OCTOBER 2022 INDEPENDENT LIVING

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

OCTOBER 2022 INDEPENDENT LIVING (CONTINUED)

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

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