

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00-10:30 Exercise 10:30-11:00 W&W BRR Name 5 October Trivia 11:00-11:10 W&W BRR Wellness Talk 11:10-12:10 W&W BRR Wellness Clinic Weights 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Decorate the Month	2 Musical Friday 10:00-10:30 Move & Groove 10:30-11:00 Chain Reaction 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Drum Circle	3 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
4 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	5 International Coffee Week 10:00-10:30 Exercise 10:30-11:00 Coffee Tasting 12:30- 1:30 Book Club + pastries 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	6 9:00-12:00 Canasta 10:00-10:30 Pilates 10:30-11:30 Shopping Trip 10:30-11:15 W&W BRR Fall Craft 2:00- 3:00 Pet Therapy with Doc 3:00- 4:00 Art from the Heart	7 International Coffee Week 10:00-10:30 Exercise 10:30-11:30 Coffee & Manicures 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Music Therapy 3:00- 4:00 Chyane's Flavor lab	8 10:00-10:30 Mindful Movement 10:30-11:15 W&W BRR Noodle Ball 11:00- 1:00 BBQ Chicken Plate Sale 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Pet Therapy with Barkley	9 International Coffee Week 10:00-10:30 Exercise 10:30-11:00 Coffee Tasting 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Sugar & Socializing	10 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
11 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	12 10:00-10:30 Exercise 10:30-11:30 Book Club 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	13 9:00-12:00 Canasta 10:00-10:30 Pilates 10:30-11:15 W&W BRR "Pumpkin" Bowling 2:00- 3:00 Pet Therapy with Doc 3:00- 4:00 Art from the Heart	14 Oktoberfest Celebration! 10:00-10:30 Exercise 10:30-11:30 Manicures 12:30- 1:00 Pitt County Bookmobile (P) 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Oktoberfest: Photo Shoot 3:00- 4:00 Chyane's Flavor lab: Oktoberfest Social	15 Oktoberfest Celebration! 10:00-10:30 Exercise 10:30-11:30 W&W BRR Bagged Lunches for the Homeless Shelter 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Oktoberfest experience 6:30- 7:30 Mr. Warren Music	16 National Sports Day 10:00-10:30 Tabletop Tennis 10:30-10:30 Guitar with Julie 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Indoor Golfing	17 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
18 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	19 Breast Cancer Week: Wear Pink! 10:00-10:30 Exercise 10:30-11:30 Book Club 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:30 St. James Jammers	20 Breast Cancer Week: Wear Pink! 9:00-12:00 Canasta 10:00-10:30 Pilates 10:30-11:30 W&W BRR Event Decorating Halloween Mask 2:00- 3:00 Art from the Heart: Breast Cancer Ribbons 3:00- 4:00 Auction	21 Breast Cancer Week: Wear Pink! 10:00-10:30 Exercise 10:30-11:30 Manicures 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Music Therapy 3:00- 4:00 Chyane's Flavor lab: Breast Cancer Support Cards & Pink Lemonade	22 Breast Cancer Week: Wear Pink! 10:00-10:30 Exercise 10:30-11:00 Ring Toss 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Jackpot	23 Breast Cancer Week: Wear Pink! 10:00-10:30 Exercise 10:30-11:00 Cornhole 2:00- 3:00 Bingo 2:30- 3:30 Trick or Treating	24 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
25 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	26 10:00-10:30 Exercise 10:30-11:30 Book Club 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	27 9:00-12:00 Canasta 10:00-10:30 Pilates 10:30-11:15 W&W BRR Pumpkin Toss 2:00- 3:00 Art from the Heart 3:00- 4:00 Resident Council Meeting	28 10:00-10:30 Exercise 10:30-11:30 Manicures 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 3:00- 4:00 Chyane's Flavor lab 5:30- 7:00 Fall Festival	29 10:00-10:30 Exercise 10:30-11:15 W&W BRR "Bobbin" for Apples 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Bowling	30 10:00-10:30 Exercise 10:30-11:00 Floor Tic Tac Toe 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Halloween Social	31 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				International Coffee Day 1 10:00-10:30 Twanda's Cooking Corner 11:00-12:00 Chair Aerobics with Cynthia 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Hot Towel Hand Massages	World Smile Day 2 9:30-10:30 Friday Morning Armchair Travels 10:30-11:30 W&W BRR Wellness Clinic Weights 11:00-11:30 Balloon Pass 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Card Games & Puzzles w/ Med Tech! 6:00- 8:00 Movie of Choice w/ Evening Snack	3 9:30-10:00 Morning Exercise 10:00-10:30 Reminisce Therapy 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 3:00 Noodle Ball 4:00- 5:00 Puzzles 6:00- 8:00 TMC Movie Channel
4 9:30-10:00 Morning Exercise 11:00-11:30 Sunday School 1:00- 2:00 Quiet Time/Rest and Relax 3:00- 4:00 Card Games 6:00- 7:00 Stretch Your Legs Walking Club	Do Something Nice Day 5 9:30-10:30 Morning Exercise 1:00- 2:00 Quiet Time/Rest and Relax 3:30- 4:30 Parachute Ball 6:00- 7:00 Cottage Life Stories	6 9:30-10:30 Art From the Heart w/ Cottage Aides 10:30-11:30 Karaoke with Staff 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 2:45 W&W BRR Fall Craft 3:30- 4:30 Cottage Bowling! 4:00- 5:00 Aromatherapy	7 9:30-10:30 Morning Exercise 11:00-12:00 Jeopardy 1:00- 2:00 Quiet Time/Rest and Relax 3:30- 4:30 Mani-Pedis 6:00- 8:00 Classic Movie	8 10:00-10:30 Twanda's Cooking Corner 11:00-12:00 Chair Aerobics with Cynthia 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 2:30 W&W BRR Noodle Ball 4:00- 5:00 Hot Towel Hand Massages	9 World Egg Day 9:30-10:30 Friday Morning Armchair Travels 11:00-11:30 Balloon Pass 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Card Games & Puzzles w/ Med Tech! 6:00- 8:00 Movie of Choice w/ Evening Snack	10 9:30-10:00 Morning Exercise 10:00-10:30 Reminisce Therapy 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 3:00 Noodle Ball 4:00- 5:00 Puzzles 6:00- 8:00 TMC Movie Channel
11 9:30-10:00 Morning Exercise 11:00-11:30 Sunday School 1:00- 2:00 Quiet Time/Rest and Relax 3:00- 4:00 Card Games 6:00- 7:00 Stretch Your Legs Walking Club	Columbus Day 12 9:30-10:30 Morning Exercise 1:00- 2:00 Quiet Time/Rest and Relax 3:30- 4:30 Parachute Ball 6:00- 7:00 Cottage Life Stories	13 9:30-10:30 Art From the Heart w/ Cottage Aides 10:30-11:30 Karaoke with Staff 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 2:30 W&W BRR Pumpkin Toss 3:30- 4:30 Cottage Bowling! 4:00- 5:00 Aromatherapy	National Dessert Day 14 9:30-10:30 Morning Exercise 11:00-12:00 Jeopardy 1:00- 2:00 Quiet Time/Rest and Relax 2:30- 3:00 W&W BRR Chair Aerobics 3:30- 4:30 Mani-Pedis 6:00- 7:30 Story Time	15 10:00-10:30 Twanda's Cooking Corner 11:00-12:00 Chair Aerobics with Cynthia 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 2:30 W&W BRR Beach Ball Fun 4:00- 5:00 Hot Towel Hand Massages	16 9:30-10:30 Friday Morning Armchair Travels 11:00-11:30 Balloon Pass 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Card Games & Puzzles w/ Med Tech! 6:00- 8:00 Movie of Choice w/ Evening Snack	17 9:30-10:00 Morning Exercise 10:00-10:30 Reminisce Therapy 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 3:00 Noodle Ball 4:00- 5:00 Puzzles 6:00- 8:00 TMC Movie Channel
18 9:30-10:00 Morning Exercise 11:00-11:30 Sunday School 1:00- 2:00 Quiet Time/Rest and Relax 3:00- 4:00 Card Games 6:00- 7:00 Stretch Your Legs Walking Club	19 9:30-10:30 Morning Exercise 1:00- 2:00 Quiet Time/Rest and Relax 3:30- 4:30 Parachute Ball 6:00- 7:00 Cottage Life Stories	20 9:30-10:30 Art From the Heart w/ Cottage Aides 10:30-11:30 Karaoke with Staff 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 3:00 W&W BRR Decorating Halloween Mask 3:30- 4:30 Cottage Bowling! 4:00- 5:00 Aromatherapy	National Pumpkin Cheesecake Day 21 9:30-10:30 Morning Exercise 11:00-12:00 Jeopardy 1:00- 2:00 Quiet Time/Rest and Relax 2:30- 3:00 W&W BRR Chair Aerobics 3:00- 3:30 Cheesecake Social 3:30- 4:30 Mani-Pedis	22 10:00-10:30 Twanda's Cooking Corner 11:00-12:00 Chair Aerobics with Cynthia 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Hot Towel Hand Massages	23 9:30-10:30 Friday Morning Armchair Travels 11:00-11:30 Balloon Pass 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Card Games & Puzzles w/ Med Tech! 6:00- 8:00 Movie of Choice w/ Evening Snack	Make A Difference Day 24 9:30-10:00 Morning Exercise 10:00-10:30 Reminisce Therapy 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 3:00 Noodle Ball 4:00- 5:00 Puzzles 6:00- 8:00 TMC Movie Channel
25 9:30-10:00 Morning Exercise 11:00-11:30 Sunday School 1:00- 2:00 Quiet Time/Rest and Relax 3:00- 4:00 Card Games 6:00- 7:00 Stretch Your Legs Walking Club	National Pumpkin Day 26 9:30-10:30 Morning Exercise 1:00- 2:00 Quiet Time/Rest and Relax 3:30- 4:30 Parachute Ball 6:00- 7:00 Cottage Life Stories	27 9:30-10:30 Art From the Heart w/ Cottage Aides 10:30-11:30 Karaoke with Staff 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 2:30 W&W BRR Noodle Ball 3:30- 4:30 Cottage Bowling! 4:00- 5:00 Aromatherapy	National Chocolate Day 28 9:30-10:30 Morning Exercise 11:00-12:00 Jeopardy 1:00- 2:00 Quiet Time/Rest and Relax 2:30- 3:00 W&W BRR Chair Aerobics 3:30- 4:30 Mani-Pedis 5:30- 7:00 Fall Festival	29 10:00-10:30 Twanda's Cooking Corner 11:00-12:00 Chair Aerobics with Cynthia 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 2:30 W&W BRR Pumpkin Games 4:00- 5:00 Hot Towel Hand Massages	30 9:30-10:30 Friday Morning Armchair Travels 11:00-11:30 Balloon Pass 1:00- 2:00 Quiet Time/Rest and Relax 4:00- 5:00 Card Games & Puzzles w/ Med Tech! 6:00- 8:00 Movie of Choice w/ Evening Snack	31 9:30-10:00 Morning Exercise 10:00-10:30 Reminisce Therapy 1:00- 2:00 Quiet Time/Rest and Relax 2:00- 3:00 Noodle Ball 4:00- 5:00 Puzzles 6:00- 8:00 TMC Movie Channel