



### *What's going on in October*

Happy Birthday to  
Gordan Van Hook on  
October 15th!

#### Famous Birthdays

George C. Scott 10/18  
Pablo Picasso 10/25  
Bill Gates 10/28  
Julia Roberts 10/28

#### Ongoing Activities

We will have Zumba  
with Alexis every  
Monday at 9:15 a.m.  
There will be  
Bible study with  
Sharon every  
Wednesday at 2:30  
p.m.

10/6 Shopping Outing  
to Target\*\*

10/10 Lunch Outing to  
Nansemond River  
Baptist Church\*\*

10/11 Pumpkin Pie  
Social

10/12 Family History  
Day

10/18 Welcome New  
Neighbor Social

10/19 Music Therapy  
with Becky Watson  
10/25 Birthday Party  
Celebration

10/26 Krispy Kreme  
Outing\*\*

10/28 Oktoberfest

10/30 Resident  
Council Meeting

10/31 Children's Trick  
or Treating Event

\*\* Weather Permitting



  
**Bickford**  
assisted living  
& memory care







9:30 Courtyard Strolls\*\*  
11:00 Tell me about you  
2:30 Worship Service  
4:00 Refreshments in the Courtyard\*\* 1

9:15 Zumba with Alexis  
11:00 Word Scramble  
1:30 Scrapbooking  
3:30 Happy Hour  
6:15 Game Hour 2

9:30 Manicures  
11:00 Let's Write a Story  
2:00 Bingo  
3:45 Ring toss in the Courtyard\*\*  
6:15 Watering Plants\*\* 3

9:30 Coffee Club  
11:00 Penny Pitchin'  
1:30 Bible Study with Sharon  
3:00 Wine and Cheese Social  
6:15 Popcorn & Movie 4

9:30 Stretch and Tone  
11:00 Poetry Club Outside\*\*  
1:30 Pokeno  
3:00 Art and Music 5

10:00 Walkers Club\*\*  
1:30 Target Shopping Outing\*\*  
4:00 Scented Hand Rub  
6:15 Popcorn and a Movie 6

9:30 Trivia  
11:00 Balloon Stretch  
2:00 Bingo  
4:00 Spelling Bee 7

9:30 Courtyard Strolls\*\*  
11:00 Stickertopia  
2:30 Worship Service  
4:00 Refreshments in the Courtyard\*\* 8

9:15 Zumba with Alexis  
11:00 Stories for the Soul  
1:30 Jewelry Class  
3:30 Happy Hour  
6:15 Game Hour 9

9:30 Manicures  
11:00 Lunch at Nansmond River Baptist Church\*\*  
3:00 Bingo  
6:15 Watering Plants 10

9:30 Coffee Club  
11:00 Penny Pitchin'  
1:39 Bible Study with Sharon  
3:00 Pumpkin Pie Social  
6:15 Popcorn & Movie 11

Family History Day  
9:30 Stretch and Tone  
11:00 Family Tree  
12:00 Celebrating Veterans' Luncheon  
2:30 Family Traditions Social 12

10:00 Walkers Club\*\*  
1:30 Slotzball  
4:00 Scented Hand Rub  
6:15 Popcorn and a Movie 13

9:30 Word Scramble  
11:00 Ring toss  
2:00 Bingo  
4:00 Trivia 14

9:30 Courtyard Strolls\*\*  
11:00 Tell me about you  
2:30 Worship Service  
4:00 Refreshments in the Courtyard\*\* 15

9:15 Zumba with Alexis  
11:00 Tic Tac Toe Trivia  
1:30 Scrapbooking  
3:30 Happy Hour  
6:15 Game Hour 16

9:30 Manicures  
11:00 Let's Write a Story  
2:00 Bingo  
3:45 Horseshoes in the Courtyard\*\*  
6:15 Watering Plants 17

9:30 Coffee Club  
11:00 Penny Pitchin'  
1:30 Bible study with Sharon  
3:00 Welcome New Neighbor Social  
6:15 Popcorn & Movie 18

9:30 Stretch and Tone  
10:30 Music Therapy with Becky Watson  
1:30 Pokeno  
3:00 Baking with Kristen 19

10:00 Joyride\*\*  
1:30 My 2 Cents  
4:00 Scented Hand Rub  
6:15 Popcorn and a Movie 20

9:30 Stories from the Heart  
11:00 Balloon Stretch  
4:00 Spelling Bee 21

9:30 Courtyard Strolls\*\*  
11:00 Artwork  
2:30 Worship Service  
4:00 Refreshments in the Courtyard\*\* 22

9:15 Zumba with Alexis  
11:00 Scrapbooking  
1:30 Jewlery Class  
3:30 Happy Hour with Gerry  
6:15 Game Hour 23

9:30 Manicures  
11:00 Art Class  
2:00 Bingo  
3:45 Ladder Ball in the Courtyard\*\*  
6:15 Watering Plants 24

9:30 Coffee Club  
11:00 Penny Pitchin'  
1:30 Bible Study  
3:00 Birthday Party Celebration  
6:15 Popcorn & Movie 25

9:30 Stretch and Tone  
11:00 Flower Arranging  
1:30 Outing to Krispy Kreme\*\*  
3:30 Art and Musie 26

10:00 Walkers Club\*\*  
1:30 Slotzball  
4:00 Scented Hand Rub  
6:15 Popcorn and a Movie 27

9:30 Trivia  
11:00 Horseshoes in the Courtyard\*\*  
2:00 Oktoberfest  
6:15 Trivia 28

9:30 Courtyard Strolls\*\*  
11:00 Tell me about you  
2:30 Worship Service  
4:00 Refreshments in the Courtyard\*\* 29

9:15 Zumba with Alexis  
11:00 Fill in the Blank  
1:30 Resident Council  
3:30 Happy Hour with Gerry  
6:15 Game Hour 30

Halloween  
9:30 Manicures  
11:00 Spooky Craft  
2:00 Halloween Social  
6:00 Children's Trick or Treating Event 31

October

