zumba 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Crafting with Isabel: Leaf Tail Squirrel 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - Scenic Splurge 3:30 PM - Wine-Down at the Arbor Spa 4:00 PM - The Gentlemen's Table 5:30 PM - Evening Devotions							10:00 AM - Wise & Well: Walking Club Around the Arbor 11:00 AM - Fortune Roulette 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions							Fall Harvest Day 9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Falling for Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin: A Touch of Autumn 5:30 PM - Classics on Screen							9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Balloon Boogie 1:00 PM - Relaxing Moments with Meditative Melodies 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch 4:00 PM - Pastime Picks 5:30 PM - Saturday Night Sitcom						
Donut Day 9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Donut Hole Delights 3:30 PM - Cranium Crunchies 4:00 PM - The Daily Chronicle: Weekend Update 5:30 PM - Sunday TV Hour							9:30 AM - Sit & Stretch 10:00 AM - Musical Memories 11:00 AM - Art From the Heart: Mixed-Media Geodes 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club 3:00 PM - Scenic Drive Adventure 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room: Barry Manilow							10:00 AM - Wise & Well: Walking Club to the Cary Cafe 11:00 AM - Golden Memories: Morning Mingle 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Afternoon Yoga 3:00 PM - The Catch-Up: Current Events 4:00 PM - Mike on Guitar 5:30 PM - Match It Up							9:30 AM - Chair Flow Tai Chi 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Worship with Peace Church (AL) 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - What's Cooking with Isabel 3:00 PM - Wine-Down at the Spa 4:00 PM - Patio Pours: Guy's Time in the Courtyard 5:30 PM - Evening Devotions							Color Day: Wear your favorite! 9:30 AM - Core & More Seated Exercise 10:15 AM - Magnolia Melodies Music Therapy 11:00 AM - Wise & Well: Walking Club Through the Courtyard 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Bingo 3:30 PM - Flower Arranging 4:00 PM - You've Got Mail 5:30 PM - Artful Expressions							9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Happy Hour 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin 5:30 PM - Classics on Screen							9:30 AM - Sunrise Strides 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Pass the Conversation 1:00 PM - Relaxing Moments with Meditative Melodies 2:00 PM - Cottage Stories 3:30 PM - The Brainy Bunch 4:00 PM - Pastime Picks 5:30 PM - Saturday Night Sitcom						
9:15 AM - We CARE: Community Garden Watering 10:15 AM - Color Along Creations 10:15 AM - Catholic Mass Telecast 11:15 AM - Music & The Spoken Word: The Tabernacle Choir 1:00 PM - Relaxing Moments with Soft Jazz 2:00 PM - Sundae Social 3:30 PM - Cranium Crunchies 4:00 PM - The Daily Chronicle: Weekend Update 5:30 PM - Sunday TV Hour							9:30 AM - Sit & Stretch 10:00 AM - Musical Memories: Spooky Tunes 11:00 AM - Art From the Heart: Clothespin Bats 11:30 AM - Brain Dance with Susan 1:00 PM - Relaxing Moments with Apple Cinnamon Aromatherapy 2:00 PM - Destiny's Recipe Review Club: Halloween Candy Cookies 3:00 PM - Scenic Drive Adventure: Spotting Halloween Decorations 4:15 PM - The Manicure Lounge 5:00 PM - Live From the Living Room: Melissa on Piano							9:00 AM - Weights & Wellness 10:30 AM - Game On: Through the Web Toss 11:00 AM - Wise & Well: Walking Club to the Library 1:00 PM - Relaxing Moments: Brush & Breathe 2:00 PM - Movercize with Richard 3:00 PM - The Catch-Up: Current Events 4:00 PM - Devotions with a View: Rosary Circle 5:30 PM - Match It Up							9:30 AM - Wake, Shake & Zumba 10:30 AM - Wise & Well: BrainFit with Legacy 11:00 AM - Crafting with Isabel: Eee-resistable Webs 1:00 PM - Relaxing Moments with Rosy Glow Hand Massages 2:00 PM - Scenic Splurge 3:30 PM - Wine-Down at the Arbor Spa 4:00 PM - The Gentlemen's Table 5:30 PM - Evening Devotions							10:00 AM - Wise & Well: Walking Club Around the Arbor 11:00 AM - Tales Together: Story Maker 1:00 PM - Relaxing Moments with Baby Joy 2:00 PM - Halloween Bingo 3:00 PM - Flower Arranging 4:30 PM - Spring Arbor of Cary's 3rd Annual Trunk-or-Treat 5:30 PM - Artful Expressions							9:30 AM - Cottage Stroll 10:30 AM - Coffee & Chronicle: A Week in Review 11:00 AM - Wise & Well: Sit & Be Fit with Legacy 1:00 PM - Relaxing Moments with Tea & Tranquility 2:00 PM - Trivia & Treats Social 3:00 PM - Monster Mash Bash (AL) 3:30 PM - Scripture Study 4:00 PM - The Cozy Corner Bin: Hocus Pocus Sensory Magic 5:30 PM - Classics on Screen							Halloween 9:30 AM - Sunrise Strides: Halloween Scavenger Hunt 10:00 AM - St. Michael's Eucharistic Ministry Visits 10:30 AM - Balloon Boogie 1:00 PM - Relaxing Moments with Meditative Melodies 2:00 PM - Cottage Stories: Halloween Through the Years 3:30 PM - The Brainy Bunch 4:00 PM - Pastime Picks 5:30 PM - Saturday Night Sitcom						