AT CASTLE HILLS
A Discovery Senior Living Community

October 2021

LB Legends Bar AR Activity Room Theatre DR Sensations Dining Room W Windhaven Lobby Bailey's Bistro GB Grande Ballroom FC Fitness Center 3 CR Card Room WC Wellness Center 1 P Pool

Cookie Lane Lobby New Time ★ Special Event

✓ Resident Led Activity

□ Outings

New Activity

♥ Dimension of Wellness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30 WL Outing-Fishing Trip to Lake Lewisville 9:30 P Water Aerobics ♥ 9:45 Coffee and Current Events 11:30 WC Core Mobility Fitness Class ♥ 12:00 On This Day-1965 1:15 Co Cardio Drumming ♥ 2:00 WC Fitness Equipment Demo 2-4 PM ♥ 2:00 Prize Bingo ✓ 3:30 B Resident Social-bar open 7:00 CR Scrabble	9:30 P Water Aerobics 10:00 B Technology Talk/ Troubleshooting10-11:30 Advance sign up required 12:00 P College Football Watching Party for Men 1:00 B Blanket Making-supplies furnished 1:00 B Left, Center, Right 3:00 R Rummikub 4:00 B Social Hourbring your own food and drinks
11:00 GB Worship Service ✓ 2:00 LB Manager on Duty Ice Cream Social ♥ 2:30 T Classic Movie Day-check movie calendar for Title ■ 2:30 CR Rummikub ■	9:30 P Water Aerobics ♥ 10:00 GB Catholic Communion 11:00 UB Men's Coffee Talk ✓ 11:30 Tai Chi Video ♥ 1:15 GB Chair Zumba ♥ 1:30 Gardening 2:00 GR Farkle ✓ 2:00 WG Fitness Equipment Demo 2-4 PM ♥ 2:00 UM Fitness Equipment Demo 9:4 PM ♥ 3:00 UB Laughing with an Attitude Video ♥ 4:00 UB Resident Social-bring your own beverages 6:00 UB LCR	9:30 P Water Aerobics ♥ 9:45	9:15 P Gardening 9:30 P Water Aerobics ♥ 10:45 AR Men's Bible Study ✓ 11:30 WG Strength/Mobility Foundation ♥ 1:15 FG Be Balanced, Be Mobile Class ♥ 1:30 LB Genealogy ✓ 2:00 WG Blood Pressure Check ● 2:00 WG Fitness Equipment Demo 2-4 PM ♥ 2:00 Needleworks ✓ 3:00 GB Speaker: The making of "The Sound of Music" ■ 4:00 LB Trivia 6:00 LB Paint a Wine Glass ★	9:30 W Outing State Fair 9:30 P Water Aerobics 10:00 AB Bible Study: 11:30 Balance Class 11:30 The Life and Teaching of Christ with Tom McCorkill 1:15 Beginning Belly Dancing with Legacy 2:00 Chess Play 2:00 W Fitness Equipment Demo 2-4 PM 3:00 TED Talk and discussion 4:00 B Music Bingo 5:30 Hand and Foot 5:30 Movie Night	9:30 W. Outing-Heard Museum 9:30 P Water Aerobics 9:45 Coffee and Current Events 11:30 Coffee and Current Events 11:30 Coffee and Current Events 12:00 Activity Planning Committee 12:00 On This Day-1965 1:15 GB Cardio Drumming 2:00 Fitness Equipment Demo 2-4 PM 2:00 Prize Bingo 3:30 B Resident Social-bar open 7:00 CR Scrabble	9:30 P Water Aerobics 12:00 P College Football Watching Party for Men 1:00 B Blanket Making-supplies furnished 1:00 LB Left, Center, Right 3:00 CR Rummikub 4:00 LB Social Hourbring your own food and drinks
10 11:00 GB Worship Service ✓ 2:00 LB Manager on Duty Ice Cream Social ♥ 2:30 T Classic Movie Day-check movie calendar for Title ■ 2:30 CR Rummikub	Columbus Day 9:30 P Water Aerobics ♥ 10:00 GB Catholic Communion 11:00 LB Men's Coffee Talk ✓ 11:30 T Tai Chi Video ♥ 11:30 We Yoga class with Anthony ♥ 1:15 GB Chair Zumba ♥ 1:30 Gardening 2:00 GR Farkle ✓ 2:00 We Fitness Equipment Demo 2-4 PM ♥ 4:00 LB Resident Social-bring your own beverages 5:30 GR Mexican Train ✓ 6:00 LB LCR	9:30 P Water Aerobics ♥ 9:45 B Ladies Coffee Talk 10:45 GB Balance Class ♥ 11:00 B Remember when discussion-1956 ■ 11:30 T 12 part series on the Constitution ■ 1:15 GB Chair Yoga ♥ 2:00 WC Fitness Equipment Demo 2-4 PM ♥ 3:30 LB Birthday Party-cupcakes and ice cream ★ 4:00 LB Special Entertainment-Ruby Weston 5:30 T A new musical every week ■	9:15 P Gardening 9:30 P Water Aerobics ♥ 10:45 AR Men's Bible Study ✓ 11:30 B "E" mail creative writing ♥ 11:30 WC Strength/Mobility Foundation ♥ 1:15 FC Be Balanced, Be Mobile Class ♥ 1:30 LB Genealogy ✓ 2:00 WC Blood Pressure Check ● 2:00 WC Fitness Equipment Demo 2-4 PM ♥ 2:00 LB State Fair Cooking Demo ■ 4:00 LB Trivia	9:30 VIII Outing-Tx Discovery Gardens and State Fair ⊕ 9:30 P Water Aerobics ♥ 10:00 AR Bible Study: ✓ 11:30 Balance Class ♥ 11:30 The Life and Teaching of Christ with Tom McCorkill 1:00 AR Bridge ✓ 1:15 C Beginning Belly Dancing with Legacy ♥ 2:00 Wo Fitness Equipment Demo 2-4 PM ♥ 3:00 TED Talk and discussion ♥ 4:00 B Music Bingo ♥ 5:30 Hand and Foot ✓ 5:30 Movie Night	9:30 P Water Aerobics ♥ 9:45 B Coffee and Current Events 11:30 WC Core Mobility Fitness Class ♥ 12:00 B On This Day-1965 ■ 1:15 GB Cardio Drumming ♥ 2:00 WC Fitness Equipment Demo 2-4 PM ♥ 2:00 B Prize Bingo ✓ 3:30 LB Resident Social-bar open ■ 7:00 CR Scrabble	9:30 P Water Aerobics 12:00 P College Football Watching Party for Men ■ 1:00 B Blanket Making-supplies furnished 1:00 B Left, Center, Right ■ 2:00 B Old Time Gospel Hour with Andy Guarino 3:00 CR Rummikub ✓ 4:00 B Social Hourbring your own food and drinks ✓
17 11:00 GB Worship Service ✓ 2:00 LB Manager on Duty Ice Cream Social ♥ 2:30 T Classic Movie Day-check movie calendar for Title 2:30 CR Rummikub	9:30 P Water Aerobics ♥ 10:00 GS Catholic Communion 11:00 W Lunch at Cafe Main Street 11:00 IB Men's Coffee Talk ✓ 11:30 Tai Chi Video ♥ 1:15 GS Chair Zumba ♥ 2:00 W Fitness Equipment Demo 2-4 PM ♥ 2:00 DR My Story in My Words Memory writing will meet in the Private Dining Room ✓ 3:00 Press and laminate leaves for bookmarks 4:00 IB Resident Social-bring your own beverages 6:00 IB LCR	9:30 P Water Aerobics 9 9:45 B Ladies Coffee Talk 10:45 GB Balance Class 9 11:00 B Remember when discussion-1956 11:30 1 12 part series on the Constitution 11:15 GB Chair Yoga 9 2:00 WC Fitness Equipment Demo 2-4 PM 9 4:00 IB Resident Social-bar open 4:00 IB Special Entertainer: Krystle Rodriguez 9 5:30 A new musical every week	9:15 P Gardening 9:30 P Water Aerobics ♥ 10:45 AR Men's Bible Study ✓ 11:30	9:30 P Water Aerobics ▼ 10:00 AR Bible Study: ✓ 11:30 GB Balance Class ♥ 11:30 The Life and Teaching of Christ with Tom McCorkill 1:00 AR Bridge ✓ 1:15 GB Beginning Belly Dancing with Legacy ▼ 2:00 Chess Play ✓ 2:00 WF Fitness Equipment Demo 2-4 PM ▼ 2:00 GB Speaker: Elaine Scholley ■ 3:00 TED Talk and discussion ▼ 4:00 BM Music Bingo ♥ 5:30 Movie Night		8:30 W. Alzheimer's Walk at Grandscape 9:30 P Water Aerobics 12:00 P College Football Watching Party for Men ■ 1:00 B Blanket Making-supplies furnished 1:00 B Left, Center, Right ■ 3:00 R Rummikub ✓ 4:00 B Social Hourbring your own food and drinks ✓
24 11:00 GB Worship Service ✓ 2:00 IB Manager on Duty Ice Cream Social ♥ 2:30 Classic Movie Day-check movie calendar for Title 2:30 CR Rummikub 31 11:00 GB Worship Service ✓ 2:00 IB Manager on Duty Ice Cream Social ♥ 2:30 CR Rummikub 32 2:30 CR Rummikub 33 2:30 CR Rummikub 34	9:30 P Water Aerobics ♥ 10:00 GB Catholic Communion 11:00 LB Men's Coffee Talk ✓ 11:30 T Tai Chi Video ♥ 1:30 Gardening 2:00 DB Discovery's Book Club will meet in the Private Dining Room ✓ 2:00 GB Farkle ✓ 2:00 Wo Fitness Equipment Demo 2-4 PM ♥ 3:00 LB Write your own poetry to "Cat in the Hat" ■ 4:00 LB Resident Social-bring your own beverages 5:30 GB Mexican Train ✓	9:45 ■ Ladies Coffee Talk 10:45 ■ Balance Class ♥ 11:00 ■ Remember when discussion-1956 ■ 11:30 ▼ 12 part series on the Constitution ■ 1:15 ■ Chair Yoga ♥ 2:00 WC Fitness Equipment Demo 2-4 PM ♥ 4:00 ■ Resident Social-bar open 5:30 ▼ A new musical every week ■	9:15 P Gardening 9:30 P Water Aerobics ♥ 10:45 AR Men's Bible Study ✓ 11:30 B "E" mail creative writing ♥ 11:30 W Strength/Mobility Foundation ♥ 1:15 F Be Balanced, Be Mobile Class ♥ 1:30 LB Genealogy ✓ 2:00 W Blood Pressure Check ● 2:00 W Fitness Equipment Demo 2-4 PM ♥ 2:00 Speaker Elaine Scholly Video & talk ■ 4:00 Dinner at Saltgrass Steakhouse ♀ 4:00 LB Trivia	9:30 P Water Aerobics ♥ 10:00 AR Bible Study: ✓ 11:30 BB Balance Class ♥ 11:30 The Life and Teaching of Christ with Tom McCorkill 1:15 Beginning Belly Dancing with Legacy ♥ 2:00 Chess Play ✓ 2:00 We Fitness Equipment Demo 2-4 PM ♥ 2:00 Town Hall 3:00 TED Talk and discussion ♥ 4:00 B Music Bingo ♥ 5:30 Hand and Foot ✓ 5:30 Movie Night		9:30 P Water Aerobics 12:00 P College Football Watching Party for Men 1:00 B Blanket Making-supplies furnished 1:00 LB Left, Center, Right 3:00 CR Rummikub 4:00 LB Social Hourbring your own food and drinks