

October 2026

Spring Arbor of Sandhills  
ASSISTED LIVING



| SUNDAY                                                                                         | MONDAY                                                                                                                                            | TUESDAY                                                                                                                                                                             | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                                                                                                                            | FRIDAY                                                                                                                                                                             | SATURDAY                                                                                                                       |
|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <u>Locations</u><br>AL Dining (AD)                                                             | <u>Dimensions</u>                                                                                                                                 |                                                                                                                                                                                     |                                                                                                                                                         | 8:00 AM - morning worship 01<br>9:45 AM - Balloon Volleyball<br>10:30 AM - Arts and Crafts<br>12:00 PM - LUNCH<br>2:00 PM - Pumpkin spice Social<br>3:30 PM - Room Activities<br>6:00 PM - DINNER   | 8:00 AM - morning worship 02<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Card Games<br>12:00 PM - LUNCH<br>2:30 PM - Happy Hour<br>3:30 PM - Room Activities<br>6:00 PM - DINNER | 11:00 AM - Memory Lane Saturday 03<br>2:00 PM - Activity Boxes<br>3:00 PM - Matinee Movie                                      |
| 11:00 AM - Family & Friends Visits 04<br>1:00 PM - Activity Boxes<br>2:00 PM - Worship Service | 8:00 AM - morning worship 05<br>10:00 AM - Scarf Dancing<br>12:00 PM - LUNCH<br>1:45 PM - [Bingo<br>3:30 PM - Room Activities<br>6:00 PM - DINNER | 8:00 AM - morning worship 06<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Fail painting<br>12:00 PM - LUNCH<br>2:00 PM - Nail Spa<br>3:30 PM - Room Activities<br>6:00 PM - DINNER | 8:00 AM - morning worship 07<br>10:00 AM - Kick Ball<br>12:00 PM - LUNCH<br>2:00 PM - Ice Cream Social<br>3:30 PM - Room Activities<br>6:00 PM - DINNER | Happy Birthday Deborah A. 08<br>8:00 AM - morning worship<br>10:00 AM - Scarf Dancing<br>10:30 AM - Arts and Crafts<br>12:00 PM - LUNCH<br>2:00 PM - Butter Bean Auction<br>6:00 PM - DINNER        | 8:00 AM - morning worship 09<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Card Games<br>12:00 PM - LUNCH<br>2:30 PM - Happy Hour<br>6:00 PM - DINNER                              | 11:00 AM - Memory Lane Saturday 10<br>2:00 PM - Activity Boxes<br>3:00 PM - Matinee Movie                                      |
| 11:00 AM - Family & Friends Visits 11<br>1:00 PM - Activity Boxes<br>2:00 PM - Worship Service | Columbus Day 12<br>8:00 AM - morning worship<br>10:00 AM - Boxing workout<br>12:00 PM - LUNCH<br>1:45 PM - [Bingo<br>6:00 PM - DINNER             | 8:00 AM - morning worship 13<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Fail painting<br>12:00 PM - LUNCH<br>2:00 PM - Nail Spa<br>6:00 PM - DINNER                              | 8:00 AM - morning worship 14<br>10:00 AM - Kick Ball<br>12:00 PM - LUNCH<br>2:00 PM - Ice Cream Social<br>6:00 PM - DINNER                              | 8:00 AM - morning worship 15<br>10:00 AM - Boxing workout<br>10:30 AM - Arts and Crafts<br>12:00 PM - LUNCH<br>1:30 PM - Our Voice Matter (AD)<br>2:00 PM - Butter Bean Auction<br>6:00 PM - DINNER | 8:00 AM - morning worship 16<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Card Games<br>12:00 PM - LUNCH<br>2:30 PM - Happy Hour<br>6:00 PM - DINNER                              | 11:00 AM - Memory Lane Saturday 17<br>2:00 PM - Activity Boxes<br>3:00 PM - Matinee Movie                                      |
| 11:00 AM - Family & Friends Visits 18<br>1:00 PM - Activity Boxes<br>2:00 PM - Worship Service | 8:00 AM - morning worship 19<br>10:00 AM - Boxing workout<br>12:00 PM - LUNCH<br>1:45 PM - [Bingo<br>6:00 PM - DINNER                             | 8:00 AM - morning worship 20<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Fail painting<br>12:00 PM - LUNCH<br>2:00 PM - Nail Spa<br>6:00 PM - DINNER                              | 8:00 AM - morning worship 21<br>10:00 AM - Kick Ball<br>12:00 PM - LUNCH<br>2:00 PM - Ice Cream Social<br>6:00 PM - DINNER                              | 8:00 AM - morning worship 22<br>10:00 AM - Boxing workout<br>10:30 AM - Arts and Crafts<br>12:00 PM - LUNCH<br>2:00 PM - Butter Bean Auction<br>6:00 PM - DINNER                                    | 8:00 AM - morning worship 23<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Card Games<br>12:00 PM - LUNCH<br>2:30 PM - Happy Hour<br>6:00 PM - DINNER                              | 11:00 AM - Memory Lane Saturday 24<br>2:00 PM - Activity Boxes<br>3:00 PM - Matinee Movie                                      |
| 11:00 AM - Family & Friends Visits 25<br>1:00 PM - Activity Boxes<br>2:00 PM - Worship Service | 8:00 AM - morning worship 26<br>10:00 AM - Boxing workout<br>12:00 PM - LUNCH<br>1:45 PM - [Bingo<br>6:00 PM - DINNER                             | 8:00 AM - morning worship 27<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Fail painting<br>12:00 PM - LUNCH<br>2:00 PM - Nail Spa<br>6:00 PM - DINNER                              | 8:00 AM - morning worship 28<br>10:00 AM - Kick Ball<br>12:00 PM - LUNCH<br>2:00 PM - Ice Cream Social<br>6:00 PM - DINNER                              | 8:00 AM - morning worship 29<br>10:00 AM - Boxing workout<br>10:30 AM - Arts and Crafts<br>12:00 PM - LUNCH<br>2:00 PM - Butter Bean Auction<br>6:00 PM - DINNER                                    | Happy Birthday Karen G. 30<br>8:00 AM - morning worship<br>9:45 AM - Chair Aerobic (AD)<br>10:30 AM - Card Games<br>12:00 PM - LUNCH<br>2:30 PM - Happy Hour<br>6:00 PM - DINNER   | Happy Birthday Joann G. Halloween 31<br>11:00 AM - Memory Lane Saturday<br>2:00 PM - Activity Boxes<br>3:00 PM - Matinee Movie |

\* Activities are subject to change

October 2026

Spring Arbor of Sandhills  
MEMORY CARE



| SUNDAY                                                                                                                                                                                                                                                  | MONDAY                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                         | SATURDAY                                                                                                                                                                                                                       |
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| <u>Locations</u>                                                                                                                                                                                                                                        | <u>Dimensions</u>                                                                                                                                                                                |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                | 9:00 AM - Royal Treatment Glitz & Glam 01<br>10:00 AM - Snacks & Daily Chronicles<br>10:30 AM - Senior Workout YT.<br>12:00 PM - Refresh Program & Lunch<br>2:00 PM - Presbyterian Church<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips | 9:00 AM - Royal Treatment Glitz & Glam 02<br>10:00 AM - Snacks & Daily Chronicles<br>10:30 AM - Baby Joy<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips | 9:00 AM - Royal Treatment Glitz & Glam 03<br>10:00 AM - Manicures<br>12:00 PM - Refresh Program & Lunch<br>3:30 PM - Chair Aerobics<br>3:30 PM - Pedicures<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Saturday Matinee |
| 10:00 AM - Courtyard Chronicles 04<br>10:00 AM - Worship Service<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Activity Box<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Weekly Cinema                             | 9:00 AM - Scarf Workout 05<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips | 9:00 AM - Royal Treatment Glitz & Glam 06<br>10:30 AM - Cottage to Cottage Mail<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips | Happy Birthday Patricia J. 07<br>9:00 AM - Royal Treatment Glitz & Glam<br>10:30 AM - Baby Joy<br>10:30 AM - Hearts & Harmony<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Cottage Bingo<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips | 9:00 AM - Royal Treatment Glitz & Glam 08<br>10:30 AM - Senior Workout YT.<br>12:00 PM - Refresh Program & Lunch<br>2:00 PM - Presbyterian Church<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips                                         | 9:00 AM - Royal Treatment Glitz & Glam 09<br>10:30 AM - Baby Joy<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program<br>7:00 PM - Evening News Clips                                         | 9:00 AM - Royal Treatment Glitz & Glam 10<br>10:00 AM - Manicures<br>12:00 PM - Refresh Program & Lunch<br>3:30 PM - Chair Aerobics<br>3:30 PM - Pedicures<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Saturday Matinee |
| 10:00 AM - Courtyard Chronicles 11<br>10:00 AM - Worship Service<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Activity Box<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Weekly Cinema                             | Columbus Day 12<br>9:00 AM - Scarf Workout<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                 | 9:00 AM - Scarf Workout 13<br>10:30 AM - Cottage to Cottage Mail<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                | 9:00 AM - Scarf Workout 14<br>10:30 AM - Baby Joy<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Cottage Bingo<br>6:00 PM - Dinner & Refresh Program                                                                                                             | 9:00 AM - Scarf Workout 15<br>10:30 AM - Senior Workout YT.<br>12:00 PM - Refresh Program & Lunch<br>2:00 PM - Presbyterian Church<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                        | 9:00 AM - Scarf Workout 16<br>10:30 AM - Baby Joy<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                        | 9:00 AM - Scarf Workout 17<br>10:00 AM - Manicures<br>12:00 PM - Refresh Program & Lunch<br>3:30 PM - Chair Aerobics<br>3:30 PM - Pedicures<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Saturday Matinee                |
| Happy Birthday Rachel C. 18<br>10:00 AM - Courtyard Chronicles<br>10:00 AM - Worship Service<br>12:00 PM - Refresh Program & Lunch<br>3:00 PM - Snack & Chat<br>3:30 PM - Activity Box<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Weekly Cinema | 9:00 AM - Scarf Workout 19<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                       | 9:00 AM - Scarf Workout 20<br>10:30 AM - Cottage to Cottage Mail<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                      | 9:00 AM - Scarf Workout 21<br>10:30 AM - Baby Joy<br>10:30 AM - Hearts & Harmony<br>3:00 PM - Snack & Chat<br>3:30 PM - Cottage Bingo<br>6:00 PM - Dinner & Refresh Program                                                                                                                    | 9:00 AM - Scarf Workout 22<br>10:30 AM - Senior Workout YT.<br>2:00 PM - Presbyterian Church<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                                                              | 9:00 AM - Scarf Workout 23<br>10:30 AM - Baby Joy<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                                                              | 9:00 AM - Scarf Workout 24<br>10:00 AM - Manicures<br>3:30 PM - Chair Aerobics<br>3:30 PM - Pedicures<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Saturday Matinee                                                      |
| 10:00 AM - Courtyard Chronicles 25<br>10:00 AM - Worship Service<br>3:00 PM - Snack & Chat<br>3:30 PM - Activity Box<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Weekly Cinema                                                                   | 9:00 AM - Scarf Workout 26<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                       | 9:00 AM - Scarf Workout 27<br>10:30 AM - Cottage to Cottage Mail<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                      | 9:00 AM - Scarf Workout 28<br>10:30 AM - Baby Joy<br>3:00 PM - Snack & Chat<br>3:30 PM - Cottage Bingo<br>6:00 PM - Dinner & Refresh Program                                                                                                                                                   | 9:00 AM - Scarf Workout 29<br>10:30 AM - Senior Workout YT.<br>2:00 PM - Presbyterian Church<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                                                              | 9:00 AM - Scarf Workout 30<br>10:30 AM - Baby Joy<br>3:00 PM - Snack & Chat<br>3:30 PM - Art from the Heart<br>6:00 PM - Dinner & Refresh Program                                                                                                                              | Halloween 31<br>9:00 AM - Scarf Workout<br>10:00 AM - Manicures<br>3:30 PM - Chair Aerobics<br>3:30 PM - Pedicures<br>6:00 PM - Dinner & Refresh Program<br>6:30 PM - Saturday Matinee                                         |