

October 2026

Spring Arbor of Kinston
ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations27 Activity Room (AR) Dining Room (DR) One-to-One Activity (OA) Outing (O) Outside (O) Sun Room (SR)	28	29	30	01 10:00 - Daily Packet (OA) 10:45 - Exercise (AR) 2:00 - Cornhole Fun (AR) 3:30 - Romeo Visits (AR) 6:30 - BINGO (AR)	02 10:00 - Daily Packet (OA) 10:45 - Fun Friday (AR) 2:00 - Pumpkin Painting (AR) 3:30 - Great Pumpkin (AR)	03 11:00 - Color Creations (AR) 2:00 - Resident's Choice Afternoon Matinee (AR)
04 11:00 - Virtual Church Service (AR) 2:00 - Front Porch Chats (O) 4:00 - Ernie's Bible Study (AR)	05 10:00 - Daily Packet (OA) 11:00 - Word Games (AR) 2:00 - Bingo (AR) 3:30 - Book Club (AR)	06 10:00 - Daily Packet (OA) 10:45 - Stretching (AR) 2:00 - Monopoly Game (AR) 3:30 - Sing Along (AR) 4:00 - Nature Walks (O)	07 9:30 - Hair Salon 10:00 - Daily Packet (OA) 11:00 - Neuse Library (AR) 2:30 - Bible Study (AR) 3:30 - Art (AR)	08 10:00 - Daily Packet (OA) 10:45 - Exercise (AR) 2:00 - Rock n Bowl (AR) 3:30 - Romeo Visits (AR) 6:30 - BINGO (AR)	09 10:00 - Daily Packet (OA) 10:45 - Fun Friday (AR) 1:30 - Scenic Ride (O) 3:30 - Blackjack Game (AR)	10 11:00 - Color Creations (AR) 2:00 - Blue Grass Band (DR)
11 11:00 - Virtual Church Service (AR) 2:00 - Front Porch Chats (O) 4:00 - Ernie's Bible Study (AR)	12 Columbus Day 10:00 - Daily Packet (OA) 11:00 - Indigenous People's Trivia (AR) 2:00 - Bingo (AR) 3:30 - Happy Hour (AR)	13 10:00 - Daily Packet (OA) 10:45 - Stretching (AR) 2:00 - Pokeno (AR) 3:30 - How It's Made (AR) 4:00 - Nature Walks (O)	14 9:30 - Hair Salon 10:00 - Daily Packet (OA) 10:45 - Bingo (AR) 2:30 - Bible Study (AR) 3:30 - Art (AR)	15 10:00 - Daily Packet (OA) 10:45 - Exercise (AR) 2:00 - Bingo (AR) 3:30 - Sandpiper Trip (O)	16 10:00 - Daily Packet (OA) 10:45 - Fun Friday (AR) 2:00 - Movie & Popcorn (AR) 3:30 - Random Trivia (AR)	17 11:00 - Color Creations (AR) 2:00 - Resident's Choice Afternoon Matinee (AR)
18 11:00 - Virtual Church Service (AR) 2:00 - Front Porch Chats (O) 4:00 - Ernie's Bible Study (AR)	19 10:00 - Daily Packet (OA) 11:00 - Name that Hymn (AR) 2:00 - Bingo (AR) 3:30 - Book Club (AR)	20 10:00 - Daily Packet (OA) 10:45 - Stretching (AR) 2:00 - Scotty Stringz (DR) 4:00 - Nature Walks (O)	21 9:30 - Hair Salon 10:00 - Daily Packet (OA) 10:45 - Bingo (AR) 2:30 - Bible Study (AR) 3:30 - Art (AR)	22 10:00 - Daily Packet (OA) 10:45 - Exercise (AR) 2:00 - Cornhole Fun (AR) 3:00 - Mull It Over (SR)	23 10:00 - Daily Packet (OA) 10:45 - Fun Friday (AR) 1:30 - Creamery Trip 3:30 - Blackjack Game (AR)	24 10:45 - Calvary Church Servoce (AR) 2:00 - Resident's Choice Afternoon Matinee (AR)
25 11:00 - Virtual Church Service (AR) 2:00 - Front Porch Chats (O) 4:00 - Ernie's Bible Study (AR)	26 10:00 - Daily Packet (OA) 11:00 - Halloween Word Games (AR) 2:00 - Witch Bingo (AR) 3:30 - Book Club (AR)	27 10:00 - Daily Packet (OA) 10:45 - Stretching (AR) 2:00 - Pumpkin Carving (AR) 3:30 - Pumpkin Trivia (AR) 4:00 - Nature Walks (O)	28 9:30 - Hair Salon 10:00 - Daily Packet (OA) 10:45 - Bingo (AR) 2:30 - Bible Study (AR) 3:30 - Art (AR)	29 10:00 - Daily Packet (OA) 10:45 - Exercise (AR) 3:30 - Romeo Visits (AR) 6:30 - BINGO (AR)	30 10:00 - Daily Packet (OA) 10:45 - Fun Friday (AR) 2:00 - Halloween Party (DR) 3:30 - Halloween Mad Libs	31 Halloween 11:00 - Halloween Color Creations (AR) 2:00 - Feature Film- Spooky Buddies (AR)

* Activities are subject to change



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u> Activity Room (AR) Sitting Room (SR) Outside (O)	<u>Dimensions</u>			9:00 AM - Royal Treatment (AR) 01 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well (AR) 3:30 PM - Sing along To Music Videos (AR) 6:00 PM - Baby Joy (AR)	9:00 AM - Royal Treatment (AR) 02 10:30 AM - Parachute Fun (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Decorate Mini Pumpkins (AR) 3:30 PM - Random Trivia Fun (AR) 6:00 PM - You've Got Mail (AR)	9:00 AM - Royal Treatment (AR) 03 10:30 AM - Remember When (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Balloon Volleyball (AR) 3:30 PM - Bingo (AR) 6:00 PM - Sing Along To Music Videos (AR)
9:00 AM - Royal Treatment (AR) 04 10:30 AM - Virtual Church (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia Ball (AR) 3:00 PM - Art From The Heart (AR) 6:00 PM - Gospel Sing Along (SR)	9:00 AM - Royal Treatment (AR) 05 10:30 AM - Music/Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Beach Ball Toss (AR) 6:00 PM - Porch Chats (AR)	9:00 AM - Royal Treatment (AR) 06 10:30 AM - Tuesday Trivia (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art From The Heart (AR)	9:00 AM - Royal Treatment (AR) 07 10:30 AM - Wise and Well (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Corn Hole (AR) 4:00 PM - Devotion With Ernie (SR) 6:00 PM - Trivia Ball (AR)	9:00 AM - Royal Treatment (AR) 08 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well (AR) 3:30 PM - Sing along (AR) 6:00 PM - Baby Joy (AR)	9:00 AM - Royal Treatment (AR) 09 10:30 AM - Parachute Fun (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Afternoon Matinee (SR) 3:30 PM - Fall Pictures (AR) 6:00 PM - You've Got Mail (AR)	9:00 AM - Royal Treatment (AR) 10 10:30 AM - Finish The Phrase (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Music Sing Along (AR) 3:30 PM - Corn Hole (AR) 6:00 PM - Beach Ball Toss (AR)
9:00 AM - Royal Treatment (AR) 11 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia Ball (AR) 3:00 PM - Art From The Heart (AR) 6:00 PM - Gospel Sing Along (SR)	9:00 AM - Royal Treatment (AR) 12 10:30 AM - Music & Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Beach Ball Toss (AR) 6:00 PM - Porch Chats (AR)	9:00 AM - Royal Treatment (AR) 13 10:30 AM - Tuesday Trivia (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art From The Heart (AR)	9:00 AM - Royal Treatment (AR) 14 10:30 AM - Wise and Well (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Corn Hole (AR) 4:00 PM - Devotion With Ernie (SR) 6:00 PM - Trivia Ball (AR)	9:00 AM - Royal Treatment (AR) 15 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well (AR) 3:30 PM - Sing along (AR) 6:00 PM - Baby Joy (AR)	9:00 AM - Royal Treatment (AR) 16 10:30 AM - Parachute Fun (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Name That Pie (SR) 3:30 PM - Random Trivia Fun (AR) 6:00 PM - You've Got Mail (AR)	9:00 AM - Royal Treatment (AR) 17 10:30 AM - Art From The Heart (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Gospel Sing Along (AR) 3:30 PM - Back Porch Chats (O) 6:00 PM - Remember When (AR)
9:00 AM - Royal Treatment (AR) 18 10:30 AM - Virtual Church Service (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia Ball (AR) 3:00 PM - Art From The Heart (AR) 6:00 PM - Gospel Sing Along (SR)	9:00 AM - Royal Treatment (AR) 19 10:30 AM - Music & Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Beach Ball Toss (AR) 6:00 PM - Porch Chats (AR)	9:00 AM - Royal Treatment (AR) 20 10:30 AM - Tuesday Trivia (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art From The Heart (AR)	9:00 AM - Royal Treatment (AR) 21 10:30 AM - Wise and Well (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Corn Hole (AR) 4:00 PM - Devotion With Ernie (SR) 6:00 PM - Trivia Ball (AR)	9:00 AM - Royal Treatment (AR) 22 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well (AR) 3:30 PM - Sing along To Music Videos (AR) 6:00 PM - Baby Joy (AR)	9:00 AM - Royal Treatment (AR) 23 10:30 AM - Parachute Fun (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Afternoon Matinee (SR) 3:30 PM - Fall Coloring Wreaths (AR) 6:00 PM - You've Got Mail (AR)	9:00 AM - Royal Treatment (AR) 24 10:30 AM - Chair Dancing (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Corn Hole (AR) 6:00 PM - Trivia Ball (AR)
9:00 AM - Royal Treatment (AR) 25 10:30 AM - Virtual Church (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Trivia Ball (AR) 3:00 PM - Art From The Heart (AR) 6:00 PM - Gospel Sing Along (SR)	9:00 AM - Royal Treatment (AR) 26 10:30 AM - Music & Manicures (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Bingo (AR) 3:30 PM - Beach Ball Toss (AR) 6:00 PM - Porch Chats (AR)	9:00 AM - Royal Treatment (AR) 27 10:30 AM - Tuesday Trivia (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Baking Group (AR) 3:30 PM - Balloon Volleyball (AR) 6:00 PM - Art From The Heart (AR)	9:00 AM - Royal Treatment (AR) 28 10:30 AM - Wise and Well (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Corn Hole (AR) 4:00 PM - Devotion With Ernie (SR) 6:00 PM - Trivia Ball (AR)	9:00 AM - Royal Treatment (AR) 29 10:30 AM - Bingo (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Wise and Well (AR) 3:30 PM - Sing along To Music Videos (AR) 6:00 PM - Baby Joy (AR)	9:00 AM - Royal Treatment (AR) 30 10:30 AM - Parachute Fun (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Harvest Social (SR) 3:30 PM - Random Trivia Fun (AR) 6:00 PM - You've Got Mail (AR)	9:00 AM - Royal Treatment (AR) 31 10:30 AM - Manicures And Music (AR) 1:00 PM - Relaxing Moments (SR) 2:00 PM - Beach Ball Toss (AR) 3:30 PM - Bingo (AR) 6:00 PM - Harvest Art (AR)