

October 2026

Spring Arbor of Leesburg
ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity, location, and time are subject to change. Please refer to the Daily Schedule at the Front Desk for the most current information. All activities last a minimum of 30 minutes, unless otherwise noted. 27	 28	<u>Locations</u> Activity Room (AR) Activity Room-Cottage (AR) Bus Outing (BO) Cafe (C) Library (L) Living Room (LR) Sunroom (S) Wellness Center (WC) 29	 30	9:15 AM - Bible Study with Maggie (AR) 10:00 AM - Seated Yoga with Tiffaney (WC) 11:00 AM - Brain Games (AR) 1:00 PM - Poetry (Reading and Writing) (AR) 1:00 PM - Visit with Leslie and Shine (LR) 2:00 PM - Wheel of Fortune (AR) 3:00 PM - New Resident Social (AR) 6:00 PM - Evening Movie (S) 01	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Manicures (AR) 1:00 PM - Local Scenic Drive (BO) 1:00 PM - Card and Board Games (AR) 2:00 PM - Hearts and Harmonies (AR) 3:15 PM - Happy Hour sponsored by Sencura (AR) 6:00 PM - Evening Movie (S) 02	Happy Birthday Shirley B! 10:00 AM - Coffee and Treats (C) 11:00 AM - Morning Documentary (S) 1:00 PM - BINGO (AR) 2:00 PM - Cider Social (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 03
9:30 AM - Morning Documentary (S) 11:00 AM - Worship Service with Connie and Joe (AR) 1:00 PM - Sitcom Sunday (S) 1:30 PM - Church Service with Rev. David, Nancy, and Bill (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 04	9:15 AM - Catholic Divine Mercy Prayer (L) 9:30 AM - Catholic Communion (L) 10:00 AM - Exercise with Bayada (AR) 11:00 AM - NYT Games (AR) 1:00 PM - Music with Peter and Lauren (AR) 2:00 PM - Black Cat Sitting on a Pumpkin Painting (AR) 3:00 PM - Country Store (200 Hall) 6:00 PM - Evening Movie (S) 05	10:00 AM - Indoor Walking-Meet in Activity Room (AR) 11:00 AM - Bingo (AR) 1:00 PM - Sing-Along with Maggie (AR) 2:00 PM - Piano with Susan (AR) 3:00 PM - We C.A.R.E. Program (AR) 4:00 PM - Chat with John and Karin about Medicare (AR) 6:00 PM - Music with Matthew Melvin (AR) 06	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Short Stories with Mike (S) 1:00 PM - Jeopardy (AR) 1:00 PM - Rosary with Barbara S. (L) 2:00 PM - Tealight Ghosts (AR) 3:30 PM - Wine Down Wednesday (C) 6:00 PM - Evening Movie (S) 07	9:15 AM - Bible Study with Maggie (AR) 10:00 AM - Seated Yoga with Tiffaney (WC) 11:00 AM - Brain Games (AR) 1:00 PM - Poetry (Reading and Writing) (AR) 1:00 PM - Visit with Leslie and Shine (LR) 2:00 PM - Wheel of Fortune (AR) 3:00 PM - Garage Band Practice (AR) 6:00 PM - Evening Movie (S) 08	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Manicures (AR) 1:00 PM - Card and Board Games (AR) 2:00 PM - Hearts and Harmonies (AR) 3:15 PM - Happy Hour (AR) 6:00 PM - Evening Movie (S) 09	10:00 AM - Coffee and Treats (C) 11:00 AM - Morning Documentary (S) 1:00 PM - BINGO (AR) 2:00 PM - Cider Social (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 10
9:30 AM - Morning Documentary (S) 11:00 AM - Worship Service with Connie and Joe (AR) 1:00 PM - Sitcom Sunday (S) 1:30 PM - Church Service with Rev. David, Nancy, and Bill (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 11	Columbus Day 9:15 AM - Catholic Divine Mercy Prayer (L) 9:30 AM - Catholic Communion (L) 10:00 AM - Exercise with Bayada (AR) 11:00 AM - Ukulele Group Performance (AR) 1:00 PM - TSO Life-AI Story Generator 2:00 PM - Halloween pumpkin outline painting (AR) 3:00 PM - Resident Birthday Party Sponsored by Right At Home (AR) 6:00 PM - Evening Movie (S) 12	10:00 AM - Corn Hole (WC) 11:00 AM - Bingo (AR) 1:00 PM - Sing-Along with Maggie (AR) 2:00 PM - Piano with Susan (AR) 3:00 PM - We C.A.R.E. Program (AR) 6:00 PM - Evening Movie (S) 13	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Short Stories with Mike (S) 1:00 PM - Jeopardy (AR) 1:00 PM - Rosary with Barbara S. (L) 2:00 PM - Button Pumpkin Door Hangers (AR) 3:30 PM - Wine Down Wednesday (C) 6:00 PM - Evening Movie (S) 14	9:15 AM - Bible Study with Maggie (AR) 10:00 AM - Seated Yoga with Tiffaney (WC) 11:00 AM - Brain Games (AR) 1:00 PM - Poetry (Reading and Writing) (AR) 1:00 PM - Visit with Leslie and Shine (LR) 2:00 PM - Wheel of Fortune (AR) 3:00 PM - Garage Band Practice (AR) 6:00 PM - Evening Movie (S) 15	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Manicures (AR) 1:00 PM - Local Scenic Drive (BO) 1:00 PM - Card and Board Games (AR) 2:00 PM - Hearts and Harmonies (AR) 3:15 PM - Happy Hour (AR) 6:00 PM - Evening Movie (S) 16	10:00 AM - Coffee and Treats (C) 11:00 AM - Morning Documentary (S) 1:00 PM - BINGO (AR) 2:00 PM - Cider Social (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 17
9:30 AM - Morning Documentary (S) 11:00 AM - Worship Service with Connie and Joe (AR) 1:00 PM - Sitcom Sunday (S) 1:30 PM - Church Service with Rev. David, Nancy, and Bill (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 18	Happy Birthday Joe B! 9:15 AM - Catholic Divine Mercy Prayer (L) 9:30 AM - Catholic Communion (L) 10:00 AM - Exercise with Bayada (AR) 11:00 AM - NYT Games (AR) 1:00 PM - TSO Life-Virtual Landmark Fieldtrip (AR) 2:00 PM - Spooky Purple Sky Halloween Painting (AR) 3:00 PM - Country Store (200 Hall) 6:00 PM - Evening Movie (S) 19	10:00 AM - Indoor Walking-Meet in Activity Room (AR) 11:00 AM - Bingo (AR) 1:00 PM - Sing-Along with Maggie (AR) 2:00 PM - Piano with Susan (AR) 3:00 PM - We C.A.R.E. Program (AR) 6:00 PM - Evening Movie (S) 20	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Short Stories with Mike (S) 1:00 PM - Flu and Covid Clinic (AR) 1:00 PM - Jeopardy (S) 1:00 PM - Rosary with Barbara S. (L) 3:30 PM - Wine Down Wednesday (C) 6:00 PM - Evening Movie (S) 21	9:15 AM - Bible Study with Maggie (AR) 10:00 AM - Seated Yoga with Tiffaney (WC) 11:00 AM - Brain Games (AR) 1:00 PM - Manicures (AR) 1:00 PM - Visit with Leslie and Shine (LR) 2:00 PM - Wheel of Fortune (S) 3:00 PM - Wine Tasting with Don Kinnan (AR) 6:00 PM - Evening Movie (S) 22	10:00 AM - Exercise with Bayada (AR) 11:15 AM - Loudon County Library Visit (AR) 1:00 PM - Card and Board Games (AR) 2:00 PM - Hearts and Harmonies (AR) 3:15 PM - Happy Hour (AR) 6:00 PM - Evening Movie (S) 23	10:00 AM - Coffee and Treats (C) 11:00 AM - Morning Documentary (S) 1:00 PM - BINGO (AR) 2:00 PM - Cider Social (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 24
9:30 AM - Morning Documentary (S) 11:00 AM - Worship Service with Connie and Joe (AR) 1:00 PM - Sitcom Sunday (S) 1:30 PM - Church Service with Rev. David, Nancy, and Bill (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 25	9:15 AM - Catholic Divine Mercy Prayer (L) 9:30 AM - Catholic Communion (L) 10:00 AM - Exercise with Bayada (AR) 11:00 AM - NYT Games (AR) 1:00 PM - TSO Life-Virtual Landmark Fieldtrip (AR) 2:00 PM - Cotton Swab Pumpkin Stamping (AR) 3:00 PM - Grief Support Group with Rosemary Viani (S) 6:00 PM - Evening Movie (S) 26	10:00 AM - Corn Hole (WC) 11:00 AM - Bingo (AR) 1:00 PM - Sing-Along with Maggie (AR) 2:00 PM - Piano with Susan (AR) 3:00 PM - We C.A.R.E. Program (AR) 6:00 PM - Evening Movie (S) 27	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Short Stories with Mike (S) 1:00 PM - Resident Council and Food Committee Meeting (AR) 2:00 PM - Wine Cork Pumpkins (AR) 3:30 PM - Wine Down Wednesday (C) 6:00 PM - Evening Movie (S) 28	9:15 AM - Bible Study with Maggie (AR) 10:00 AM - Seated Yoga with Tiffaney (WC) 11:00 AM - Brain Games (AR) 1:00 PM - Poetry (Reading and Writing) (AR) 1:00 PM - Visit with Leslie and Shine (LR) 2:00 PM - Wheel of Fortune (AR) 3:00 PM - Garage Band Practice (AR) 6:00 PM - Evening Movie (S) 29	10:00 AM - Exercise with Bayada (AR) 11:00 AM - Manicures (AR) 1:00 PM - Local Scenic Drive (BO) 1:00 PM - Card and Board Games (AR) 2:00 PM - Hearts and Harmonies (AR) 3:15 PM - Happy Hour (AR) 6:00 PM - Evening Movie (S) 30	Halloween 10:00 AM - Coffee and Treats (C) 11:00 AM - Morning Documentary (S) 1:00 PM - BINGO (AR) 2:00 PM - Cider Social (AR) 3:00 PM - Brain Games (AR) 6:00 PM - Evening Movie (S) 31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest and Relaxation The Cottage observes a period of Rest and Relaxation from 1:30pm to 2:30pm every day. All visitors are welcome and encouraged to visit, but please be mindful of noise levels during that time. Thank you! 27	 28	Locations Activity Room-Cottage (AR) Living Room (LR) Daily activities are subject to change based on the needs and desires of the residents. Our Refresh Program takes place daily at 11:30am and 4:30pm. 29	 30	9:00 AM - Balloon Volleyball (LR) 10:00 AM - Word Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Who Was? Story Time 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 01	9:00 AM - Chair Yoga 10:00 AM - Number Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Piano with Susan 3:00 PM - Hearts and Harmonies 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 02	9:30 AM - Coffee and Tea Social 10:30 AM - Music Appreciation 10:30 AM - Flower Arranging 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 3:00 PM - Cinema Saturday 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 03
Happy Birthday Bill! 10:30 AM - Church with Connie and Joe 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 04	9:00 AM - Exercise with Bayada 10:00 AM - Manicure Mondays 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Art From the Heart 3:30 PM - Here's What I See... 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 05	9:00 AM - Scarf Dancing 10:30 AM - Service with Reverand and Nancy DeBose 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 3:00 PM - We C.A.R.E. Program (AR) 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 06	9:00 AM - Exercise with Bayada 10:00 AM - Memory Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Visit with Paco and Daisy 2:30 PM - Art From the Heart 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 07	9:00 AM - Balloon Volleyball (LR) 10:00 AM - Word Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:00 PM - Visit with Leslie and Shine 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Who Was? Story Time 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 08	9:00 AM - Chair Yoga 10:00 AM - Number Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Piano with Susan 3:00 PM - Hearts and Harmonies 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 09	9:30 AM - Coffee and Tea Social 10:30 AM - Music Appreciation 10:30 AM - Flower Arranging 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 3:00 PM - Cinema Saturday 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 10
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Happy Birthday Margaret! 10:30 AM - Church with Connie and Joe 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 25	9:00 AM - Exercise with Bayada 10:00 AM - Manicure Mondays 10:00 AM - Memory Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Art From the Heart 3:30 PM - Here's What I See... 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 26	9:00 AM - Scarf Dancing 10:30 AM - Service with Reverand and Nancy DeBose 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 3:00 PM - We C.A.R.E. Program (AR) 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 27	9:00 AM - Exercise with Bayada 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Visit with Paco and Daisy 2:30 PM - Art From the Heart 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 28	9:00 AM - Balloon Volleyball (LR) 10:00 AM - Word Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:00 PM - Visit with Leslie and Shine 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 2:30 PM - Who Was? Story Time 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 29	9:00 AM - Chair Yoga 10:00 AM - Number Games 10:30 AM - Music Appreciation 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Piano with Susan 3:00 PM - Hearts and Harmonies 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 30	Halloween 9:30 AM - Coffee and Tea Social 10:30 AM - Music Appreciation 10:30 AM - Flower Arranging 11:30 AM - Refresh Program 1:30 PM - Restful Relaxation 2:00 PM - Tovertafel Table Time 3:00 PM - Cinema Saturday 4:30 PM - Refresh Program 6:00 PM - Settle in with a Sitcom 31