


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>TWIN RIVERS</b> A GRACE MGMT COMMUNITY</p>		<p>1720 North Plano Road Richardson, TX 75081 (972)979-4333</p>	<p>10:30 → In Chair Exercise First Session (Must sign up) [MR] 2:00 → Chair Exercise 2nd Group [MR] 2:00 📖 Rummikub [B] 3:30 📖 Bible Study [PDR] 3:30 → Exercise Third Session [MR] 6:30 Mexican Train [B]</p>	<p><b>World Smile Day!</b> 10:30 → Sweat'n with the Oldies First Session (Must Sign Up) [MR] 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 4:00 🎵 Texas Winds Musical Outreach Virtual Video 6:00 Movie Night [MR]</p>	<p>10:00 🍵 Coffee &amp; Donuts 6:00 Mexican Train [B] 6:30 Movie Night</p>	
<p>Welcome to our newest Residents to!! Twin Rivers Assisted Living! We hope you will find our neighborhood just as friendly and enjoyable as we have.</p> <p>Rita F. Room 12 Tom N. Room 28 Mike W. Room 38 Bette D. Room 61 Richard T. Room 64 Stop by and say HELLO!</p>	<p>11:00 🦋 <b>Christ United Methodist Church (Live Streaming) [MR]</b> 4 6:00 Netflix Movie (Residents Choice) 6:30 Mexican Train or Dominoes [B]</p>	<p><b>National Do Something Nice Day!</b> 5 10:30 → Morning Workout [MR] 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 4:00 🎲 Wheel of Fortune [MR] 6:30 🎬 Movie Night</p>	<p>10:30 → In Chair Exercise First Session [MR] 6 2:00 🎲 <b>Bridge Club and Cards Games [AR]</b> 2:00 → In Chair Exercise Second Session [MR] 3:30 → In Chair Exercise Third Session [MR] 6:30 🎲 Mexican Train or Dominoes [B]</p>	<p><b>Happy Birthday Bette D. Happy Birthday Joanne H!</b> 7 10:30 ★ Worksheet 11:30 🎲 Wii Bowling 1:30 🎲 BINGO (First Session Must Sign Up 6 Person Limit) 2:30 🎲 BINGO (Second Session Must Sign Up 6 person Limit) 3:30 🎲 BINGO (Third Session Must Sign Up 6 person Limit) 6:30 Movie Night [MR]</p>	<p>10:30 → In Chair Exercise First Session (Must sign up) [MR] 8 2:00 → Chair Exercise 2nd Group [MR] 2:00 📖 Rummikub [B] 3:30 → Exercise Third Session [MR] 6:30 Mexican Train [B]</p>	<p>10:00 <b>Entertainment with Marty Ruiz (Weather Permitting)</b> 9 10:30 → Sweat'n with the Oldies First Session (Must Sign Up) [MR] 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 6:00 Movie Night [MR]</p>
	<p>11:00 🦋 <b>Christ United Methodist Church (Live Streaming) [MR]</b> 11 6:00 Netflix Movie (Residents Choice) 6:30 Mexican Train or Dominoes [B]</p>	<p>10:30 → Morning Workout [MR] 12 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 4:00 🎲 Wheel of Fortune [MR] 6:30 🎬 Movie Night</p>	<p>10:00 <b>Entertainment with toni Macaroni (Weather Permitting) [DR]</b> 13 10:30 → In Chair Exercise First Session [MR] 2:00 🎲 <b>Bridge Club and Cards Games [AR]</b> 2:00 → In Chair Exercise Second Session [MR] 3:30 → In Chair Exercise Third Session [MR] 6:30 🎲 Mexican Train or Dominoes [B]</p>	<p><b>Happy Birthday Kay B.</b> 14 10:30 ★ Worksheet 11:30 🎲 Wii Bowling 1:30 🎲 BINGO (First Session Must Sign Up 6 Person Limit) 2:30 🎲 BINGO (Second Session Must Sign Up 6 person Limit) 3:30 🎲 BINGO (Third Session Must Sign Up 6 person Limit) 6:30 Movie Night [MR]</p>	<p>10:30 → In Chair Exercise First Session (Must sign up) [MR] 15 2:00 → Chair Exercise 2nd Group [MR] 2:00 📖 Rummikub [B] 3:30 📖 Bible Study [PDR] 3:30 → Exercise Third Session [MR] 6:30 Mexican Train [B]</p>	<p>10:00 <b>Entertainment with Ruby Westin (Weather Permitted)</b> 16 10:30 → Sweat'n with the Oldies First Session (Must Sign Up) [MR] 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 4:00 🎵 Texas Winds Musical Outreach Virtual Video 6:00 Movie Night [MR]</p>
<p>May the month of <b>October</b> bring you many blessings. By Emyden</p>	<p>11:00 🦋 <b>Christ United Methodist Church (Live Streaming) [MR]</b> 18 6:00 Netflix Movie (Residents Choice) 6:30 Mexican Train or Dominoes [B]</p>	<p>10:30 → Morning Workout [MR] 19 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 4:00 🎲 Wheel of Fortune [MR] 6:30 🎬 Movie Night</p>	<p>10:30 → In Chair Exercise First Session [MR] 20 2:00 🎲 <b>Bridge Club and Cards Games [AR]</b> 2:00 → In Chair Exercise Second Session [MR] 3:30 → In Chair Exercise Third Session [MR] 6:30 🎲 Mexican Train or Dominoes [B]</p>	<p>10:30 ★ Worksheet 21 11:30 🎲 Wii Bowling 1:30 🎲 BINGO (First Session Must Sign Up 6 Person Limit) 2:30 🎲 BINGO (Second Session Must Sign Up 6 person Limit) 3:30 🎲 BINGO (Third Session Must Sign Up 6 person Limit) 6:30 Movie Night [MR]</p>	<p><b>Happy Birthday Jean R. Happy Birthday Lola T.</b> 22 10:30 → In Chair Exercise First Session (Must sign up) [MR] 2:00 → Chair Exercise 2nd Group [MR] 2:00 📖 Rummikub [B] 3:30 → Exercise Third Session [MR] 6:30 Mexican Train [B]</p>	<p>10:30 → Sweat'n with the Oldies First Session (Must Sign Up) [MR] 23 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 6:00 Movie Night [MR]</p>
	<p><b>Birthday Wishes to</b> Joanne H Oct 7th Bette D. Oct 7th Kay B. Oct 14th Leo W. Oct 17th Lola T. Oct 22nd Jean R. Oct 22nd</p>	<p>11:00 🦋 <b>Christ United Methodist Church (Live Streaming) [MR]</b> 25 6:00 Netflix Movie (Residents Choice) 6:30 Mexican Train or Dominoes [B]</p>	<p><b>National Pumpkin Day!</b> 26 10:30 → Morning Workout [MR] 2:00 → Exercise Second Session [MR] 2:30 📖 Manipulation Card Game 3:30 → Exercise Third Session [MR] 4:00 🎲 Wheel of Fortune [MR] 6:30 🎬 Movie Night</p>	<p>10:30 → In Chair Exercise First Session [MR] 27 2:00 🎲 <b>Bridge Club and Cards Games [AR]</b> 2:00 → In Chair Exercise Second Session [MR] 3:30 → In Chair Exercise Third Session [MR] 6:30 🎲 Mexican Train or Dominoes [B]</p>	<p><b>National Chocolate Day!</b> 28 10:30 ★ Worksheet 11:30 🎲 Wii Bowling 1:30 🎲 BINGO (First Session Must Sign Up 6 Person Limit) 2:30 🎲 BINGO (Second Session Must Sign Up 6 person Limit) 3:30 🎲 BINGO (Third Session Must Sign Up 6 person Limit) 6:30 Movie Night [MR]</p>	<p>10:30 → In Chair Exercise First Session (Must sign up) [MR] 29 2:00 → Chair Exercise 2nd Group [MR] 2:00 📖 Rummikub [B] 3:30 → Exercise Third Session [MR] 6:30 Mexican Train [B]</p>
						<p>10:00 🍵 Coffee &amp; Donuts 31 6:00 Mexican Train [B] 6:30 Movie Night</p>