

October 2026

Spring Arbor of Outer Banks
ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u> Rehab Gym (RG) Activity Room (AR) Cafe (C) Lobby/Library (L) Dining Room (DR) Bedside (B) Front Library (FL)	<u>Dimensions</u>			9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 2:30 PM - Pink Poodle (C) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles
8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	Happy Anniversary Laken Hoffman Happy Birthday Dorothy B. 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 4:00 PM - Art from the Heart - Canvas Painting (AR)	National Noodle Day 9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo (AR) 2:00 PM - Chair Yoga with Kathy (AR) 3:00 PM - John Baldwin Live Music (L) 4:00 PM - Free Coloring (AR)	National Chocolate covered pretzel day 9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 12:00 PM - Veterans Lunch (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 4:00 PM - Scattergories Game (AR)	Happy Birthday Dorothy Jones Happy Birthday Lieselotte D. 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 11:30 AM - Western B-B-Q (L) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	Happy Birthday Lawrence Holman 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles
8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	Happy Birthday Courtney Bell Columbus Day 9:00 AM - Open Gym (RG) 10:00 AM - Book Club (C) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 4:00 PM - Art from the Heart - Canvas Painting (AR)	9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo with Jodi Collins (AR) 1:00 PM - Martin Summers - Live Music (L) 2:00 PM - Chair Yoga with Kathy (AR) 4:00 PM - Free Coloring (AR)	Happy Birthday Jade Baum 9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 2:00 PM - Lion's Den Men's Social (AR) 4:00 PM - Scattergories Game (AR)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 11:00 AM - Live from Edinburgh: The Haunted Royal Mile 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	Happy Birthday Patricia R. 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles
8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Mary Ann Topaz Sing along (DR) 4:00 PM - Art from the Heart - Canvas Painting (AR)	9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo (AR) 2:00 PM - Chair Yoga with Kathy (AR) 3:00 PM - John Baldwin Live Music (L) 4:00 PM - Fall Open House (L) 4:00 PM - Free Coloring (AR)	9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 11:00 AM - Duck Silver Link Lunch (L) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 4:00 PM - Scattergories Game (AR)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 1:00 PM - Fall Open House (L) 2:30 PM - Resident Birthday Party (C) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR) 4:30 PM - Movie Night (DR)	9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	10:00 AM - Game Time (AR) 10:00 AM - Fall Open House (L) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles
8:00 AM - Catholic Mass Streamed Live on TV (L) 10:00 AM - Independent Stations (AR) 2:00 PM - OBX Community Church (L)	Spirit Week Kickoff - Pumpkin day National Pumpkin Day 9:00 AM - Open Gym (RG) 10:30 AM - Halloween Bingo with Sharon Burke (AR) 1:00 PM - Wise and Well (L) 4:00 PM - Art from the Heart - pumpkin crafts (AR)	Spirit Day 2 - Spooky Spirit 9:00 AM - Open Gym (RG) 10:00 AM - Holy Redeemer By The Sea - In Person Catholic Communion (B) 10:30 AM - Bingo with Jodi Collins (AR) 11:30 AM - Name that Halloween Song (L) 1:00 PM - Martin Summers - Live Music (L) 2:00 PM - Chair Yoga with Kathy (AR) 4:00 PM - Free Coloring (AR)	Spirit Week Day 3: Mystery and Detective Day 9:00 AM - Open Gym (RG) 10:00 AM - Bingo w/Friends of Youth (AR) 1:00 PM - Wise and Well (L) 2:00 PM - Dog Therapy with Sadie 2:00 PM - Live from York, England: Haunted Tales from an Ancient City 4:00 PM - Halloween Riddles and Mysteries (AR)	Spirit Week Day 4: Halloween colors day Happy Birthday Richard B. 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with Brenda (AR) 3:00 PM - Kitty Hawk United Methodist Church (AR) 4:00 PM - Music Trivia (AR) 4:00 PM - Halloween trivia and candy game (AR)	Spirit week day 5: Halloween Costume Bash 9:00 AM - Open Gym (RG) 10:30 AM - Bingo with David (AR) 11:30 AM - Costume Parade and Halloween Party (FL) 1:00 PM - Wise and Well (L) 2:30 PM - Chair Exercises with Melissa (AR) 3:30 PM - Games in Lobby with Trinity (L)	Happy Birthday Laura Miller Happy Birthday Martha S. Halloween 10:00 AM - Game Time (AR) 1:00 PM - Afternoon Walk 2:00 PM - Independent Stations (AR) 3:00 PM - Purposeful Puzzles

* Activities are subject to change

October 2026

Spring Arbor of Outer Banks
MEMORY CARE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Locations</u> Broad River Rehab (BRR) Front Library (FL) Lobby/Library (L) Activity Room (AR)	<u>Dimensions</u>			9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack
9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	Happy Anniversary Laken Hoffman 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	Happy Birthday Lieselotte Dalen Happy Birthday Dorothy Jones 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	Happy Birthday Lawrence Holman 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack
9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	Happy Birthday Courtney Bell Columbus Day 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	Happy Birthday Jade Baum Happy Birthday Nancy P. 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Live from Edinburgh: The Haunted Royal Mile 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	Happy Birthday Pat Rusk 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack
9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	Happy Birthday John S. 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack
9:00 AM - Royal Treatments 10:30 AM - Snack 1:30 PM - Rest and Relaxation 2:00 PM - Church Service (FL) 3:00 PM - One on One 3:30 PM - Snack	Spirit Week Kickoff - Pumpkin day 9:00 AM - Royal Treatments 10:30 AM - Snack 10:30 AM - Halloween Bingo (AR) 11:00 AM - Musical Monday: Let's Sing Together 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	Spooky Spirit - Spirit Day 2 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 11:30 AM - Name that Halloween Song (AR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	Spirit week Day 3: Mystery and Detective Day 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Art from the Heart 1:30 PM - Rest and Relaxation 2:00 PM - Live from York, England: Haunted Tales from an Ancient City 3:00 PM - One on One 3:30 PM - Snack 4:00 PM - Halloween Riddles	Happy Birthday Richard Bouldin Spirit Week Day 4: Halloween colors day 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Wise & Well w/Broad River (BRR) 11:30 AM - Halloween trivia and candy game (AR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack	Spirit week Day 5: Halloween Costume Bash and Party 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Sittersize 11:30 AM - Costume Parade and Halloween Party (AR) 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack 7:00 PM - Movie Night	Happy Birthday Martha Sutton Happy Birthday Laura Miller Halloween 9:00 AM - Royal Treatments 10:30 AM - Snack 11:00 AM - Nail Salon 1:30 PM - Rest and Relaxation 3:00 PM - One on One 3:30 PM - Snack