



OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
		1 9:30am-Cornhole 6pm-Nat'l Night Out Nat'l Homemade Cookie Day	2 8am-Mile Club 11:00am-Pilates	3 6pm-Karaoke Night	4 8am- Mile club 9am-Strength & Balance 4:30pm-6pm- Fizzy Fun Friday	5 9am-Wreath Class
6 7pm-Dallas Cowboys Watch Party	7 8am-Mile Club 9am-Chair Yoga 3pm-Book Club Meeting 6pm-Monday Movie Madness	8 9:30am-Cornhole 1pm-Mexican Train	9 8am- Mile Club 9am-Breast Cancer Awareness Donuts & Bagels 11am-Pilates	10 3pm-Cake Decor Class with Trudy	11 8:00am- Mile Club 9am- Strength & Balance 4:30pm-6pm Fizzy Fun Friday	12 10:30am-12:30pm Talks About Natural Solutions For Your Health & Wellness
13  Sundae Funday 3pm-Dallas Cowboys Watch Party	14 8am-Mile Club 9am-Chair Yoga 6pm- Monday Movie Madness	15 9:30am-Cornhole 1pm-Game Day	16 8am-Mile Club 11am-Pilates 2pm- Art Class National Sports Day (Wear Your Favorite Team Jersey or Hat)	17 Senior Fair Day 6pm-Wreath Class	18 8am- Mile Club 9am-Strength & Balance 4:30pm-6pm Fizzy Fun Friday	19 2pm-Fall Festival Pumpkin Patch Photos
20 International Chef Day	21 8am-Mile Club 9am-Chair Yoga 6pm-Monday Movie Madness	22 9:30am-Cornhole 10:30am-Pickle Ball With Anna 1pm-Game Day	23 8am-Mile Club 11am-Pilates 2pm-Art Class	24 11am-12pm FINANCING YOUR LIFE AFTER RETIREMENT W/MICHELLE 5pm-Chili Cook Off	25 8am- Mile Club 9am-Strength & Balance 4:30-6pm- Sensational Sips w/Susan	26 12pm-Pumpkin Decorating
27 7pm-Dallas Cowboys Watch Party	28 8am-Mile Club 9am-Chair Yoga 6pm-Monday Movie Madness National First Responders Day	29 9:30am-Cornhole 1pm-Game Day 3pm-October Birthdays Celebration	30 8am- Mile Club 11am-Pilates 2pm-Art Class 4pm Resident Forum/w Tammie	31  Halloween 5pm-Halloween Costume Party		

Walking Club: Resident led walking club that meets on MWF in front of the main resort building.

Game Day/Game Night: Resident led game day that meets every Tuesday afternoon (Game Day), once a month (Game Night) –Party Room

Mexican Train: Resident led Mexican Train –Art Studio

Sensational Sips w/ Susan: Susan shares a recipe for an adult beverage and her lovely company! –Bistro

Resident Forum with Tammie: Open forum – opportunity for residents to share. Movement Studio

Fizzy Fun Fridays: Cool down with a drink at our happy hour – Refreshments provided. Bistro/Great Room

Pickleball Perks with Anna: Anna's got the pickleball playbook and game time covered! Let's rally! Pickleball court

Movie Night: Ready for some movie magic? Join us for a resident–led movie night, see you there for a reel good time! Media Room

October Birthdays: Celebrate October birthdays with us! Bistro

Pilates: Come for a good stretch with friends! Movement Studio

Art Class: Come to a guided art class and create something that will last forever. –Creative Arts Room

Strength and Balance: Work towards building your strength and improving your balance.– Movement Studio

Beginner Yoga: Experience the relaxation of yoga at our Movement Studio!

Wreath Class – Make a wreath for the upcoming holidays – class taught by Renee. The wreaths are gorgeous! Art Studio. Rsvp

Let's gather together to watch our favorite local team play some FOOTBALL! Great Room.

Karaoke Night– Lets meet for a fun night of Karaoke!–Media Room

Essential Oil Making Class– Come learn how to create your own sent of Essential Oil. –Creative Arts Room

Chili Cook Off– Who has the best tasting Chili at Avenida? Lets find out at our Chili Cook Off! –Bistro

Halloween Party– Put on your Halloween Costume & come on down for some fun.

Sundae Funday– Join us in the Bistro for a Delicious Ice Cream Sundae.

Nat'l Sports Day– Wear your favorite Sports Jersey or Sports Cap!

Come down and Decorate Your Own Cake With Ms. Trudy! Rsvp