

# October 2019

## Treyton Oak Towers

### Activity Calendar

<p><b>October 2019</b> <b>Treyton Oak Towers</b> <b>Activity Calendar</b></p>	<p><b>1</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit (DR) 1:30-Book Ladies (KR) 2:00-The Joyous Singers (OR) 2:30-Book Club (KR) 2:30-Knitting Group (ML) 3:00-Video Lecture Series(JR) 7-Video Lecture Repeat (JR)</p>	<p><b>2</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11-No DEVOTION TODAY 11:00-AAUW Program (JR) “Days of Rage and Sorrow: The Jennie Bowman Story” 1-Blood Pressure Clinic (WC) 7:00-TOT’s Great Drama Series (JR) Shakespeare’s “Macbeth”</p>	<p><b>3</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) <b>Flu Shot Clinic (OR)</b> <b>10:30 a.m. to 2:30 p.m.</b> 11-Fight Back with Fitness(OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p><b>4</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15- Yoga Stretch (DR) 10:30-Wii Bowling (KR) 12-Papa John’s Pizza Party 1:30-BINGO!!! (OR) 7:00-Movie (OR)</p>	<p><b>5</b> 9:30-Exercise Class (OR) 12:30-U of L Football (JR) U of L vs Boston College 7:00-Movie (JR)</p>
<p><b>6</b> Van to Local Churches ~<b>Sunday Brunch Buffet~</b> <b>11:30 a.m. to 2:00 p.m.</b> 2:00-Movie (JR)</p>	<p><b>7</b> 9:30-Resident Bd. Mtg. (JR) 9:30-Coffee &amp; Donuts (OR) 10:00-Resident Council (OR) 11-Grocery Shopping #1 (Goss Avenue Kroger) 2-Grief Support Group (DR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR)</p>	<p><b>8</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit (DR) 2:00-Make a Fall Wreath or Door Decoration (CO) 2:30-Knitting Group (ML) 2:30-Video Lecture Series(JR) <b>*Please note: There will be NO Video Lecture Repeat tonight.**</b></p>	<p><b>9</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Deacon Bill Klump (OR) 1:00-Blood Pressure Clinic (WC) 2:00-Make a Fall Wreath or Door Decoration (CO) 7:00-Funny Bridge (KR) <small>Yom Kippur</small></p>	<p><b>10</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11:00-Shopping at Walgreens 11-Fight Back with Fitness(OR) 1:00-Sit and Fit Class (DR) 2:00- Silver Notes Concert “Salute to America” (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p><b>11</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:00-Coffee Concert Bus #2 10:15- Yoga Stretch (DR) 10:30-Coffee Concert Bus #3 10:30-Wii Bowling (KR) 2:00-Grocery Shopping (Goss Avenue Kroger) 7:00-Movie (OR)</p>
<p><b>13</b> Van to Local Churches 2:00-Movie (JR) 2:15-Depart for Chamber Music Society Concert: <i>Trio Con Brio at U of L</i> 7:00-Movie (JR)</p>	<p><b>14</b> 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) <small>Columbus Day (US) Thanksgiving Day (Canada) Sukkot</small></p>	<p><b>15</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit (DR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series(JR) 7-Video Lecture Repeat (JR)</p>	<p><b>16</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Dr. Jim Cobban (OR) 1-Blood Pressure Clinic (WC) 2-Piano Music with Cindy (ML) 2:00-Catholic Mass (3<sup>rd</sup> Floor) 7:00-Ostling’s Night at the Opera (JR) <small>Puccini’s “La Bohème”</small></p>	<p><b>17</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness 1:30-Sit and Fit Class (OR)  <b>Beer Garden, Music &amp; Games</b> 4:30 to 6:30 – Oktoberfest Buffet 7:00-Movie (JR)</p>	<p><b>18</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15- Yoga Stretch (DR) 10:30-Wii Bowling (KR) 1:30-Stretching the Mind (OR) 4:00-Shabbos Friends (KR) 7:00-Movie (OR)</p>
<p><b>20</b> Van to Local Churches ~<b>Sunday Brunch Buffet~</b> <b>11:30 a.m. to 2:00 p.m.</b> 2:00-Movie (JR)</p>	<p><b>21</b> 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) 2:00-Kling Chamber Orchestra Concert (JR) 7:30-Berlin Philharmonic (JR)</p>	<p><b>22</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit (DR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series(JR) 6:30-Trick or Treating (GH) 7-Video Lecture Repeat (JR) <small>Simchat Torah</small></p>	<p><b>23</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Rev. Cody Nygard (OR) 12:00-October Birthday Luncheon (FDR) 1:00-Blood Pressure Clinic (WC) 7:00-Funny Bridge (KR)</p>	<p><b>24</b> First Financial Bank – 9 to 11 9:00-Aquatics Class 9:30-Exercise Class (OR) 10:45-Breakfast/Lunch at Cracker Barrel 11-Fight Back with Fitness 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p><b>25</b> First Financial Bank – 9 to Noon 9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:00-Coffee Concert Bus #2 10:15- Yoga Stretch (DR) 10:30-Coffee Concert Bus #3 10:30-Wii Bowling (KR) 2:00-Grocery Shopping 2:00-Conversation on Race 7:00-Movie (OR)</p>
<p><b>27</b> Van to Local Churches 2:00-Movie (JR) 7:00-Movie (JR)</p>	<p><b>28</b> 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) 4:30-Dinner at Equus 7:30-Berlin Philharmonic (JR)</p>	<p><b>29</b> First Financial Bank – 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit (DR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series(JR) 7-Video Lecture Repeat (JR)</p>	<p><b>30</b> 9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Chaplain Terry Emery 1:00-Blood Pressure Clinic (WC) 2:00-Circle of Compassion</p>	<p><b>31</b> First Financial Bank – 9 to 11 <b>“Boo” Breakfast</b> 9 to 11 (FDR) 9:00-Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness(OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) <small>Halloween</small></p>	<p><b>Room Location Key:</b> DR=Dehoney Room KR=Kentucky Room JR=Jefferson Room OR=Oak Room ML=Main Lobby WC=Wellness Center (CO)=Cristi’s Office GH=Gallery Hall (From Beauty Shop to Oak Room)</p>

