

October 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAPPY BIRTHDAY!
Bryan Prescott 10-17

8:00-3:00 Gym on your own. 1
09:30-10:15 Coffee & Socializing
10:30-11:30 **Exercise w/JeAnna**
11:30-12:00 Lunch
12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 2
09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion
(Optional) with Mr. McDuffie
11:30-12:15 Lunch
12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 3
FRIEND-DAY FRIDAY
Drive-In
09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 6
FUNDAY MONDAY
09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
11:30-12:15 Lunch
12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 7
09:30-10:15 Coffee & Socializing
10:30-11:30 **Base Ball Game**
11:30-12:00 Lunch
12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 8
09:30-10:15 Coffee & Socializing
10:30-11:30 
Sponsored by Tonya
Bolton/MedLink
11:30-12:15 Lunch
12:30-1:00 Senior Fitness/Wii

8:00-3:00 Gym on your own. 9
09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion
(Optional) with Mr. McDuffie
11:30-12:15 Lunch
12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 10
FRIEND-DAY FRIDAY
Drive-In
09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 13
FUNDAY MONDAY
09:30-11:15 Coffee & Socializing
Cards/Games/Wii/Puzzles/Fitness
10am-11am Tai Chi w/ Ms. Whitmire
11:30-12:15 Lunch
12:30-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping Pong/Shuffle
Board/Gym/Billiards

8:00-3:00 Gym on your own. 14
09:30-10:15 Coffee & Socializing
10:30-11:30-Eboni w/ GA
Hospice Care
11:30-12:15 Lunch
12:30-1:00 Senior Fitness/Wii

8:00-3:00 Gym on your own. 15
09:30-10:15 Coffee & Socializing
10:30-11:30-Wanda/Joy w/
St. Mary's Activity followed by
Vital Signs
11:30-12:15 Lunch
12:30-1:00 Senior Fitness/Wii

8:00-3:00 Gym on your own. 16
09:30-10:15 Coffee & Socializing
10:00-11:00 Devotion
(Optional) with Mr. McDuffie
11:30-12:15 Lunch
12:30-1:00 Senior Fitness/Wii

9:00-1:00 Gym on your own. 17
FRIEND-DAY FRIDAY
Drive-In
09:00-1:00 Cards/Games/Wii/
Puzzles/Fitness/Ping
Pong/Shuffleboard/Gym/Billiards

8:00-3:00 Gym on your own. 20 FUNDAY MONDAY 09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness 10am-11am Tai Chi w/ Ms. Whitmire 11:30-12:15 Lunch 12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards	8:00-3:00 Gym on your own. 21 09:30-10:15 Coffee & Socializing 10:30-11:30 Exercise w/Dr. Brooke 11:30-12:00 Lunch 12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards	8:00-3:00 Gym on your own. 22 Center is Closed Staff Training	8:00-3:00 Gym on your own. 23 09:30-10:15 Coffee & Socializing 10:00-11:00 Devotion (Optional) with Mr. McDuffie 11:30-12:15 Lunch 12:30-1:00 Senior Fitness/Wii	9:00-1:00 Gym on your own. 24 FRIEND-DAY FRIDAY Drive-In 09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards
8:00-3:00 Gym on your own. 27 FUNDAY MONDAY 09:30-11:15 Coffee & Socializing Cards/Games/Wii/Puzzles/Fitness 10am-11am Tai Chi w/ Ms. Whitmire 11:30-12:15 Lunch 12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffle Board/Gym/Billiards	8:00-3:00 Gym on your own. 28 09:30-10:15 Coffee & Socializing 10:00-11:00 Gail Jones Gospel Singing 11:30-12:15 Lunch 12:30-1:00 Cards/Games/Wii/ Puzzles/Fitness	8:00-3:00 Gym on your own. 29 Center is Closed Staff Training	8:00-3:00 Gym on your own. 30 09:30-10:15 Coffee & Socializing 10:00-11:00 Devotion (Optional) with Mr. McDuffie 11:30-12:15 Lunch 12:30-1:00 Senior Fitness/Wii	9:00-1:00 Gym on your own. 31 FRIEND-DAY FRIDAY Drive-In 09:00-1:00 Cards/Games/Wii/ Puzzles/Fitness/Ping Pong/Shuffleboard/Gym/Billiards

