

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2026 Northshore Heights - Assisted Living Activities				 1  10:00 Morning Stroll – IA 10:30 Morning Devotion w/Calvary Chapel – AR 2:00 Book Club – AR 3:30 Bingo – AR 5:45 Heritage of Faith Ministry from KimWatt Baptist Church – AR	 2 10:30 Funny Animal Videos – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Kick Ball – AR	 Happy Birthday, Tom Ungs 3  10:30 Meet & Greet – AR 11:00 Move & Groove – AR 2:00 Social w/Friends – IA 3:30 Bingo – AR 5:45 Residents' Choice – AR Simchat Torah Begins
 4 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR	 5 10:30 Faith & Fellowship Video – AR 11:00 Gentle Stretch – AR 1:00 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR	 6 10:30 Catholic Service – AR 10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Smoky MTN Variety – DR 3:30 Cornhole – AR 5:45 Kick Ball – AR	 7 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 11:00 Stretch & Smile w/Amy – AR 1:30 Puzzle w/Friends – LB 2:00 Karaoke – AR 3:30 Name 5 – AR 5:45 Walking Club – BP	 8  10:00 Morning Stroll – IA 10:30 Donuts & Devotion w/Kimberly from Smoky MTN. Hospice – AR 2:00 UT Gardens – AR 3:30 Bingo – AR 5:45 Heritage of Faith Ministry from KimWatt Baptist Church – AR	 9 10:30 Morning Devotional w/A.D. from Smoky MTN. Hospice – AR 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Kick Ball – BP	 10  10:30 Meet & Greet – AR 11:00 Move & Groove – AR 2:00 Social w/Friends – IA 3:30 Bingo – AR 5:45 Residents' Choice – AR
 11 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR	 12 10:30 Faith & Fellowship Video – AR 11:00 Sit & Fit w/Bob from UT HM. Care Services – AR 1:00 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)	 13 10:30 Catholic Service – AR 10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Marc Beecher – DR 3:30 Fall Mini Door Wreath – AR (Please Sign up in the Activity Rm.) 5:45 Kick Ball – AR	14 10:30 Shopping at Target & Coffee Break at Starbucks – FE (Please sign up in the Activity Rm.) 1:30 Puzzle w/Friends – LB 2:00 Karaoke – AR 3:30 SINGO! – AR 5:45 Walking Club – BP	 15 Wellness Check w/UT Homecare Services 10:30 Morning Devotion w/Calvary Chapel – AR 2:00 Monthly Birthday Party – DR 3:30 Bingo – AR 5:45 Heritage of Faith Ministry from KimWatt Baptist Church – AR	 16 Happy Birthday, Carol Schmid 10:30 Funny Animal Videos – AR 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Kick Ball – AR	 17  10:30 Meet & Greet – AR 11:00 Move & Groove – AR 2:00 Social w/Friends – IA 3:30 Bingo – AR 5:45 Residents' Choice – AR
 18 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR	 19 10:30 Faith & Fellowship Video – AR 11:00 Sit & Fit w/Bob from UT HM. Care Services – AR 1:00 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR	20 Happy Birthday, Alfreda Strawa 10:30 Catholic Service – AR 10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Timothy Stoffberg – DR 3:30 Cornhole – AR 5:45 Kick Ball – AR	 21 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 11:00 Stretch & Smile w/Pattaya – AR 1:30 Resident Council & Food Committee – AR 3:00 Documentary "Wild Oceans" – AR 5:45 Walking Club – BP	 22 10:00 Morning Stroll – IA 10:30 Bible Study w/David – AR 11:00 Funny Animal Videos – AR 2:00 Crossword – AR 3:30 Puzzle w/Friends – LB 5:45 Walking Club – BP	23 On-Site Early Voting – AR 9a.m. – 11:30a.m. 2:00 Happy Hour w/UT HM. Care Services – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Kick Ball – AR	 24 Independent Activities Today! 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Social w/Friends – IA 3:00 Wii Bowling Club – IA/AR 6:00 Nightly News – DR
 25 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR	 26 10:30 Faith & Fellowship Video – AR 11:00 Sit & Fit w/Bob from UT HM. Care Services – AR 1:00 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR	 27 10:30 Catholic Service – AR 10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Frank & Friends – DR 3:30 Arts & Crafts Corner – AR Fall Tree Wall Art (Please Sign up in the Activity Rm.) 5:45 Kick Ball – AR	28 Happy Birthday, Sally Hayes 10:45 Lunch Around Town at Texas Roadhouse– FE (Please Sign up in the Activity Rm.) 1:30 Puzzle w/Friends – LB 2:00 Armchair Travel – AR 3:30 SINGO! – AR 5:45 Walking Club – BP	 29 10:00 Morning Stroll – IA 10:30 Halloween Photo Booth – AR 2:00 Halloween Party w/Shalom Hospice & Johny Jukebox – DR 3:30 Book Club – AR 5:45 Heritage of Faith Ministry from KimWatt Baptist Church – AR	30 Happy Birthday, Joan Conley & Mary Crewey 10:30 Morning Devotional w/A.D. from Smoky MTN. Hospice – AR 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Kick Ball – AR	 31  10:30 Meet & Greet – AR 11:00 Move & Groove – AR 2:00 Social w/Friends – IA 3:30 Bingo – AR 5:45 Residents' Choice – AR Halloween