

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Cardio Drumming Circle
Saturday, October 2, 10:00 AM

Boardwalk Outing
Tuesday, October 12, 10:00 AM

Decorating Pumpkins
Sunday, October 24, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Halloween 31

8:30 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

9:15 **RSF** Church Run (L) (ELI)

10:45 **LIS** Newsletter Highlight: US Candy Favorites (CR) (ELI)

1:30 **SCE** Brain Challenge: Halloween (CR) (ELI)

2:00 **CEA** Halloween Costume Contest (CR) (ELI)

3:30 **HPF** Flow Yoga (CR) (ELI)



Atria ENGAGE LIFE®

HEALTH AND PHYSICAL FITNESS

LIFELONG LEARNING AND INTELLECTUAL STIMULATION

CREATIVE EXPRESSION AND THE ARTS

SOCIAL CONNECTION AND ENTERTAINMENT

CIVIC AND PROFESSIONAL INVOLVEMENT

RELIGIOUS AND SPIRITUAL FELLOWSHIP

ROOM LOCATION KEY:

Community Room CR
Anytime Cafe AC
Front Porch FP
Dining Room DR
Living Room LR
Lobby L
In-Room IR

STAFF KEY:

Engage Life® Program Instructor ELI
Resident Led Program RL
Father Renee FR

VA KEY:

Physical PH
Productive P
Cognitive C
Social S
Sensory SY
Nature/ Natural World NNW
Outside O
Reflective/ Contemplative RCO

International Coffee Day 1

9:00 **RSF** Bible Study Series: Part I (CR) (ELI)

9:30 Shopping Trip (L) (ELI)

10:00 **HPF** Walking Challenge Monthly Launch (CR) (ELI)

1:30 **LIS** Coffee Talks: Roast & Rhymes Part I (CR) (ELI)

2:30 Entertainment with Skip Hancock (DR) (ELI)

4:00 **HPF** Total Body Conditioning - Advanced (CR) (ELI)

2

10:00 **HPF** Cardio Drumming Circle (CR) (ELI)

10:45 **LIS** Newsletter Highlight: Coffee Economics (CR) (ELI)

1:30 **LIS** Coffee Talks: Roast & Rhymes Part II (CR) (ELI)

2:30 Pokeno® (CR) (ELI)

4:00 **HPF** Posture and Stretch Fitness Class (CR) (ELI)

7:00 Movie Night (CR) (RL)

3

8:30 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

9:15 **RSF** Church Run (L) (ELI)

2:00 **LIS** Clergy: Facts and Health Benefits (CR) (ELI)

2:30 **CEA** Drip Art (CR) (ELI)

3:30 **HPF** Flow Yoga (CR) (ELI)

National Golf Lovers Day 4

10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

10:45 **HPF** The Health Benefits of Golf (CR) (ELI)

1:30 **LIS** Book Club (AC) (ELI)

2:00 **LIS** The Economics of Golf (CR) (ELI)

2:30 Bingo (CR) (ELI)

4:00 **HPF** Lower Body Conditioning (CR) (ELI)

5

9:15 **SCE** Café Atria (AC) (ELI)

10:00 **HPF** Flow Yoga (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

2:00 **CPI** Ambassador Club Meeting (CR) (ELI)

4:00 **HPF** Dance & Movement: Cowboy Charleston (CR) (ELI)

7:00 Movie Night (IR) (RL)

6

10:00 **HPF** Upper Body Conditioning (CR) (ELI)

10:45 **CEA** Creating Art from the Scents We Smell (CR) (ELI)

12:00 **SCE** Brain Games (LR) (ELI)

2:00 **SCE** Don't Worry Be Frappe Happy Hour (FP) (ELI)

4:00 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

National Frappe Day 7

10:00 **HPF** Total Body Conditioning - Beginner (CR) (ELI)

10:45 **SCE** Fall Pop-up Programs (CR) (ELI)

1:30 **LIS** ODU: The Chemistry of Coffee (CR) (ELI)

2:00 Cornhole (CR) (ELI)

4:00 **HPF** Dance & Movement: Cowboy Charleston (CR) (ELI)

8

9:00 **RSF** Bible Study Series: Part II (CR) (ELI)

9:30 Shopping Trips (L) (ELI)

10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

12:00 What's in a Word? (LR) (ELI)

2:30 Happy Hour (CR) (ELI)

4:00 **HPF** Total Body Conditioning - Advanced (CR) (ELI)

9

10:00 **HPF** Cardio Drumming Circle (CR) (ELI)

10:45 Crossword (CR) (ELI)

1:30 **LIS** Monthly Book Club (CR) (ELI)

2:30 Bingo (CR) (ELI)

4:00 **HPF** Posture and Stretch Fitness Class (CR) (ELI)

7:00 Movie Night (CR) (RL)

Clergy Appreciation Day 10

8:30 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

9:15 **RSF** Church Run (L) (ELI)

1:15 **CPI** A Token of Appreciation for Clergy (AC) (ELI)

1:30 **CEA** Painting Class (CR) (ELI)

3:30 **HPF** Flow Yoga (CR) (ELI)

Columbus Day 11

10:00 **HPF** Moving For Memory: Walking Challenge

10:45 **LIS** Newsletter Highlight: Columbus Day Facts (CR) (ELI)

1:30 **LIS** Book Club (AC) (ELI)

2:30 Bingo (CR) (ELI)

4:00 **HPF** Lower Body Conditioning (CR) (ELI)

12

9:15 **SCE** Café Atria (AC) (ELI)

10:00 **HPF** Flow Yoga (CR) (ELI)

10:00 **HPF** Boardwalk Outing (L) (ELI)

1:30 **CPI** Engage Life® Planning Meeting

2:30 **CEA** Fall Pine Cone Wreath Project (CR) (ELI)

4:00 **HPF** Dance & Movement: Cupid Shuffle (CR) (ELI)

7:00 Movie Night (IR) (RL)

13

10:00 **HPF** Upper Body Conditioning (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

12:00 **SCE** Optical Illusions (LR) (ELI)

2:00 **SCE** Harvest Happy Hour (FP) (ELI)

4:00 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

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10:00 **HPF** Total Body Conditioning - Beginner (CR) (ELI)

10:45 **SCE** Fall Pop-up Programs (CR) (ELI)

1:30 **LIS** Listening to Short Stories (CR) (ELI)

2:30 **HPF** Chronic Disease Self-Management (CR) (ELI)

4:00 **HPF** Dance & Movement: Cupid Shuffle (CR) (ELI)

15

9:00 **RSF** Bible Study Series: Part III (CR) (ELI)

9:30 Shopping Trips (L) (ELI)

10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

12:00 Riddle Me This (LR) (ELI)

2:30 Sing Along with Pete Ewell (DR) (ELI)

4:00 **HPF** Total Body Conditioning - Advanced (CR) (ELI)

Dictionary Day 16

10:00 **HPF** Cardio Drumming Circle (CR) (ELI)

10:45 **LIS** Word Wonders: Homonyms and Synonyms (CR) (ELI)

2:30 Pokeno® (CR) (ELI)

4:00 **HPF** Posture and Stretch Fitness Class (CR) (ELI)

7:00 Movie Night (CR) (RL)

17

8:30 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

9:15 **RSF** Church Run (L) (ELI)

1:30 **LIS** The Science of Making Biscuits (CR) (ELI)

3:30 **HPF** Flow Yoga (CR) (ELI)

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10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

1:30 **LIS** Book Club (AC) (ELI)

2:00 **CEA** Creating Tile Coasters (CR) (ELI)

4:00 **HPF** Lower Body Conditioning (CR) (ELI)

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9:15 **SCE** Café Atria

10:00 **HPF** Flow Yoga (CR) (ELI)

1:30 **CPI** Career Connections Club (CR) (ELI)

2:00 Pokeno® (CR) (ELI)

4:00 **HPF** Dance & Movement: Electric Slide (CR) (ELI)

7:00 Movie Night (IR) (RL)

International Chef's Day 20

10:00 **HPF** Upper Body Conditioning (CR) (ELI)

10:45 **LIS** Food Science: The Maillard Reaction (CR) (ELI)

12:00 **LIS** Where Have You Traveled?

2:00 **SCE** Pumpkin Spice Happy Hour (FP) (ELI)

4:00 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

21

10:00 **HPF** Total Body Conditioning - Beginner (CR) (ELI)

10:45 **SCE** Fall Pop-up Programs (CR) (ELI)

2:00 **CPI** Food For Thought - Culinary Led (CR) (ELI)

4:00 **HPF** Dance & Movement: Electric Slide (CR) (ELI)

22

9:00 **RSF** Bible Study Series: Part IV (CR) (ELI)

9:30 Shopping Trips (L) (ELI)

10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

12:00 **SCE** Trivia Challenge (LR) (ELI)

2:30 Entertainment with John Durfee (DR) (ELI)

4:00 **HPF** Total Body Conditioning - Advanced (CR) (ELI)

23

10:00 **HPF** Cardio Drumming Circle (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

2:30 Bingo (CR) (ELI)

4:00 **HPF** Posture and Stretch Fitness Class (CR) (ELI)

7:00 Movie Night (CR) (RL)

24

8:30 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

9:15 **RSF** Church Run (L) (ELI)

1:30 **LIS** Zodiac & Horoscope of October (CR) (ELI)

2:00 **CEA** Decorating Pumpkins (CR) (ELI)

3:30 **HPF** Flow Yoga (CR) (ELI)

International Artist Day 25

10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

1:30 **LIS** Book Club (AC) (ELI)

2:00 Bingo (CR) (ELI)

2:00 **LIS** ODU: 5 Important Paintings (LR) (ELI)

4:00 **HPF** Lower Body Conditioning (CR) (ELI)

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9:15 **SCE** Café Atria (AC) (ELI)

10:00 **HPF** Flow Yoga (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

2:00 **CPI** Resident Council Meeting (CR) (ELI)

4:00 **HPF** Dance & Movement: The Git Up Line Dance (CR) (ELI)

7:00 Movie Night (IR) (RL)

27

10:00 **HPF** Upper Body Conditioning (CR) (ELI)

10:45 **CEA** Music History: Iconic Music Venues (CR) (ELI)

12:00 Wuzzels (LR) (ELI)

2:00 **SCE** Spooktacular Happy Hour (CR) (ELI)

4:00 **HPF** Tai Chi: Balance & Posture (CR) (ELI)

28

10:00 **HPF** Total Body Conditioning - Beginner (CR) (ELI)

10:45 **SCE** Fall Pop-up Programs (CR) (ELI)

2:00 **RSF** Catholic Mass (AC) (FR)

2:30 Cornhole (CR) (ELI)

4:00 **HPF** Dance & Movement: The Git Up Line Dance (CR) (ELI)

29

9:00 **RSF** Bible Study Series: Part V (CR) (ELI)

9:30 Shopping Trips (L) (ELI)

10:00 **HPF** Moving For Memory: Walking Challenge (CR) (ELI)

10:45 Crossword Puzzle (CR) (ELI)

12:00 Trick or Treat Through the Years (LR) (ELI)

2:30 Music (DR) (ELI)

4:00 **HPF** Total Body Conditioning - Advanced (CR) (ELI)

30

10:00 **HPF** Cardio Drumming Circle (CR) (ELI)

10:45 **LIS** Halloween Origins & Traditions (CR) (ELI)

2:30 Pokeno® (CR) (ELI)

4:00 **HPF** Posture and Stretch Fitness Class (CR) (ELI)

7:00 Movie Night (CR) (RL)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Don't Worry Be
Frappe Happy Hour**
Wednesday, October 6, 2:00 PM

Harvest Happy Hour
Wednesday, October 13, 2:30 PM

Spooktacular Happy Hour
Wednesday, October 27, 2:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NATIONAL KNOCK-KNOCK JOKES DAY 31
 10:00 **HPF** Goal Setting Fitness Challenge (LGN) (LGP)
 11:00 **CEA** Amazing Grace (LR) (LGP)
 1:30 **RSF** Religious Study Group (LR) (LGP)
 3:00 **SCE** Halloween Happy Hour (DR) (LGP)
 4:30 **HPF** Relaxation (LGN) (LGP)
 7:00 **CEA** Broadway Shows (LR) (LGP)



- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

ROOM LOCATION KEY:
 Living Room LR
 Back Patio BP
 Dining Room DR
 Lobby L
 Front Porch FP
 Life Guidance® LGN
 Hallway H

STAFF KEY:
 LG Program leader LGP
 Van Driver VD
 Engage Life® Program Instructor ELI
 Resident Led Program RL

VA KEY:
 Physical PH
 Productive P
 Cognitive C
 Social S
 Sensory SY
 Nature/ Natural World NNW
 Outside O
 Reflective/ Contemplative RCO

WORLD SMILE DAY 1
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Posture & Stretch (LR) (LGP)
 11:00 **CEA** Creative Writing (LGN) (LGP)
 1:30 **SCE** Trivia Challenge (LR) (LGP)
 2:00 **LIS** Appreciation of Paintings (LGN) (LGP)
 2:30 **SCE** Hobby Workshop (LR) (LGP)
 3:30 **CEA** Music Hit Songs (DR) (LGP)
 4:30 **HPF** Strength and Balance Program (LGN) (LGP)
 7:00 **SCE** Evening Movie (LR) (LGP)

2
 9:30 **LIS** Daily Inspirations (LR) (LGP)
 10:00 **HPF** Let's Get Moving! (LR) (LGP)
 11:00 **LIS** Let's Learn About Modern Technology (DR) (LGP)
 1:30 **SCE** Are You Up to the Challenge? (LR) (LGP)
 2:30 **LIS** Famous Lighthouses (LR) (LGP)
 3:30 **CEA** Dance & Movement: The Tennessee Waltz (LR) (LGP)
 4:00 **CPI** Animal Advocacy (LGN) (LGP)
 4:30 **HPF** Walking Club (H) (LGP)
 7:00 **SCE** Popcorn & Movie Night (LR) (LGP)

3
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Health Warriors (LGN) (LGP)
 11:00 **RSF** Inspiration & Spirituality (LGN) (LGP)
 11:30 **CEA** Craft Corner (DR) (LGP)
 1:30 **SCE** Brain Games (LGN) (LGP)
 3:30 **CEA** Smooth Jazz Hour (LGN) (LGP)
 4:30 **HPF** Walking Club (LGN) (LGP)
 7:00 **SCE** Evening Movie (L) (LGP)

NATIONAL GOLF LOVERS DAY 4
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Strength & Balance (LGN) (LGP)
 11:00 **LIS** Book Club (LGN) (LGP)
 1:30 **SCE** Pen Pals (LGN) (LGP)
 2:00 Arts and Crafts (LGN) (RL)
 2:30 **SCE** Conversation and Trivia
 3:30 **CEA** Music Reminiscing: A Night on the Town
 4:30 **HPF** Rhythm and Movement Exercise
 7:00 **SCE** Evening Movie (LGN) (LGP)

5
 7:00 **LIS** History of Beer (LGN) (LGP)
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Arthritis Exercise Class (LGN) (LGP)
 1:30 **SCE** Games (LGN) (LGP)
 3:30 **CEA** 1975 Music: Dancing (LGN) (LGP)
 4:30 **HPF** Upper Body Strengthening (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

NATIONAL PUMPKIN SEED DAY 6
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Muscles in Motion (LGN) (LGP)
 11:00 **LIS** Conversation and Trivia
 1:30 **CEA** Art Class (L) (LGP)
 2:00 **SCE** Don't worry be Frappe Happy Hour (LGN) (LGP)
 3:00 **LIS** Creative Writing
 3:30 **CEA** Music History: Saxophone (LGN) (LGP)
 4:30 **HPF** Fitness Matters (LGN) (LGP)
 7:00 **SCE** Evening Movie (FP) (LGP)

NATIONAL FRAPPE DAY 7
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Move to the Beat (LGN) (LGP)
 11:00 **LIS** You Be the Judge (LGN) (LGP)
 1:30 **SCE** Getting to Know You (LGN) (LGP)
 2:30 **SCE** Social Club (LGN) (LGP)
 3:30 **CEA** Spooky Sounds (LGN) (LGP)
 4:30 **HPF** Light & Lively (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

8
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Posture & Stretch (LGN) (LGP)
 11:00 **CEA** Creative Writing (LGN) (LGP)
 1:30 **SCE** Trivia Challenge (LR) (LGP)
 2:00 **LIS** Appreciation of Planes and Trains
 2:30 **SCE** Hobby Workshop
 3:30 **CEA** Showtunes (LGN) (LGP)
 4:30 **HPF** Strength and Balance Exercise (LGN) (LGP)
 7:00 **SCE** Evening Movie (L) (LGP)

9
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Let's Get Moving! (LGN) (LGP)
 11:00 **LIS** History of Inventions
 1:30 **SCE** Are You Up to the Challenge? (LGN) (LGP)
 2:30 **SCE** Coffee, Tea & Me
 3:30 **CEA** Defining Music Genres: Big Band (LGN) (LGP)
 4:00 **CPI** Honor Our Troops (LGN) (LGP)
 4:30 **HPF** Walking Club (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

CLERGY APPRECIATION DAY 10
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Health Warriors (LGN) (LGP)
 10:30 **CEA** Painting
 11:00 **RSF** Inspiration & Spirituality
 1:30 **SCE** Brain Games (L) (LGP)
 2:30 **SCE** Afternoon Tea
 3:30 **CEA** Music Trivia: Frank Sinatra
 4:30 **HPF** Walking Club (LGN) (LGP)
 7:00 **SCE** Movie Night (LGN) (LGP)

COLUMBUS DAY 11
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Strength & Balance (LR) (LGP)
 11:00 **LIS** Book Club
 1:30 **SCE** Bingo! (LGN) (LGP)
 2:00 Spa: Nails (L) (LGP)
 2:30 **SCE** Social Club
 3:30 **CEA** Music Composer: Leonard Bernstein (LR) (LGP)
 4:30 **HPF** Rhythm and Movement Exercise (LGN) (LGP)
 7:00 **SCE** Evening Movie

12
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Arthritis Exercise Class (LGN) (LGP)
 11:00 **LIS** Traveling to the Lion's Den (LGN) (LGP)
 1:30 **SCE** Bowling Challenge (LGN) (LGP)
 2:30 **SCE** Coffee and Conversation (LGN) (LGP)
 3:30 **CEA** Simon and Garfunkel (BP) (LGP)
 4:30 **HPF** Upper Body Strengthening
 7:00 **SCE** Evening Movie (LGN) (LGP)

NATIONAL TRAIN YOUR BRAIN DAY 13
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Muscles in Motion (LGN) (LGP)
 11:00 **LIS** Let's Talk! (LGN) (LGP)
 1:30 **SCE** Games
 2:30 **SCE** Harvest Happy Hour (LR) (LGP)
 3:30 **CEA** Country Music: Tim McGraw (LR) (LGP)
 4:30 **HPF** Fitness Matters (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

14
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Move to the Beat (L) (LGP)
 11:00 **LIS** You Be the Judge (LGN) (LGP)
 1:30 **SCE** Getting to Know You
 2:30 **SCE** Making of Cookie Dough Ice Cream (LR) (LGP)
 3:30 **CEA** 1956 Music: Heartbreak Hotel (LGN) (LGP)
 4:30 **HPF** Light & Lively Exercises (L) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

15
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Posture & Stretch (LGN) (LGP)
 11:00 **CEA** Creative Writing (LGN) (LGP)
 1:30 **SCE** Trivia Challenge
 2:00 **LIS** Art of Expression (LR) (LGP)
 2:30 **SCE** Hobby Workshop (LGN) (LGP)
 3:30 **CEA** International Latin Music (LGN) (LGP)
 4:30 **HPF** Strength and Balance Program (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

DICTIONARY DAY 16
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Let's Get Moving! (LGN) (LGP)
 11:00 **LIS** Let's Learn About How It Works
 1:30 **SCE** Are You Up to the Challenge?
 2:30 **SCE** Coffee, Tea & Me
 3:00 **CPI** Poet's Corner
 3:30 **CEA** Dance Movement: The Cha Cha (LGN) (LGP)
 4:30 **HPF** Walking Club (LGN) (LGP)
 7:00 **SCE** Evening Movie

NATIONAL PASTA DAY 17
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Health Warriors (LGN) (LGP)
 11:00 **RSF** Inspiration & Spirituality
 11:30 **CEA** Craft Corner (LGN) (LGP)
 1:30 **SCE** Brain Games (LGN) (LGP)
 2:00 **LIS** Learn a Pasta Recipe!
 3:30 **CEA** Music Reminiscing: Halloween
 4:30 **HPF** Walking Club (LGN) (LGP)
 7:00 **SCE** Movie Night

18
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Strength & Balance (LGN) (LGP)
 11:00 **LIS** Book Club
 1:30 **SCE** Bingo! (LGN) (LGP)
 2:00 Spa: Nails (L) (LGP)
 2:30 **SCE** Conversation and Trivia
 3:30 **CEA** Ohio: Crosby, Still, Nash and Young (LGN) (LGP)
 4:30 **HPF** Rhythm and Movement Exercise
 7:00 **SCE** Evening Movie (LGN) (LGP)

19
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Arthritis Exercise Class (LGN) (LGP)
 11:00 **LIS** Traveling to Italy (LGN) (LGP)
 1:30 **SCE** Bowling Challenge
 2:30 **SCE** Social Club (LGN) (LGP)
 3:30 **CEA** Country Music Hall of Fame (LGN) (RL)
 4:00 **SCE** The Gentlemen's Club
 4:30 **HPF** Upper Body Strengthening
 7:00 **SCE** Evening Movie (LGN) (LGP)

NATIONAL CHICKEN AND WAFFLE DAY 20
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Muscles in Motion (LGN) (LGP)
 11:00 **LIS** Let's Talk! (LGN) (LGP)
 1:30 **SCE** Games
 2:30 **SCE** Pumpkin Spice Happy Hour
 3:30 **CEA** Music Playlist: Otis Redding (LGN) (LGP)
 4:30 **HPF** Fitness Matters (LGN) (LGP)
 7:00 **SCE** Evening Movie (L) (LGP)

21
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Move to the Beat (L) (LGP)
 11:00 **LIS** You Be the Judge (LGN) (LGP)
 1:30 **SCE** Getting to Know You (LGN) (LGP)
 2:30 **SCE** Conversation and Trivia (LGN) (LGP)
 3:30 **CEA** Blues Music: Ray Charles (LGN) (LGP)
 4:30 **HPF** Light & Lively Exercise (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

22
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Posture & Stretch (LGN) (LGP)
 11:00 **CEA** Karaoke (LGN) (LGP)
 1:30 **SCE** Trivia Challenge
 2:00 **SCE** Entertainment with John Durfee (DR) (ELI)
 2:30 **SCE** Hobby Workshop
 3:30 **CEA** Sing Across America: Johnny Cash (LGN) (LGP)
 4:30 **HPF** Strength and Balance Exercise
 7:00 **SCE** Evening Movie (LGN) (LGP)

NATIONAL MAKE A DIFFERENCE DAY 23
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Let's Get Moving! (LGN) (LGP)
 11:00 **LIS** Let's Learn A New Language
 1:30 **SCE** Discussion: Radio Commercials
 2:30 **SCE** Coffee, Tea & Me
 3:30 **CEA** Music: The Lawrence Welk Show (LR) (LGP)
 4:00 **CPI** Civic Engagement: Local Shelter
 4:30 **HPF** Walking Club
 7:00 **SCE** Evening Movie (LGN) (LGP)

24
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Health Warriors (LGN) (LGP)
 11:00 **RSF** Inspiration & Spirituality
 11:30 **CEA** Craft Corner (LGN) (LGP)
 1:30 **SCE** Brain Games
 2:00 **LIS** Learn a Greek Recipe!
 2:30 **SCE** Social Hour
 3:30 **CEA** Music Advertisement (LGN) (LGP)
 4:30 **HPF** Walking Club (LGN) (LGP)
 7:00 **SCE** Evening Movie

25
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Strength & Balance (LGN) (LGP)
 11:00 **LIS** Book Club
 1:30 **SCE** Bingo! (LGN) (LGP)
 2:00 Spa: Nails (LGN) (LGP)
 2:30 **SCE** Social Hour (LGN) (LGP)
 3:30 **CEA** Musical Journaling Program (LGN) (LGP)
 4:30 **HPF** Rhythm and Balance Exercise (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

NATIONAL DAY OF THE DEPLOYED 26
 9:30 **LIS** Daily Inspirations
 10:00 **HPF** Arthritis Exercise Class (L) (LGP)
 11:00 **LIS** Traveling to France
 1:30 **SCE** Bowling (LGN) (LGP)
 2:30 **SCE** Musical Instruments
 3:30 **CEA** Defining Music Genres: The Beatles (LGN) (LGP)
 4:30 **HPF** Upper Body Strengthening (LGN) (LGP)
 7:00 **SCE** Evening Movie

NAVY DAY 27
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Muscles in Motion (LR) (LGP)
 11:00 **LIS** Let's Talk!
 1:30 **SCE** Games (LGN) (LGP)
 2:30 **SCE** Spooktacular Happy Hour (DR) (LGP)
 3:30 **CEA** Music Playlist: Season of Autumn
 4:30 **HPF** Fitness Matters (LGN) (LGP)
 7:00 **SCE** Evening Movie (LGN) (LGP)

28
 9:30 **LIS** Daily Inspirations (LGN) (LGP)
 10:00 **HPF** Move to the Beat (LGN) (LGP)
 11:00 **LIS** You Be the Judge (LGN) (LGP)
 1:30 **SCE** Getting to Know You (L) (LGP)
 2:30 **LIS** Discussion: Women's Rights in History
 3:30 **CEA** Defining Music Genres: Classical Music
 4:30 **HPF** Light & Lively Exercise (LGN) (LGP)
 7:00 **SCE** Evening Movie (LR) (VD)

29
 10:00 **HPF** Dance Class: Git Up and Dance (LR) (LGP)
 11:00 **LIS** Exploring Europe (LR) (LGP)
 1:30 **CEA** Craftsmanship- Pumpkin Carving (DR) (LGP)
 2:30 **CEA** Music- On Broadway (LR) (LGP)
 3:30 **SCE** Funny Halloween Stories (LGN) (LGP)
 4:30 **HPF** Laughter Yoga (LGN) (LGP)

30
 7:00 **HPF** Dance Class: Git Up and Dance (LGN) (LGP)
 10:00 **HPF** Strength and Balance Program (LGN) (LGP)
 11:00 **CEA** Creative Writing (DR) (LGP)
 1:30 What's in a Word? (LGN) (LGP)
 2:30 **CEA** Name that Tune (LR) (LGP)
 3:30 StoryWise (LGN) (LGP)
 7:00 **CPI** Animal Advocacy (LR) (LGP)