

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Cal Robbinz Entertainment**

Tuesday, October 12, 2:00 PM

**McCLung Museum Outing**

Thursday, October 14, 1:30 PM

**Monster Mash Bash  
with Two For The Road**

Friday, October 29, 2:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**31**  
**Halloween**  
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (BP)  
 10:30 **LIS** Newsletter Highlight: US Candy Favorites (AR) (BP)  
 1:00 **SCE** Brain Challenge: Halloween (AR) (BP)  
 1:45 **CEA** Halloween Costume Contest (AR) (BP)  
 3:00 **HPF** Flow Yoga (AR) (BP)



- HEALTH AND PHYSICAL FITNESS
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- RELIGIOUS AND SPIRITUAL FELLOWSHIP

**ROOM LOCATION KEY:**  
 Lobby L  
 Azalea Room AR  
 Parlor P

**STAFF KEY:**  
 Teresa Walden, ELPI TW  
 Resident Led Activity RLA  
 Bonnie Parton, ELD BP  
 Curtis Bates, DCS DCS

**1**  
**International Coffee Day**  
 10:00 **HPF** Walking Challenge Monthly Launch (AR) (BP)  
 10:30 **RSE** Bible Study Series: Part I (AR) (BP)  
 11:00 **LIS** Coffee Talks: Roast & Rhymes Part I (AR) (BP)  
 2:00 **CEA** Bisque Creations (AR) (BP)  
 3:30 **HPF** Total Body Conditioning - Advanced (AR) (BP)  
 6:00 **SCE** Rummikub® (AR) (RLA)

**2**  
 8:45 **LIS** Newsletter Highlight: Coffee Economics (P) (RLA)  
 10:00 **HPF** Cardio Drumming Circle (AR) (BP)  
 10:30 **LIS** Coffee Talks: Roast & Rhymes Part II (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 2:30 Pretty Nails (AR) (BP)  
 3:30 **HPF** Posture and Stretch Fitness Class (AR) (BP)

**3**  
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (BP)  
 10:30 **LIS** Clergy: Facts and Health Benefits (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 3:00 **HPF** Flow Yoga (AR) (BP)

**4**  
**National Golf Lovers Day**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (TW)  
 10:30 **HPF** The Health Benefits of Golf (AR) (TW)  
 1:00 **LIS** The Economics of Golf (AR) (TW)  
 1:30 **SCE** Turn It Over (AR) (TW)  
 3:30 **HPF** Lower Body Conditioning (AR) (TW)

**5**  
 10:00 **HPF** Flow Yoga (AR) (TW)  
 10:30 Scenic Drive (AR) (TW)  
 2:00 **SCE** Fredda Temples Entertainment (AR) (TW)  
 3:30 **HPF** Dance & Movement: Cowboy Charleston (AR) (TW)

**6**  
 8:30 **SCE** Cracker Barrel (L) (TW)  
 10:00 **HPF** Upper Body Conditioning (AR) (BP)  
 10:30 **CEA** Creating Art from the Scents We Smell (AR) (BP)  
 2:00 **SCE** Don't Worry Be Frappe Happy Hour (AR) (TW)  
 3:30 **HPF** Tai Chi: Balance & Posture (AR) (TW)  
 4:00 **CPI** Ambassador Club Meeting (AR) (BP)

**7**  
**National Frappe Day**  
 10:00 **HPF** Total Body Conditioning - Beginner (AR) (BP)  
 10:00 Walmart Shopping Outing (L) (TW)  
 10:30 **CEA** Oil painting Beginning & Advanced (AR) (BP)  
 1:00 **LIS** ODU: The Chemistry of Coffee (AR) (BP)  
 2:30 **SCE** Fall Pop-up Programs (AR) (TW)  
 3:30 **HPF** Dance & Movement: Cowboy Charleston (AR) (TW)

**8**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (BP)  
 10:30 **RSE** Bible Study Series: Part II (AR) (BP)  
 2:00 **CEA** Bisque Creations (AR) (BP)  
 3:30 **HPF** Total Body Conditioning - Advanced (AR) (BP)  
 6:00 **SCE** Rummikub® (AR) (RLA)

**9**  
 10:00 **HPF** Cardio Drumming Circle (AR) (BP)  
 10:30 **LIS** Monthly Book Club (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 2:30 Pretty Nails (AR) (BP)  
 3:30 **HPF** Posture and Stretch Fitness Class (AR) (BP)

**10**  
**Clergy Appreciation Day**  
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (BP)  
 10:30 **CPI** A Token of Appreciation for Clergy (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 3:00 **HPF** Flow Yoga (AR) (BP)

**11**  
**Columbus Day**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (TW)  
 10:30 **LIS** Newsletter Highlight: Columbus Day Facts (AR) (TW)  
 11:00 **SCE** Turn It Over (AR) (TW)  
 2:00 **CPI** Knoxville Voting City Election (AR) (TW)  
 3:30 **HPF** Lower Body Conditioning (AR) (TW)

**12**  
 10:00 **HPF** Flow Yoga (AR) (TW)  
 10:30 **CEA** Fall Pine Cone Wreath Project (AR) (TW)  
 2:00 **SCE** Cal Robbinz Entertainment (AR) (TW)  
 3:00 **HPF** Dance & Movement: Cupid Shuffle (AR) (TW)

**13**  
 10:00 **HPF** Upper Body Conditioning (AR) (BP)  
 10:30 **CPI** Engage Life® Planning Meeting (AR) (BP)  
 11:00 **SCE** Gavino's Pizzeria & Restaurant (L) (TW)  
 2:00 **SCE** Harvest Happy Hour (AR) (TW)  
 3:30 **HPF** Tai Chi: Balance & Posture (AR) (BP)

**14**  
 10:00 **HPF** Total Body Conditioning - Beginner (AR) (BP)  
 10:00 Walmart Shopping Outing (L) (TW)  
 10:30 **CEA** Oil painting Beginning & Advanced (AR) (BP)  
 1:30 **LIS** McClung Museum Outing (L) (TW)  
 3:00 **SCE** Fall Pop-up Programs (AR) (TW)  
 3:30 **HPF** Dance & Movement: Cupid Shuffle (AR) (TW)

**15**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (BP)  
 10:30 **RSE** Bible Study Series: Part III (AR) (BP)  
 2:00 **CEA** Bisque Creations (AR) (BP)  
 3:30 **HPF** Total Body Conditioning - Advanced (AR) (BP)  
 6:00 **SCE** Rummikub® (AR) (RLA)

**16**  
**Dictionary Day**  
 10:00 **HPF** Cardio Drumming Circle (AR) (BP)  
 10:30 **LIS** Word Wonders: Homonyms and Synonyms (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 2:30 Pretty Nails (AR) (BP)  
 3:30 **HPF** Posture and Stretch Fitness Class (AR) (BP)

**17**  
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (BP)  
 10:30 **LIS** The Science of Making Biscuits (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 3:00 **HPF** Flow Yoga (AR) (BP)

**18**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (TW)  
 10:30 **SCE** Turn It Over (AR) (TW)  
 2:00 **CEA** Creating Tile Coasters (AR) (TW)  
 3:30 **HPF** Lower Body Conditioning (AR) (TW)

**19**  
 10:00 **HPF** Flow Yoga (AR) (TW)  
 1:30 **CPI** Career Connections Club (AR) (TW)  
 2:00 **CPI** Food For Thought - Culinary Led (AR) (DCS)  
 3:00 **HPF** Dance & Movement: Electric Slide (AR) (TW)

**20**  
**International Chefs Day**  
 10:00 **HPF** Upper Body Conditioning (AR) (BP)  
 10:30 **LIS** Food Science: The Maillard Reaction (AR) (BP)  
 2:00 **SCE** Pumpkin Spice Happy Hour (AR) (TW)  
 3:30 **HPF** Tai Chi: Balance & Posture (AR) (BP)

**21**  
 10:00 **HPF** Total Body Conditioning - Beginner (AR) (BP)  
 10:00 Walmart Shopping Outing (L) (TW)  
 10:30 **CEA** Oil painting Beginning & Advanced (AR) (BP)  
 3:00 **SCE** Fall Pop-up Programs (AR) (TW)  
 3:30 **HPF** Dance & Movement: Electric Slide (AR) (TW)

**22**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (BP)  
 10:30 **RSE** Bible Study Series: Part IV (AR) (BP)  
 2:00 **CEA** Bisque Creations (AR) (BP)  
 3:30 **HPF** Total Body Conditioning - Advanced (AR) (BP)  
 6:00 **SCE** Rummikub® (AR) (RLA)

**23**  
 10:00 **HPF** Cardio Drumming Circle (AR) (BP)  
 10:30 Turn It Over (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 2:30 Pretty Nails (AR) (BP)  
 3:30 **HPF** Posture and Stretch Fitness Class (AR) (BP)

**24**  
 10:00 **HPF** Tai Chi: Balance & Posture (AR) (BP)  
 10:30 **LIS** Zodiac & Horoscope of October (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 3:00 **HPF** Flow Yoga (AR) (BP)

**25**  
**International Artist Day**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (TW)  
 10:30 **SCE** Turn It Over (AR) (TW)  
 2:00 **LIS** ODU: 5 Important Paintings (AR) (TW)  
 3:30 **HPF** Lower Body Conditioning (AR) (TW)

**26**  
 10:00 **HPF** Flow Yoga (AR) (TW)  
 10:30 Scenic Drive (L) (TW)  
 2:00 **CPI** Resident Council Meeting (AR) (TW)  
 3:00 **HPF** Dance & Movement: The Git Up Line Dance (AR) (TW)

**27**  
 10:00 **HPF** Upper Body Conditioning (AR) (BP)  
 10:30 **CEA** Music History: Iconic Music Venues (AR) (BP)  
 2:00 **SCE** Spooktacular Happy Hour (AR) (TW)  
 3:30 **CEA** Bisque Creations (AR) (BP)  
 4:00 **HPF** Tai Chi: Balance & Posture (AR) (BP)

**28**  
 10:00 **HPF** Total Body Conditioning - Beginner (AR) (BP)  
 10:00 Walmart Shopping Outing (TW)  
 10:30 **CEA** Oil painting Beginning & Advanced (AR) (BP)  
 2:30 **SCE** Fall Pop-up Programs (AR) (BP)  
 3:30 **HPF** Dance & Movement: The Git Up Line Dance (AR) (BP)

**29**  
 10:00 **HPF** Moving For Memory: Walking Challenge (AR) (BP)  
 10:30 **RSE** Bible Study Series: Part V (AR) (BP)  
 2:00 **SCE** Monster Mash Bash with Two For The Road (AR) (BP)  
 3:00 **SCE** Puppy Trick or Treating (AR) (BP)  
 3:30 **HPF** Total Body Conditioning - Advanced (AR) (BP)  
 6:00 **SCE** Rummikub® (AR) (RLA)

**30**  
 10:00 **HPF** Cardio Drumming Circle (AR) (BP)  
 10:30 **LIS** Halloween Origins & Traditions (AR) (BP)  
 1:30 Bingo (AR) (BP)  
 2:30 Pretty Nails (AR) (BP)  
 3:30 **HPF** Posture and Stretch Fitness Class (AR) (BP)

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# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Clergy Appreciation Gifts**

Friday, October 8, 2:00 PM

**Harvest Happy Hour**

Wednesday, October 13, 2:00 PM

**Spooktacular Happy Hour**

Wednesday, October 27, 2:00 PM



SUNDAY

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SATURDAY

**HALLOWEEN 31**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 11:15 **SCE** "This or That" Halloween Candy  
 1:00 **CEA** Today's Music: Spooky Songs of Halloween  
 2:00 **LIS** Origins & History of Halloween  
 3:00 **HPE** Walking Challenge  
 6:00 **RSF** Bible Study



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**INTERNATIONAL COFFEE DAY 1**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: Bluegrass  
 2:00 **LIS** Roasts & Rhymes: Coffee Talks  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **LIS** Sensory Stimulation: Find The Pairs

**3**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 1:00 **CEA** Today's Music: History of the Twist  
 3:00 **HPE** Walking Challenge  
 6:00 **RSF** Bible Study

**4**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Radio Lingo Day  
 2:00 **LIS** Word Wonders: Radio Terms and 10-Code  
 3:00 **HPE** Lower Body Conditioning  
 6:00 **SCE** Fun Facts For The Day

**5**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: "I Honestly Love You"  
 1:30 **SCE** Express Yourself: A Time For Love  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 6:00 **LIS** Literary Appreciation: Poetry

**6**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 1:00 **CEA** Today's Music: Walk of Fame  
 2:00 **SCE** Don't Worry Be Frappe Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **RSF** Midweek Bible Study

**NATIONAL FRAPPE DAY 7**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning  
 1:00 **CEA** Today's Music: "The Musical - Grease"  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **LIS** Literary Appreciation: Short Stories

**8**  
 10:00 **SCE** Today's Events & Newsletters  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Drumming  
 2:00 **CPI** Clergy Appreciation Gifts  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Laughter Therapy

**9**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: "Imagine"  
 1:30 **SCE** Music History: The Beatles  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **LIS** Sensory Stimulation: Find The Pairs

**CLERGY APPRECIATION DAY 10**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 1:00 **CEA** Today's Music: Daydream Believer  
 3:00 **HPE** Walking Challenge  
 6:00 **RSF** Bible Study

**COLUMBUS DAY 11**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Robert Delt, Pianist  
 1:30 **LIS** Sing Across Canada: Ontario  
 3:00 **HPE** Lower Body Conditioning  
 6:00 **SCE** Fun Facts For The Day

**12**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: Pharrell Williams  
 2:00 **CEA** Creating Art From The Scents We Smell  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 6:00 **LIS** Literary Appreciation: Poetry

**13**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize  
 2:00 **SCE** Harvest Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **RSF** Midweek Bible Study

**14**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning - Beginner  
 1:00 **CEA** Today's Music: Ethel Merman, Broadway  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **LIS** Literary Appreciation: Short Stories

**15**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Stevie Wonder  
 1:30 **SCE** Reminiscing: Love At First Sight  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Laughter Therapy

**DICTIONARY DAY 16**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: Little Richard  
 2:00 **LIS** Word Wonders: Synonyms  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **LIS** Sensory Stimulation: Find The Pairs

**17**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 1:00 **CEA** Today's Music: Manfred Man  
 1:30 **CEA** Quirky Song Titles  
 3:00 **HPE** Walking Challenge  
 6:00 **RSF** Bible Study

**18**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Once On An Island Musical  
 1:30 **SCE** Reminiscing: Vacations Past  
 3:00 **HPE** Lower Body Conditioning  
 6:00 **SCE** Fun Facts For The Day

**19**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: The Sound of Music  
 2:00 **LIS** The Traditions & Science of Biscuits  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 6:00 **LIS** Literary Appreciation: Poetry

**INTERNATIONAL CHEF DAY 20**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 1:00 **CEA** Today's Music: Peter, Paul & Mary  
 2:00 **SCE** Pumpkin Spice Happy Hour  
 2:00 **LIS** Word Wonders: In The Kitchen Idioms  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **RSF** Midweek Bible Study

**21**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning - Beginner  
 1:00 **CEA** Today's Music: Rocky Top  
 2:00 **LIS** Sing Across America: Tennessee  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **LIS** Literary Appreciation: Short Stories

**22**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Music Venues, The Met, NY  
 1:30 **CEA** Music History: Iconic Music Venues  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Laughter Therapy

**NATIONAL ARTIST DAY 23**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: Adele "Hello"  
 1:30 **LIS** Word Wonders: "Hello" In Other Languages  
 2:00 **CEA** Pour Art  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **LIS** Sensory Stimulation: Find The Pairs

**24**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 1:00 **CEA** Today's Music: Paul McCartney  
 1:30 **CEA** Literary Appreciation: Poetry  
 3:00 **HPE** Walking Challenge  
 6:00 **RSF** Bible Study

**25**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Composer Strauss II  
 1:30 **LIS** Music History: Classical  
 3:00 **HPE** Lower Body Conditioning  
 6:00 **SCE** Fun Facts For The Day

**26**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **CEA** Today's Music: Judy Garland  
 2:00 **SCE** Express Yourself: Fall Fun  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 6:00 **LIS** Literary Appreciation: Poetry

**U.S. NAVY DAY 27**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 11:00 **CPI** Celebrating Navy Day & Honoring Veterans  
 1:00 **CEA** Today's Music: Navy Songs  
 1:30 **LIS** A History of the Star-Spangled Banner  
 2:00 **SCE** Spooktacular Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **RSF** Midweek Bible Study

**28**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning - Beginner  
 1:00 **CEA** Today's Music: The Supremes  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **LIS** Literary Appreciation: Short Stories

**29**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 1:00 **CEA** Today's Music: Tina Turner  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Laughter Therapy

**30**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 1:00 **LIS** Music Appreciation: Marvin Gaye  
 1:30 **CEA** Today's Music: ... Through the Grape Vine  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **LIS** Sensory Stimulation: Find The Pairs