



TWIN RIVERS
A GRACE MGMT COMMUNITY

OCTOBER 2021

Twin Rivers Assisted Living Calendar



1720 North Plano Road
Richardson, Texas 75081
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www.twinriversassistedliving.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chris Henger..Executive Director Sheila Ricketts....Sale/Marketing Helen Kassaye.....BOD Selma Demsew..AL Coordinator	Chef Nach.....Culinary Director Mario Luna.....Maintenance Diane Martinez.....LED Jason Myers.....Van Driver Syndi Sphabmixay.....VPC				1 E 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SE 11:00 Texas Winds CR 4:00 Happy Hour CO 6:30 Mexican Train	2 National Custodian Day! SO 10:00 Coffee & Donut I 2:00 Card Games CO 6:00 Mexican Train PR 6:30 Dominos
3 Happy Birthday Dick SP 11:00 Christ United Methodist SO 12:00 Cowboys vs Carolina Panthers (FOX) SE 12:00 Music Sing Along CO 6:30 Mexican Train	4 E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Chair Exercise w/Jason SP 3:30 Bible Study/ Communion w/Kelly CO 6:30 Mexican Train	5 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club SE 2:30 Movie Matinee (Letter to Juliet) CO 6:30 Mexican Train	6 SO 10:00 Coffee & Conversaion CO 10:30 BINGO SE 2:30 BINGO CO 3:30 Rummikub or Skip-bo SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	7 Happy B Day Joanne & Bette PY 10:30 Sit & Stretch Exercise I 2:00 Bridge SO 3:00 BINGO SO 6:30 Mexican Train	8 E 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service CR 4:00 Happy Hour CO 6:30 Mexican Train	9 SO 10:00 Coffee & Donut I 2:00 Card Games CO 6:00 Mexican Train PR 6:30 Dominos
10 SP 11:00 Christ United Methodist SE 12:00 Music Sing Along SO 3:25 Cowboys vs New York Giants (FOX) CO 6:30 Mexican Train	11 Columbus Day E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Exercise with Jason SP 3:30 Bible Study w/Kelly CO 6:30 Mexican Train	12 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club I 2:00 Silver Derby Horse Races CO 6:30 Mexican Train	13 SO 10:00 Coffee & Conversation CO 10:30 BINGO SE 2:30 BINGO CO 3:30 Skip-bo SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	14 Happy Birthday Kay B. PY 10:30 Sit & Stretch Exercise SP 11:00 Prayer Session CO 2:00 Bridge CO 3:00 Bingo CO 6:30 Mexican Train	15 SE 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service SO 4:00 Happy Hour CO 6:30 Mexican Train	16 National Boss Day! SO 10:00 Coffee & Donut SO 10:30 Donuts & Coffee CO 6:00 Mexican Train PR 6:30 Dominos
17 SP 11:00 Christ United Methodist SE 12:00 Music Sing Along SO 3:25 Cowboys vs New England Patriots (CBS) CO 6:30 Mexican Train	18 E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Exercise with Jason SP 3:30 Bible Study w/Kelly 4:00 Chocolate Cupcake Social CO 6:30 Mexican Train	19 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club SE 2:30 Movie & Popcorn (5 Flights Up) CO 6:30 Mexican Train	20 SO 10:00 Coffee & Conversation CO 10:30 BINGO SE 2:30 BINGO SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	21 PY 10:30 Sit & Stretch Exercise SP 11:30 Jody & Jody CO 2:00 Bridge SO 3:00 Bingo SO 4:30 Entertainment by Ruby Westin	22 Happy B Day Jean & Lola SE 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service SO 4:00 Happy Hour CO 6:30 Mexican Train	23 SO 10:00 Coffee & Donut CO 6:00 Mexican Train PR 6:30 Dominos
24 SP 11:00 Christ United Methodist SE 12:00 Music Sing Along CO 6:30 Mexican Train	25 E 9:45 Morning Relaxation PY 10:30 Walk and Roll PY 2:00 Exercise with Jason SP 3:30 Bible Study w/Kelly CO 6:30 Mexican Train	26 SO 10:00 Coffee & Conversation PY 10:30 Sit & Stretch Exercise CO 2:00 Bridge Club SO 3:00 Monthly Birthday Party with Blane & Carla CO 6:30 Mexican Train	27 SO 10:00 Coffee & Conversation CO 10:30 BINGO SE 2:30 BINGO SP 4:00 Catholic Rosary/ Prayer CO 6:30 Mexican Train	28 Happy Birthday Lucy PY 10:30 Sit & Stretch Exercise SP 11:00 Prayer Session CO 2:00 Bridge SO 3:00 Bingo CO 6:30 Mexican Train	29 SE 9:30 Morning Relaxation PY 10:45 Chair Exercise w/Jason SO 2:00 Worship Service SO 4:00 Halloween Happy Hour w/ Bill Cobbs CO 6:30 Mexican Train	30 Happy Birthday Colleen W. SO 10:00 Coffee & Donut CO 6:00 Mexican Train PR 6:30 Dominos
31 Halloween SP 11:00 Christ United Methodist SE 12:00 Music Sing Along CO 6:30 Mexican Train SO 7:20 Cowboys vs Minnesota Vikings (NBC)					Birthdays 10/3 - Dick T. 10/7 - Joanne H. 10/7 - Bette D. 10/14 - Kay B. 10/21 - Harold G. 10/22 - Jean R. 10/22 - Lola T.	CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social

Events are Subject to Change.