

October 2026

Spring Arbor of Richmond  
ASSISTED LIVING



| SUNDAY                                                                                                                                                                                                                                                                                                                                                    | MONDAY                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                              | SATURDAY                                                                                                                                                                                                                                                             |
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| <u>Locations</u>                                                                                                                                                                                                                                                                                                                                          | <u>Dimensions</u>                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                  | <b>International Coffee Day Celebration-<br/>staff coffee bar</b> <b>01</b><br><br>9:00 AM - Spa Service - Hair/Nails<br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>2:00 PM - October Birthday<br>Celebration<br>2:00 PM - Thirsty Thursdays<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                       | <b>02</b><br><br>10:00 AM - Music Therapy<br>10:00 AM - EKU OT students<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-<br>arts & crafts<br>6:00 PM - Game Time - Resident Lead                                                           | <b>03</b><br><br>10:30 AM - Snack<br>10:45 AM - Gardening/ Birdwatching/<br>Walking Club<br><br>2:00 PM - Bingo<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                                                  |
| 10:00 AM - Porch Pals - Getting to<br>know you <b>04</b><br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service - First<br>Christian Church- Billy<br>Glenn<br>2:30 PM - Snack<br>3:00 PM - Board games, table<br>activities<br>5:30 PM - Gospel Light Mennonites<br>Choir<br>6:30 PM - Game Show TV                                 | <b>Manicure Monday- AL</b> <b>05</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV                                | <b>Happy Birthday, Lorna Peterson!</b> <b>06</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>1:00 PM - Pet Therapy<br>2:00 PM - Games, chats, crafts, one-<br>on-ones- AL<br>2:30 PM - Snack<br>6:00 PM - General Knowledge Trivia<br>TV | <b>Porch Pedicures - AL</b> <b>07</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Ann's Hot Topics or Ann's<br>Adventures Out<br>2:00 PM - Games, chats, crafts, one-<br>on-ones- AL<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV<br>Trivia                              | <b>08</b><br><br>9:00 AM - Spa Service - Hair/Nails<br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Wise Guys Club<br>2:00 PM - Games, chats, crafts, one-<br>on-ones- AL<br>2:00 PM - New Opportunity School For<br>Women- games & crafts<br>2:00 PM - Thirsty Thursdays<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV | <b>09</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Art/ Photography Club<br>2:00 PM - Cake Decorating Lesson-<br>Jessica Ball<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-<br>arts & crafts<br>6:00 PM - Family Fall Festival                                         | <b>Pamper Party facials - AL</b> <b>10</b><br><br>10:30 AM - Snack<br>10:45 AM - Gardening/ Birdwatching/<br>Walking Club<br><br>2:00 PM - Bingo<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                 |
| 10:00 AM - Porch Pals - Getting to<br>know you <b>11</b><br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service- First<br>Baptist Church<br>2:30 PM - Snack<br>3:00 PM - Board games, table<br>activities<br>6:00 PM - Game Show TV                                                                                                  | <b>Thanksgiving Book Bag Food Drive<br/>begins</b> <b>12</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV        | <b>13</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>1:00 PM - Pet Therapy<br>2:30 PM - Snack<br>6:00 PM - General Knowledge Trivia<br>TV                                                                                               | <b>14</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Ann's Hot Topics or Ann's<br>Adventures Out<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV<br>Trivia                                                                                                                 | <b>15</b><br><br>9:00 AM - Spa Service - Hair/Nails<br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>2:00 PM - Thirsty Thursdays<br>2:00 PM - Homemakers Association-<br>arts & crafts<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                                                                                | <b>16</b><br><br>10:00 AM - Music Therapy<br>10:00 AM - EKU OT students<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-<br>arts & crafts<br>6:00 PM - Game Time - Resident Lead                                                           | <b>17</b><br><br>10:30 AM - Snack<br>10:45 AM - Gardening/ Birdwatching/<br>Walking Club<br><br>2:00 PM - Bingo<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                                                  |
| 10:00 AM - Porch Pals - Getting to<br>know you <b>18</b><br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service - First<br>Christian Church- Billy<br>Glenn<br>2:30 PM - Snack<br>3:00 PM - Board games, table<br>activities<br>6:00 PM - Game Show TV                                                                               | <b>Manicure Monday- AL</b> <b>19</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV                                | <b>20</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>1:00 PM - Pet Therapy<br>2:00 PM - Games, chats, crafts, one-<br>on-ones- AL<br>2:30 PM - Snack<br>6:00 PM - General Knowledge Trivia<br>TV                                        | <b>National Apple Pie Day<br/>Porch Pedicures - AL</b> <b>21</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Ann's Hot Topics or Ann's<br>Adventures Out<br>2:00 PM - Games, chats, crafts, one-<br>on-ones<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV<br>Trivia       | <b>Happy Birthday, Anna Norfleet!</b> <b>22</b><br><br>9:00 AM - Spa Service - Hair/Nails<br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Wise Guys Club<br>2:00 PM - Games, chats, crafts, one-<br>on-ones- AL<br>2:00 PM - Thirsty Thursdays<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                            | <b>23</b><br><br>10:00 AM - Music Therapy<br>10:00 AM - EKU OT students<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-<br>arts & crafts<br>5:00 PM - Annual Car Show                                                                     | <b>Pamper Party facials - AL</b> <b>24</b><br><br>10:30 AM - Snack<br>10:45 AM - Gardening/ Birdwatching/<br>Walking Club<br><br>2:00 PM - Bingo<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                 |
| <b>National Fine Art Appreciation Day<br/>National Massage Therapy Awareness<br/>week begins</b> <b>25</b><br><br>10:00 AM - Porch Pals - Getting to<br>know you<br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service- Unity<br>Baptist<br>2:30 PM - Snack<br>3:00 PM - Board games, table<br>activities<br>6:00 PM - Game Show TV | <b>National Massage Therapy Awareness<br/>week begins</b> <b>26</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV | <b>National Massage Therapy Awareness<br/>week begins</b> <b>27</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>1:00 PM - Pet Therapy<br>2:30 PM - Snack<br>6:00 PM - General Knowledge Trivia<br>TV                                     | <b>National Massage Therapy Awareness<br/>week begins</b> <b>28</b><br><br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>11:00 AM - National First Responders<br>Day- Lunch<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Ann's Hot Topics or Ann's<br>Adventures Out<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV<br>Trivia | <b>National Massage Therapy Awareness<br/>week begins</b> <b>29</b><br><br>9:00 AM - Spa Service - Hair/Nails<br>10:00 AM - Music Therapy<br>10:30 AM - Snack<br>2:00 PM - Thirsty Thursdays<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                                                                            | <b>National Massage Therapy Awareness<br/>week begins</b> <b>30</b><br><br>10:00 AM - Music Therapy<br>10:00 AM - EKU OT students<br>10:30 AM - Snack<br>11:00 AM - Ann's Boot Camp<br>11:30 AM - Ann's Devotion<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-<br>arts & crafts<br>6:00 PM - Game Time - Resident Lead | <b>National Massage Therapy Awareness<br/>week begins</b> <b>31</b><br><br>10:30 AM - Snack<br>10:45 AM - Gardening/ Birdwatching/<br>Walking Club<br><br>2:00 PM - Bingo<br>2:30 PM - Snack<br>6:00 PM - Halloween- Trick 'O Treat<br>6:00 PM - Nature or Sci-Fi TV |

\* Activities are subject to change

# October 2026

# Spring Arbor of Richmond

## MEMORY CARE



| SUNDAY                                                                                                                                                                                                                                                                                                  | MONDAY                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                            | SATURDAY                                                                                                                                                                                                                                                                                                           |
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| <u>Locations</u>                                                                                                                                                                                                                                                                                        | <u>Dimensions</u>                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                          | <b>International Coffee Day Celebration- staff coffee bar</b> <b>01</b><br><br>9:00 AM - Hair Salon & Barber Service<br>10:00 AM - Cottage Cruisin'<br>10:00 AM - Exercise with Therapy<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>2:00 PM - Thirsty Thursdays<br>2:00 PM - October Birthday Celebration<br>2:00 PM - Garnes, chats, crafts, one-on-one - Cottage<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV | 10:00 AM - EKU OT students <b>02</b><br>10:00 AM - Morning Meditation<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-arts & crafts<br>6:00 PM - Game Time                                                              | <b>Pamper Party - Cottage</b> <b>03</b><br><br>10:00 AM - Exercise & Word of the Day<br>10:30 AM - Snack<br>10:45 AM - Gardening/Birdwatching/Walking Club<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                                                     |
| 10:00 AM - Porch Pals - Getting To Know You <b>04</b><br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service - First Christian-Billy Glenn<br>2:30 PM - Snack<br>3:00 PM - Board Garnes, table activities<br>5:30 PM - Gospel Light Mennonites Choir<br>6:00 PM - Game Show TV     | 10:00 AM - Exercise with Doris <b>05</b><br>10:30 AM - Snack<br>10:30 AM - Doris' Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV                                                                                                      | <b>Happy Birthday, Lorna Peterson!</b> <b>06</b><br><br>10:00 AM - Exercise with Therapy<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Pet Therapy<br>2:30 PM - Snack<br>6:00 PM - Puzzle group                | 10:00 AM - Exercise <b>07</b><br>10:30 AM - Snack<br>10:30 AM - Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Book Club<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV                                                                                                                                                         | 9:00 AM - Hair Salon & Barber Service <b>08</b><br><br>10:00 AM - Exercise with Therapy<br>10:00 AM - Wise Guys Club<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>2:00 PM - Thirsty Thursdays<br>2:00 PM - New Opportunity School For Women- games & crafts<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                                                                                         | 10:00 AM - Morning Meditation <b>09</b><br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Art/ Photography Club<br>2:00 PM - Cake Decorating Lesson- Jessica Ball<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-arts & crafts<br>6:00 PM - Family Fall Festival                               | 10:00 AM - Exercise & Word of the Day <b>10</b><br>10:30 AM - Snack<br>10:45 AM - Gardening/Birdwatching/Walking Club<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                                                                                          |
| 10:00 AM - Porch Pals - Getting To Know You <b>11</b><br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service- First Baptist Church<br>2:30 PM - Snack<br>6:00 PM - Game Show TV                                                                                                    | <b>Thanksgiving Book Bag Food Drive begins</b> <b>12</b><br><br><b>Manicure Monday - Cottage</b><br><br>10:00 AM - Exercise with Doris<br>10:30 AM - Snack<br>10:30 AM - Doris' Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV        | 10:00 AM - Exercise with Therapy <b>13</b><br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Pet Therapy<br>2:30 PM - Snack<br>6:00 PM - Puzzle group                                                              | <b>Porch Pedicures - Cottage</b> <b>14</b><br><br>10:00 AM - Exercise<br>10:30 AM - Snack<br>10:30 AM - Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Book Club<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV                                                                                                                 | 9:00 AM - Hair Salon & Barber Service <b>15</b><br><br>10:00 AM - Cottage Cruisin'<br>10:00 AM - Exercise with Therapy<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>2:00 PM - Thirsty Thursdays<br>2:00 PM - Garnes, chats, crafts, one-on-one - Cottage<br>2:00 PM - Homemakers Association-arts & crafts<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                                          | 10:00 AM - EKU OT students <b>16</b><br>10:00 AM - Morning Meditation<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-arts & crafts<br>6:00 PM - Game Time                                                              | <b>Pamper Party - Cottage</b> <b>17</b><br><br>10:00 AM - Exercise & Word of the Day<br>10:30 AM - Snack<br>10:45 AM - Gardening/Birdwatching/Walking Club<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                                                     |
| 10:00 AM - Porch Pals - Getting To Know You <b>18</b><br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service - First Christian Church- Billy Glenn<br>2:30 PM - Snack<br>3:00 PM - Board Garnes, table activities<br>6:00 PM - Game Show TV                                        | 10:00 AM - Exercise with Doris <b>19</b><br>10:30 AM - Snack<br>10:30 AM - Doris' Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV                                                                                                      | 10:00 AM - Exercise with Therapy <b>20</b><br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Pet Therapy<br>2:30 PM - Snack<br>6:00 PM - Puzzle group                                                              | <b>National Apple Pie Day</b> <b>21</b><br><br>10:00 AM - Exercise<br>10:30 AM - Snack<br>10:30 AM - Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Book Club<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV                                                                                                                    | <b>Happy Birthday, Anna Norfleet!</b> <b>22</b><br><br>9:00 AM - Hair Salon & Barber Service<br>10:00 AM - Exercise with Therapy<br>10:00 AM - Wise Guys Club<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>2:00 PM - Thirsty Thursdays<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                                                                                                              | 10:00 AM - EKU OT students <b>23</b><br>10:00 AM - Morning Meditation<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-arts & crafts<br>5:00 PM - Annual Car Show                                                        | 10:00 AM - Exercise & Word of the Day <b>24</b><br>10:30 AM - Snack<br>10:45 AM - Gardening/Birdwatching/Walking Club<br>2:30 PM - Snack<br>6:00 PM - Nature or Sci-Fi TV                                                                                                                                          |
| <b>National Fine Art Appreciation Day</b> <b>25</b><br><b>National Massage Therapy Awareness week begins</b><br><br>10:00 AM - Porch Pals - Getting To Know You<br>10:30 AM - Snack<br>11:00 AM - Sunday Stroll<br>2:00 PM - Church Service- Unity Baptist<br>2:30 PM - Snack<br>6:00 PM - Game Show TV | <b>National Massage Therapy Awareness week begins</b> <b>26</b><br><br><b>Manicure Monday - Cottage</b><br><br>10:00 AM - Exercise with Doris<br>10:30 AM - Snack<br>10:30 AM - Doris' Devotion<br>11:00 AM - Music Therapy<br>1:00 PM - Bible Study<br>2:30 PM - Snack<br>6:00 PM - Classic Comedy TV | <b>National Massage Therapy Awareness week begins</b> <b>27</b><br><br>10:00 AM - Exercise with Therapy<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Pet Therapy<br>2:30 PM - Snack<br>6:00 PM - Puzzle group | <b>National Massage Therapy Awareness week begins</b> <b>28</b><br><br><b>Porch Pedicures - Cottage</b><br><br>10:00 AM - Exercise<br>10:30 AM - Snack<br>10:30 AM - Devotion<br>11:00 AM - National First Responders Day- Lunch<br>11:00 AM - Music Therapy<br>1:00 PM - Book Club<br>2:30 PM - Snack<br>6:00 PM - General Knowledge TV | <b>National Massage Therapy Awareness week begins</b> <b>29</b><br><br>9:00 AM - Hair Salon & Barber Service<br>10:00 AM - Cottage Cruisin'<br>10:00 AM - Exercise with Therapy<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>2:00 PM - Thirsty Thursdays<br>2:00 PM - Garnes, chats, crafts, one-on-one - Cottage<br>2:30 PM - Snack<br>6:00 PM - Crime Drama TV                                                   | <b>National Massage Therapy Awareness week begins</b> <b>30</b><br><br>10:00 AM - EKU OT students<br>10:00 AM - Morning Meditation<br>10:30 AM - Snack<br>11:00 AM - Music Therapy<br>1:00 PM - Art/ Photography Club<br>2:30 PM - Snack<br>4:30 PM - Berea College Students-arts & crafts<br>6:00 PM - Game Time | <b>National Massage Therapy Awareness week begins</b> <b>31</b><br><br><b>Pamper Party - Cottage</b><br><br>10:00 AM - Exercise & Word of the Day<br>10:30 AM - Snack<br>10:45 AM - Gardening/Birdwatching/Walking Club<br>2:30 PM - Snack<br>6:00 PM - Halloween- Trick 'O Treat<br>6:00 PM - Nature or Sci-Fi TV |