




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Room Location Key: JR=Jefferson Room OR=Oak Room KR=Kentucky Room DR=Dehoney Room WC=Wellness Center RP=Reflecting Pool FDR=Fleur de Lis DR</p>	<p>9:30-Resident Board Meeting (JR) 9:30-Coffee & Donuts (OR) 10:00-Resident Council (OR) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (DR) 1:30-Sit and Fit Class (DR) 1:45-Book Ladies (KR) 2:30-TOT Book Club (KR) 2:30-Video Lecture Series (JR) "The History of Egypt" 4-Rock Steady Boxing (OR) 7-Video Lecture Repeat</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Deacon Bill Klump (OR) 11:00-AAUW Program (DR) "How Old Louisville Has Changed in 24 Years" 1-Blood Pressure Clinic (WC) 7:00-Great Drama Series(JR)</p>	<p>First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness(OR) 11:00-Shopping at Walgreens 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR)</p>	<p>First Financial Bank – 9 to Noon 9:00-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (WC) 7:00-U of L Football vs Georgia Tech (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 90th Birthday Celebration for Marge Leist 2 to 4 – Oak Room</p> 
<p>Van to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:30-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch ((OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-Bunco!! (KR) 7:30-Berlin Philharmonic (JR) Columbus Day (US) Thanksgiving Day (Canada)</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:30-Sit and Fit Class (OR) 2:30-Video Lecture Series (JR) "The History of Egypt" 4-Rock Steady Boxing (OR) **NO Video Lecture Repeat** 7:00-Kristin Ostling, Cello</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Dr. Jim Cobban (OR) 1:00-Blood Pressure Clinic (WC) 7:00-Funny Bridge (DR)</p>	<p>First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness(OR)  3 to 6 (Reflecting Pool/Oak Room) 4:30 to 6:30 – Buffet (FDR)</p>	<p>First Financial Bank – 9 to Noon 9:00-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (WC) 12-Pizza Hut Pizza Party (OR) 1:30-BINGO!!!! (OR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR) U of L Football @ Boston College (TBA)</p>
<p>Van to Local Churches 2:20-Depart for Chamber Music Society Concert at U of L "Takacs Quartet" 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>8:30-Dr. Scott, Podiatrist (KR) 9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch ((OR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:00-Sit and Fit Class (DR) 2:00-The Joyous Singers in Concert (OR) 2:30-Video Lecture Series (JR) "The History of Egypt" 4:00-Rock Steady Boxing (OR)</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Rev. Mark Williams (OR) Flu Shot Clinic 1 to 5 p.m. – Oak Room 1-Blood Pressure Clinic (WC) 2:00-Catholic Mass (3rd Floor) 7-Ostling's Night at the Opera The Three Tenors: Plácido Domingo, Luciano Pavarotti, José Carreras</p>	<p>First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 10:15-Depart for Bernheim Forest & Lunch at Talbott Tavern 11:00-Fight Back with Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-U of L Music Students Program (OR)</p>	<p>First Financial Bank – 9 to Noon 9:00-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (WC) 1:30-Stretching the Mind with Dr. Biggerstaff & Paula White (OR) 4:00-Shabbos Friends (KR) 7:00-Movie (JR)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR)</p>
<p>Van to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:30-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch ((OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00-Bunco!! (KR) 7:30-Berlin Philharmonic</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:00-Sit and Fit Class (DR) 2:30-Video Lecture Series (JR) "The History of Egypt" 4:00-Rock Steady Boxing (OR) 7- Video Lecture Repeat</p>	<p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Cody Nygard (OR) 12:00-October Birthday Lunch 1-Blood Pressure Clinic (WC) Trick or Treat for TOT Kids 6:30 to 7:30 p.m. 7-Funny Bridge (DR)</p> 	<p>First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Fight Back with Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 5:00-Depart for Dinner at the River Valley Club</p>	<p>First Financial Bank – 9 to Noon 9:00-Flexercise Class (OR) 9:30-Depart for Coffee Concert #1 10:00-Depart for Coffee Concert #2 10:15-Yoga Stretch (OR) 10:30-Wii Bowling (WC) 10:30-Depart for Coffee Concert #3 2:00-Grocery Shopping (Goss Avenue Kroger)</p>	<p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00-Movie (JR) U of L Football vs Wake Forest (TBA)</p>
<p>Van to Local Churches 2:30-Movie (JR) 7:00-Movie (JR)</p>	<p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch ((OR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic</p>	<p>First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 1:00-Sit and Fit Class (DR) 2:30-Video Lecture Series (JR) "The History of Egypt" 4:00-Rock Steady Boxing (OR) 7- Video Lecture Repeat</p>	<p>BOO BREAKFAST 9 to 11 a.m. (Fleur de Lis Dining Room) 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) **NO Devotion today** 1-Blood Pressure Clinic (WC) 7:00-Great Drama Series(JR) Halloween Shakespeare's Measure for Measure</p>	<p>October 2018 Treyton Oak Towers Activity Calendar</p> 