# OCTOBER 2022 ASSISTED LIVING

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | | **CLAUDIA REACH**<br>**Life Enrichment Director**<br>**ABBY THOMASON**<br>**Life Enrichment Coordinator**<br>**205-956-2184**<br>**X172**<br>creach@kirkwoodbytheriver.com<br>athomason@kirkwoodbytheriver.com | **1**<br>6:00 Lawrence Welk Show–Ch 4<br>**AUBURN VS LSU**<br>**ALABAMA VS ARKANSAS** |
| **2**<br>***10:15 IPC Worship**<br>3:30 Episcopal Communion (C) | **3**<br>9:00 Jazzin' w/ Jackie (C)<br>9:45 Exercise (AL)<br>10:00 Mending (OLC)<br>11:00 Boccia Ball<br>1:30 Bridge (OLC)<br>**3:00 Residents' Asso Mtg** (C) | **4**<br>Massage Therapy<br>10:00 Men's Coffee & Conversation<br>11:00 Hungry Valley Boys (C)<br>**2:00 Kirkwood Bible Study** (Chapel)<br>3:30 Kevin Grigsby Piano/Vocals (C) | **5**<br>9:45 Exercise (AL)<br>***9:30 Publix**<br>10:30 Ctg Pyr (C)<br>***1:15 Winn Dixie**<br>1:00 Wi Bowling Buddies (OLC)<br>1:30RCCommunion<br>***1:30 RV**<br>4:00 Residents' Social Hour OLC) | **6**<br>9:00 Balance Class with Tonya (C)<br>**11:00 Kirkwood Worship and Communion** (C)<br>2:30 Mahjong Tile Game with Mary (OverLook Cafe) | **7**<br>9:00 Chair Yoga w/ Elise (C)<br>9:45 Exercise (AL)<br>10:00 James Spann<br>***10:00 The Shops at Grand River**<br>1:00 MTDominos<br>3:30 Kara Lancaster Piano/Vocals (C)<br>6:30 Movie Night (C) | **8**<br>10:30 Rosary with Ann Cote' (OLC)<br>6:00 Lawrence Welk Show on Ch 4<br>**ALABAMA VS TEXAS A&M**<br>**AUBURN VS GEORGIA** |
| **9**<br>***10:15 IPC Worship**<br>3:30 Episcopal Communion (C) | **10**<br>9:00 Jazzin' w/ Jackie (C)<br>9:45 Exercise (AL)<br>10:30 Ladies Circle<br>1:30 Bridge (OLC)<br>**2:30 October Birthdays Celebration** (C) | **11**<br>Massage Therapy<br>**9:30-12:00 SOS Photo ID Lab** (OLC)<br>10:00 Men's Coffee & Conversation (OLC)<br>***No Kirkwood Bible Study Today!***<br>3:30 Surprise Package Female Vocals (C) | **12**<br>9:45 Exercise (AL)<br>***9:30 Publix**<br>10:00 Mat Makers<br>11:00 KW Ctg Pyr<br>***1:15 Winn Dixie**<br>1:30RCCommunion<br>2:30 The Great Minds<br>4:00 Residents' Social Hour (OLC) | **13**<br>9:00 Laughter Yoga w/ She She (C)<br>**11:00 Kirkwood Worship** (Chapel)<br>2:00 Birmingham Harmony Belles Female Vocal Trio (C)<br>3:15 Hand & Foot Card Game (OverLook Cafe) | **14**<br>9:45 Exercise (AL)<br>***10:00 Walgreens and CVS**<br>10:30 The Stones (C)<br>2:00 Kirkwood Book Club (SV-301)<br>3:30 Jason Kirby(C) "50 Years of BBG" | **15**<br>6:00 Lawrence Welk Show-Ch 4<br>**AUBURN VS OLE MISS**<br>**ALABAMA VS TENNESSEE** |

# OCTOBER 2022 ASSISTED LIVING (CONTINUED)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **16**<br>***10:15 IPC Worship**<br>3:30 Episcopal Communion (C) | **17**<br>9:00 Jazzin' w/ Jackie (C)<br>9:45 Exercise (AL)<br>1:00 GBHS Petting Session (OLC)<br>1:30 Bridge (OLC)<br>3:00 Cahaba Saxophone Quartet (C) | **18**<br>Massage Therapy<br>10:00 Men's C&C (OLC)<br>***10:15 Lunch UpTown Cantina**<br>**2:00 Kirkwood Bible Study** (C)<br>3:30 Dr.Victoria Ott Civil War Series (C) | **19**<br>9:45 Exercise (AL)<br>***9:30 Publix**<br>11:00 KW Ctg Pyr (C)<br>***1:15 Winn Dixie**<br>1:30RCCommunion<br>2:00 Jon Michael Ogletree Piano (C)<br>4:00 Residents' Social Hour (OLC) | **20**<br>9:00 Balance Class with Gloria (C)<br>10:00 Dr. Byrd Audiologist (OLC)<br>**11:00 Kirkwood Worship** (C)<br>1:00MTDominos<br>3:30 Al Mahan Guitar/Vocals (C) | **21**<br>9:45 Exercise (AL)<br>***10:00 Dollar Tree Shopping Trip**<br>1:00 Rummikub Tile Game (OLC)<br>3:30 Birmingham Baroque (Chapel) Classical Ensemble | **22**<br>10:30 Rosary w/ Ann (OLC)<br>6:00 Lawrence Welk Show-Ch 4<br>**ALABAMA VS MISSISSIPPI STATE**<br>**AUBURN** |
| **23**<br>***10:15 IPC Worship**<br>3:30 Episcopal Communion (C)<br>**6:00 Patsy's** (C) | **24**<br>9:00 Jazzin' w/ Jackie (C)<br>9:45 Exercise (AL)<br>10:30 Blake Franklin Guitar/Vocals (AL)<br>1:30 Bridge Games<br>4:00 Dolores Hydock Literary Hour | **25**<br>Massage Therapy<br>10:00 Men's C&C<br>***10:15 Lunch ARK Restaurant**<br>**2:00 Kirkwood Bible Study** (C)<br>3:15 Hand&Foot (OLC)<br>7:00 Kirkwood Sing Along (C) | **26**<br>9:45 Exercise (AL)<br>***9:30 Publix**<br>10:00 Mat Makers<br>11:00 KW Ctg Pyr<br>***1:15 Winn Dixie**<br>1:30RCCommunion<br>2:30 Sam Banana and The Bunch (C)<br>4:00 Social Hour | **27**<br>**11:00 Kirkwood Worship** (C)<br>1:00 Hand-In-Paw Pet Therapy Visit (OverLook Cafe)<br>3:30 Old Fashioned Rhythm Method New Orleans Jazz (C) | **28**<br>9:45 Exercise (AL)<br>***10:00 WalMart Shopping Trip**<br>***10:15 ASO Coffee Concert**<br>3:30 Bloom and Funkhouser Flute/Piano (C)<br>6:30 Movie Night (C) | **29**<br>6:00 Lawrence Welk Show-Ch 4<br>**AUBURN VS ARKANSAS**<br>**ALABAMA**<br>**NO GAME** |
| **30**<br>***10:15 IPC Worship**<br>3:30 Episcopal Communion (C) | **31**<br>9:00 Jazzin' w/ Jackie (C)<br>9:45 Exercise<br>1:30 Bridge (OLC)<br>2:00 Art Class w/ She She (C) | ****FREE MENDING****<br>**REBECCA-MARTHA LEE-KATHY**<br>**October 3rd**<br>**OverLook Cafe**<br>**********<br>**AGNEW JEWELERS**<br>**REPLACE WATCH BATTERIES**<br>***FREE**** | ****CHAMPION****<br>**CLEANERS**<br>**Free Pick-up & Delivery**<br>**11:00 A.M.**<br>**Tuesdays & Fridays**<br>**205-824-7737**<br>*********<br>**GREATER BIRMINGHAM HUMANE SOCIETY**<br>***SAVE YOUR NEWSPAPERS*** | ****MASSAGE****<br>****THERAPY****<br>**(By Appointment)**<br>**The Hideaway**<br>**Call Cheron Blythe**<br>**205-902-7966**<br>**October 4th**<br>**October 11th**<br>**October 18st**<br>**October 25th** | ***LEGEND***<br>(AL-DR) Assisted Living Dining Room<br>(AR) Activity Room Kirkwood Lane<br>(C) Chapel<br>(H) Hideaway<br>(L) Library-SV301<br>(LR) Living Room<br>(OLC) Overlook Cafe<br>(P) Pool<br>(TTL) Tree Top Lounge<br>(SN) Skilled Nursing | |

***DEPARTURE TIMES (PLEASE MEET IN THE LOBBY AT THE DESIGNATED TIME)**