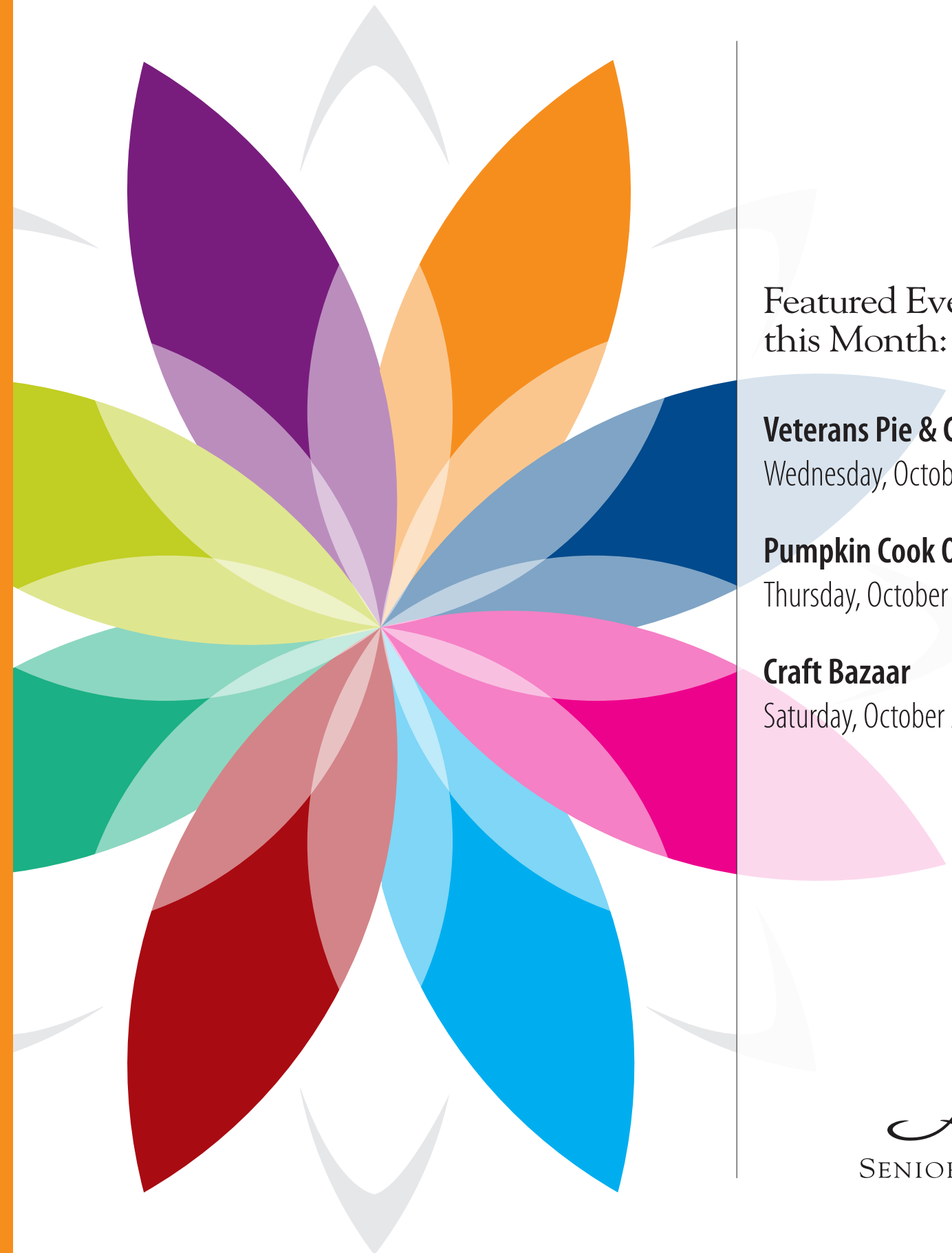


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Veterans Pie & Coffee

Wednesday, October 4, 2:00 pm

Pumpkin Cook Off

Thursday, October 26, 4:00 pm

Craft Bazaar

Saturday, October 28, 9:00 am

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2017

ATRIA HEARTHSTONE WEST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
11:00 IS Communion Services (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [LAN]
1:30 C Quick Chat (CR) [LAN]
2:00 Bingo (CR) [LAN]
3:30 IS Taped Service from Gage Park Baptist (SL) [LAN]
Cards (CR) [RI]
6:00 EF Piano w/ Theresa (ATR) [RI]

2
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 HF Wii® Bowling (ATR) [RI]
10:00 HF Yoga (CR) [PI]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
1:00 HF Wii® Bowling (ATR) [RI]
1:30 CE Hearthstone Crafters (CR) [FAB]
1:30 C Quick Chat (CR) [LD]
2:00 PA Bridge (LIB) [RI]
3:00 What's in a Word? (CR) [LD]
6:00 Cards (CR) [RI]

3
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Dillons Shopping (BUS) [RB]
9:30 CE Paper Crafting (ACT) [PI]
10:00 HF Weight Lifting (CR) [PI]
1:00 PA Executive Board Meeting (ACT) [FAB]
1:00 Out & About Van Ride (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 Bingo (CR) [LD]
2:00 PA Friends of Bill W. Meeting (CH) [RI]
6:00 Cards (CR) [RI]
6:00 Mexican Train Dominoes (LIB) [RI]
6:00 EF Out to the Movie (\$3.00) (BUS) [RB]

4
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
Nail Spa (ACT) [RB]
9:00 Coping w/ Change w/ Terry Frizzell (CH) [OV]
9:30 IS Yoga (CR) [PI]
12:30 Walmart Shopping (BUS) [RB]
1:00 EF Piano w/ Carol (ATR) [PB]
1:00 HF Raisin' the Roof Exercise (CR) [PB]
2:00 CV Veterans Pie & Coffee (CR) [FAB]
2:00 W Wisdom of Curiosity (LIB) [FAB]
3:00 CV Resident Council (ATR) [FAB]
6:00 Cards (CR) [RI]

5
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Dollar Stores Shopping (BUS) [FAB]
10:00 HF Chair Exercise w/ JT (CR) [PI]
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [PB]
1:30 C Quick Chat (CR) [PB]
2:00 Bingo (CR) [PB]
3:30 EF Piano w/ Joe (ATR) [PI]
4:00 Tiki Time (ATR) [PB]
6:00 PA Bridge (CR) [RI]
6:00 Cards (CR) [RI]
6:00 Scenic Drive (BUS) [PB]

6
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 C Donuts & Coffee w/ Managers (ATR) [FAB]
9:30 EF YouTube Music Video's (ATR) [FAB]
10:00 HF Weight Lifting (CR) [PI]
12:00 HF Blood Pressure Checks (LIB) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [PB]
1:30 C Quick Chat (CR) [PB]
2:00 CE Silver Bells Bell Choir (CR) [FAB]
3:00 PA October Birthday Party (ATR) [PB]
6:00 Cards (CR) [RI]

7
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
10:30 HF Raisin' the Roof Exercise (CR) [LAN]
11:00 C Quick Chat (CR) [LAN]
1:00 Bingo (CR) [LAN]
3:00 C Wine & Cheese Party (ATR) [LAN]
3:30 LL Sunflower Journeys (ATR) [LAN]
6:00 Board Games (CR) [LAN]
6:00 Cards (CR) [RI]
6:00 EF Poppin & Movie (ATR) [LAN]

8
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
11:00 IS Communion Service (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [LAN]
1:30 C Quick Chat (CR) [LAN]
2:00 Bingo (CR) [LAN]
3:30 IS Taped Service from Gage Park Baptist (SL) [LAN]
Cards (CR) [RI]
6:00 EF Piano w/ Theresa (ATR) [RI]

9
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
8:30 Dr. Hobbs - Podiatrist (ACT) [PI]
10:00 HF Yoga (CR) [PI]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
1:30 CE Hearthstone Crafters (CR) [FAB]
1:30 C Quick Chat (CR) [LD]
2:00 PA Bridge (LIB) [RI]
3:00 What's in a Word? (ATR) [LD]
6:00 Cards (CR) [RI]
6:30 IS Bible Study w/ Rev. Jim Angel (CH) [OV]

10
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Dillons Grocery Shopping (BUS) [RB]
9:30 CE Paper Crafting (ACT) [LD]
10:00 HF Weight Lifting (CR) [PI]
1:00 Out & About Van Ride (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 Bingo (CR) [LD]
2:00 PA Friends of Bill W. Meeting (CH) [RI]
6:00 Mexican Train Dominoes (LIB) [RI]
6:00 EF Out to the Movies (\$3.00) (BUS) [RB]

11
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Nail Spa (ACT) [RB]
9:30 IS Mass (CH)
10:00 HF Yoga (CH) [PI]
12:30 Walmart Shopping (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
1:30 C Quick Chat (CR) [PB]
2:00 W Wisdom of Curiosity (LIB) [FAB]
3:00 CV Activity Planning Meeting (ACT) [FAB]
3:00 LL Trivia (ATR) [PB]
6:00 Cards (CR) [RI]
6:00 IS Rosary (CH) [OV]

12
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
10:00 HF Chair Exercise w/ JT (CR) [PI]
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) [OV]
10:00 EF Sac N Fox Casino (BUS) [LD]
1:00 EF Piano w/ Debbie (ATR) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [PB]
2:00 Bingo (CR) [PB]
3:30 EF Piano w/ Joe (ATR) [PI]
4:00 Tiki Time (ATR) [PB]
6:00 PA Bridge (CR) [RI]
6:00 Cards (CR) [RI]
6:00 Scenic Drive (BUS) [PB]

13
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 C Donuts & Coffee w/ Managers (ATR) [FAB]
9:30 EF YouTube Music Video's (ATR) [FAB]
10:00 HF Weight Lifting (CR) [PI]
12:00 HF Blood Pressure Checks (LIB) [OV]
1:00 HF Raisin' the Roof Exercise (SL) [PB]
1:00 LL Red Carpet Library Services (CR) [OV]
1:30 C Quick Chat (SL) [PB]
2:00 CE Silver Bells Bell Choir (CR) [PB]
3:00 UNO® (CR) [OV]
6:00 Cards (CR) [RI]

14
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
10:30 HF Raisin' the Roof Exercise (CR) [LAN]
11:00 C Quick Chat (CR) [LAN]
1:00 Bingo (CR) [LAN]
3:00 C Wine & Cheese Party (ATR) [LAN]
3:30 LL Sunflower Journeys (ATR) [LAN]
6:00 Board Games (CR) [LAN]
6:00 Cards (CR) [RI]
6:00 EF Poppin & Movie (ATR) [LAN]

15
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
11:00 IS Communion Service (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [LAN]
1:30 C Quick Chat (CR) [LAN]
2:00 Bingo (CR) [LAN]
3:30 IS Taped Service from Gage Park Baptist (SL) [LAN]
Cards (CR) [RI]
6:00 EF Piano w/ Theresa (ATR) [RI]

16
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 HF Wii® Bowling (ATR) [RI]
10:00 HF Yoga (CR) [PI]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
1:00 HF Wii® Bowling (ATR) [RI]
1:30 CE Hearthstone Crafters (CR) [FAB]
1:30 C Quick Chat (CR) [LD]
2:00 PA Bridge (LIB) [RI]
3:00 What's in a Word? (CR) [LD]
6:00 Cards (CR) [RI]

17
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Dillons Grocery Shopping (BUS) [RB]
9:30 CE Paper Crafting (ACT) [LD]
10:00 HF Weight Lifting (CR) [OV]
1:00 Out & About Van Ride (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 PA Friends of Bill W. Meeting (CH) [RI]
3:00 CV Ronald McDonald House to Cook (BUS) [FAB]
Cards (CR) [RI]
6:00 Mexican Train Dominoes (LIB) [RI]
6:00 EF Out to the Movies (\$3.00) (BUS) [RB]

18
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Nail Spa (ACT) [RB]
9:30 IS Coping w/ Change w/ Terry Frizzell (CH) [OV]
10:00 HF Yoga (CR) [PI]
12:30 Walmart Shopping (BUS) [RB]
1:00 EF Piano w/ Carol (ATR) [PB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 HF Health Talk - (CR) [OV]
2:00 W Wisdom of Curiosity (LIB) [FAB]
3:00 LL Trivia (ATR) [PB]
6:00 Cards (SD) [RI]
6:00 EF Family Night Bingo (CR) [PB]

19
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
10:00 HF Chair Exercise w/ JT (CR) [PI]
10:00 IS Chapel w/ Rev. Lynn Lamberty (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [PB]
1:30 C Quick Chat (CR) [PB]
2:00 Bingo (CR) [PB]
3:30 EF Piano w/ Joe (ATR) [PI]
4:00 EF October Fest (ATR) [FAB]
6:00 PA Bridge (CR) [RI]
6:00 Cards (CR) [RI]
6:00 Scenic Drive (BUS) [PB]

20
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 C Donuts & Coffee w/ Managers (ATR) [FAB]
9:30 EF YouTube Music Video's (ATR) [FAB]
10:00 HF Weight Lifting (CR) [PI]
12:00 HF Blood Pressure Checks (LIB) [OV]
1:00 HF Raisin the Roof Exercise (CR) [PB]
1:30 C Quick Chat (CR) [PB]
2:00 CE Silver Bells Bell Choir (CR) [FAB]
3:00 UNO® (CR) [OV]
6:00 Cards (CR) [RI]

21
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
10:30 HF Raisin' the Roof Exercise (CR) [LAN]
11:00 C Quick Chat (CR) [LAN]
1:00 Bingo (CR) [LAN]
3:00 C Wine & Cheese Party (ATR) [LAN]
3:30 LL Sunflower Journeys (ATR) [LAN]
6:00 Board Games (CR) [LAN]
6:00 Cards (CR) [RI]
6:00 EF Poppin & Movie (ATR) [LAN]

22
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
11:00 IS Communion Service (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [LAN]
1:30 C Quick Chat (CR) [LAN]
2:00 Bingo (CR) [LAN]
3:30 IS Taped Service from Gage Park Baptist (SL) [LAN]
Cards (CR) [RI]
6:15 IS Lyndon Amish Mennonite Singers (ATR) [LAN]

23
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 HF Wii® Bowling (ATR) [RI]
10:00 HF Yoga (CR) [PI]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
1:00 HF Wii® Bowling (ATR) [RI]
1:30 CE Hearthstone Crafters (CR) [FAB]
2:00 PA Bridge (LIB) [RI]
3:00 CV Food 4 Thought (SD) [RI]
3:00 What's in a Word? (ATR) [LD]
6:00 Cards (CR) [RI]

24
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Dillons Grocery Shopping (BUS) [RB]
9:30 CE Paper Crafting (ACT) [LD]
10:00 HF Weight Lifting (CR) [PI]
1:00 Out & About Van Ride (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 Bingo (CR) [LD]
2:00 PA Friends of Bill W. Meeting (CH) [RI]
4:30 EF Prairie Band Casino (BUS) [RB]
6:00 Cards (CR) [RI]
6:00 Mexican Train Dominoes (LIB) [RI]

25
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Nail Spa (ACT) [RB]
10:00 HF Yoga (CR) [PI]
12:30 Walmart Shopping (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 HF Healthwise 55, Dessert & Coffee (CR) [OV]
2:00 EF Western Wednesday's (SL) [LD]
2:00 W Wisdom of Curiosity (LIB) [FAB]
3:00 CV Ambassador Meeting (LIB) [FAB]
3:00 LL Trivia (ATR) [PI]
6:00 Cards (CR) [RI]

26
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
10:00 HF Chair Exercise w/ JT (CR) [PI]
1:00 EF Piano w/ Debbie (ATR) [OV]
1:00 HF Raisin the Roof Exercise (CR) [PB]
1:30 C Quick Chat (CR) [PB]
2:00 Bingo (CR) [PB]
3:30 EF Piano w/ Joe (ATR) [PI]
4:00 EF Pumpkin Cook Off (ATR) [FAB]
6:00 PA Bridge (CR) [RI]
6:00 Cards (CR) [RI]
6:00 Scenic Drive (BUS) [PB]

27
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 C Donuts & Coffee w/ Managers (ATR) [FAB]
9:30 EF YouTube Music Video's (ATR) [FAB]
10:00 HF Weight Lifting (CR) [PI]
12:00 HF Blood Pressure Checks (LIB) [OV]
1:00 HF Ediger Hearing Aids (LIB) [OV]
1:00 HF Raisin the Roof Exercise (CR) [PB]
1:00 LL Red Carpet Library Services (CR) [OV]
2:00 CE Silver Bells Bell Choir (CR) [FAB]
3:00 EF New Neighbor Welcome Party (ATR) [PB]
6:00 Cards (CR) [RI]

28
7:00 HF Wii® Golf (SL) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 CE Craft Bazaar (ATR) [FAB]
9:00 HF Wii® Bowling (SL) [RI]
10:30 HF Raisin' the Roof Exercise (CR) [LAN]
11:00 C Quick Chat (CR) [LAN]
1:00 Bingo (CR) [LAN]
6:00 Board Games (CR) [LAN]
6:00 Cards (CR) [RI]
6:00 EF Poppin & Movie (ATR) [LAN]

29
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [RI]
9:00 HF Wii® Bowling (ATR) [RI]
11:00 IS Communion Service (CH) [OV]
1:00 HF Raisin' the Roof Exercise (CR) [LAN]
1:30 C Quick Chat (CR) [LAN]
2:00 Bingo (CR) [LAN]
3:30 IS Taped Service from Gage Park Baptist (SL) [LAN]
Cards (CR) [RI]
6:00 EF Piano w/ Theresa (ATR) [RI]

30
7:00 HF Wii® Golf (ATR) [RI]
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 HF Wii® Bowling (ATR) [RI]
10:00 HF Yoga (CR) [PI]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
1:00 HF Wii® Bowling (ATR) [RI]
1:30 CE Hearthstone Crafters (ACT) [LD]
2:00 PA Bridge (LIB) [RI]
3:00 CV Community Acts of Kindness (LIB) [FAB]
3:00 What's in a Word? (CR) [LD]
6:00 Cards (CR) [RI]

31 Happy Halloween
8:15 HF Hearthstone Hoofers' Morning Walk (ALC) [FAB]
9:00 Dillons Grocery Shopping (BUS) [RB]
9:30 CE Paper Crafting (ACT) [PI]
10:00 HF Weight Lifting (CR) [PI]
1:00 Out & About Van Ride (BUS) [RB]
1:00 HF Raisin' the Roof Exercise (CR) [LD]
2:00 Bingo (CR) [LD]
2:00 PA Friends of Bill W. Meeting (CH) [RI]
2:00 EF Spook Tackler Wheel Chair Walker (ATR) [FAB]
6:00 Cards (CR) [RI]



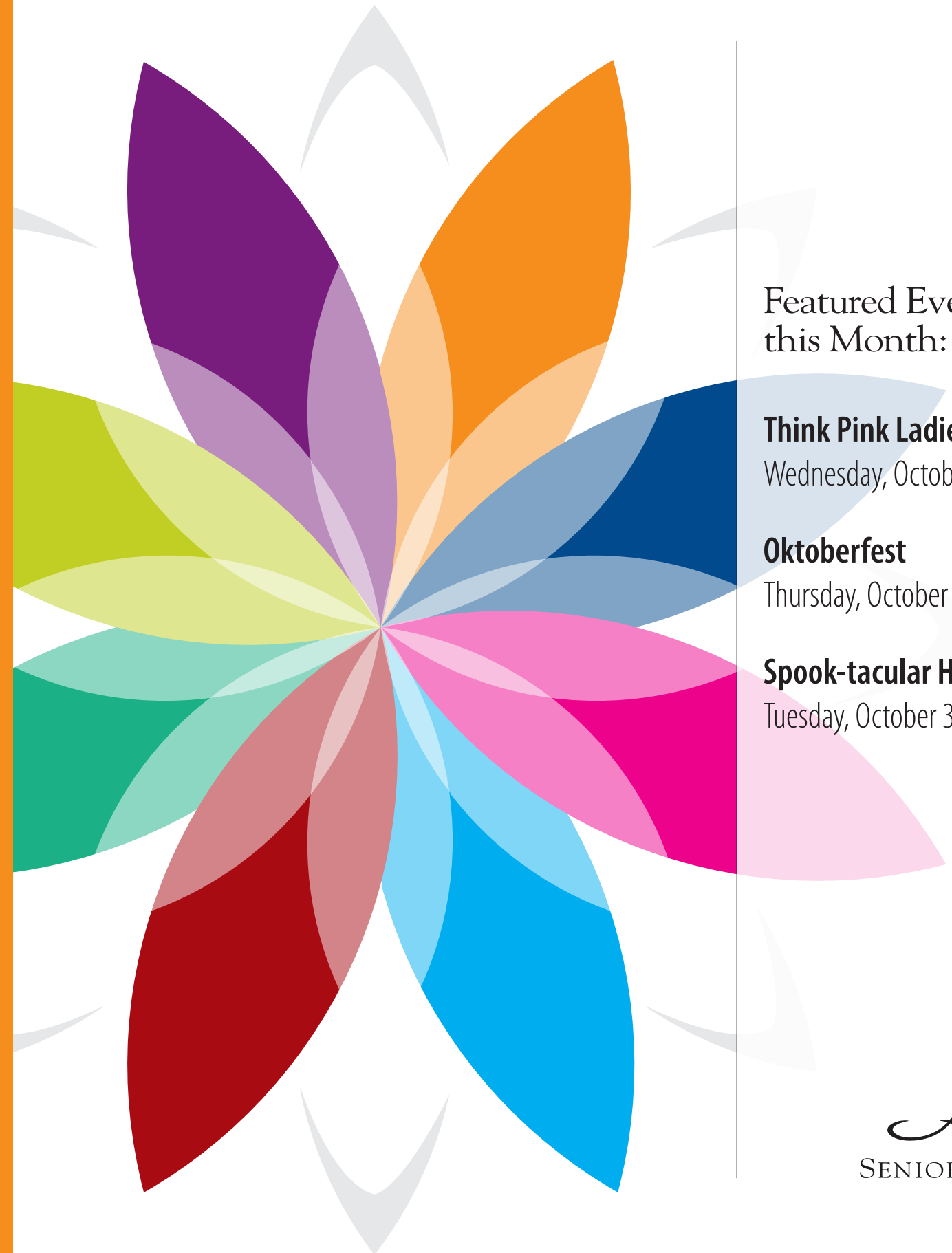
- PA Personal Achievement
- HF Health & Fitness
- EF Entertainment & Fun
- CV Civic Engagement
- LL Lifelong Learning
- CE Creative Expression
- IS Inspiration & Spirituality
- C Connection
- W Wisdom of Curiosity
- ♪ Legato

ROOM LOCATION KEY:		STAFF KEY:	
Atrium	ATR	Resident Lead	RI
AL Circle	ALC	Outside Volunteer	OV
Chapel	CH	Lana Demler	LAN
Community Room	CR	Franny Deters	FAB
South Lobby	SL	Paid Instructor	PI
Library	LIB	Leann Dexter	LD
Bus Outings	BUS	Rhonda Botsford	RB
Activity Room	ACT	Pam Been	PB
South Dining Room	SD		

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ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Think Pink Ladies Tea**
Wednesday, October 11, 2:00 pm
- Oktoberfest**
Thursday, October 19, 11:00 am
- Spook-tacular Happy Hour**
Tuesday, October 31, 3:30 pm

Atria
SENIOR LIVING

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SENIOR LIVING

OCTOBER 2017

ATRIA HEARTHSTONE EAST engage life®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1</p> <p>11:00 IS Catholic Communion (AR) 11:00 LL Today's Top Stories & Coffee Chat (LB) [PI] 11:30 HF Drum Stick Cardio (AR) [PI] 1:00 HF Afternoon Stretch (AR) [PI] 1:30 Wii®- Wheel of Fortune® (LB) 3:00 LL History Buffs w/ Doug Wallace (AR) 6:00 LL Sunday Night Pitch (AR) [PI]</p>	<p>2</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 W What's in a Word? (AR) [PI] 12:30 EF Fall Scenic Drive-Hiawatha (OT) [PI] 1:00 CV Coupon Clippers (DR) 2:00 CE Adult coloring class (AR) [PI] 2:30 EF Scrabble® Challenge (LB) [PI] 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 LL Trivia (LB) [PI]</p>	<p>3</p> <p>9:00 D Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) [ELD] 10:00 CE Fall Crafting (AR) [ELD] 1:30 HF Tai Chi w/ Mae (AR) 2:30 B Bingo (DR) [PI] 3:45 HF Afternoon Stretch (AR) [PI] 5:00 LL Book Club- (AR) [PI] 6:00 EF Movie Theatre Outing w/ West (OT) [PI]</p>	<p>4</p> <p>8:30 C Veterans Group Breakfast (AR) [ELD] 9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 W Wisdom of Curiosity (AR) [ELD] 12:30 W Walmart Shoppers (OT) 1:00 EF Fact or Fiction -Guys vs. Gals (LB) [PI] 3:00 EF Wii®-Golf (LB) 3:30 CV Resident Council Officers Meeting (AR) [ELD] 4:00 HF Low Impact Aerobic w/ Susan (AR) [PI] 6:00 R Rummy (AR)</p>	<p>5</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:30 CE Baking Pumpkin-Spice & all things nice (AR) [PI] 2:30 B Bingo (DR) [PI] 4:00 C Men's Group (AR) [ELD] 6:00 HF Cycling Class (AR) [PI] 6:30 T Thursday Night Pitch (AR)</p>	<p>6</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 L Left, Center, Right (AR) [ELD] 10:30 CE Card Making class (AR) 12:30 O Dollar Tree (OT) [PI] 2:30 EF Root Beer Floats (PA) [PI] 3:30 HF Low Impact Aerobics w/ Christen (AR) [ELD] 6:00 PA Whist led by Nadene-2nd floor</p>	<p>7</p> <p>10:00 HF Drum Stick Cardio (AR) [PI] 10:45 EF Words with Friends (AR) [PI] 12:00 N Nail Spa (AR) [PI] 1:30 HF Standing Tall Fitness (AR) 2:30 B Bingo (DR) [PI] 3:45 C Happy Hour (PA) [ELD] 6:00 Y Yahtzee™ (AR) 6:30 M Movie & Popcorn (LB)</p>																					
<p>8</p> <p>11:00 IS Catholic Communion (AR) 11:00 LL Today's Top Stories & Coffee Chat (LB) [PI] 11:30 HF Drum Stick Cardio (AR) [PI] 1:00 HF Afternoon Stretch (AR) [PI] 1:30 Wii®-Wheel of Fortune® (LB) 3:00 LL History Buffs w/ Doug Wallace (AR) 6:00 S Sunday night Pitch (AR) [PI]</p>	<p>9</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 LL Health Topics w/ Encompass (LB) 10:00 W What's in a Word? (AR) [PI] 11:00 PA Ambassador Luncheon (OT) [ELD] 12:30 EF Fall Scenic Drive-Lecompton (OT) [PI] 1:00 CV Coupon Clippers (DR) 2:00 CE Adult Coloring Class (AR) [PI] 2:30 EF Scrabble® Challenge (LB) [PI] 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 LL Trivia (LB) [PI]</p>	<p>10</p> <p>9:00 D Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) [ELD] 10:00 CE Fall Crafting (AR) [ELD] 1:30 HF Tai chi with Mae (AR) 2:30 B Bingo (DR) [PI] 3:45 HF Afternoon Stretch (AR) [PI] 5:00 LL Book Club- (AR) [PI] 6:00 EF Movie Theatre Outing w/ West (OT) [PI]</p>	<p>11</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 W Wisdom of Curiosity (AR) [ELD] 12:30 W Walmart Shoppers (AR) 1:00 EF Fact or Fiction-Guys vs. Gals (LB) [PI] 2:00 C Think Pink Ladies Tea (LB) [PI] 3:00 EF Wii®-Golf (LB) 3:30 CV Resident Council Meeting (LB) 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 R Rummy (AR)</p>	<p>12</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:30 CE Baking Pumpkin-Spice & all things nice (AR) [PI] 2:30 B Bingo (DR) [PI] 4:00 C Men's Group (AR) [ELD] 6:00 HF Cycling Class (AR) [ELD] 6:30 T Thursday Night Pitch (AR)</p>	<p>13</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 L Left, Center, Right (AR) [ELD] 10:30 CE Card Making class (AR) 12:00 PA Ambassador Meeting (AR) [ELD] 12:30 EF Museum Trips (OT) 2:00 LL Red Carpet Library (LB) 2:30 EF Root beer Floats (PA) [PI] 3:30 HF Low Impact Aerobics w/ Christen 6:00 PA Whist led by Nadene-2nd floor (AR)</p>	<p>14</p> <p>10:00 HF Drum Stick Cardio (LB) [PI] 10:45 EF Words with Friends (LB) 1:30 HF Standing Tall Fitness (AR) [PI] 2:00 B Bingo (DR) [PI] 3:45 C Happy Hour (PA) [ELD] 6:00 M Mexican Train Dominoes (AR) 6:30 M Movie & Popcorn. (RC)</p>																					
<p>15</p> <p>11:00 IS Catholic Communion (AR) 11:00 LL Today's Top Stories & Coffee Chat (LB) [PI] 11:30 HF Drum Stick Cardio (AR) [PI] 1:00 HF Afternoon Stretch (AR) [PI] 1:30 Wii®- Wheel of Fortune® (LB) 3:00 LL History Buffs w/ Doug Wallace 6:00 S Sunday night Pitch (AR) [PI]</p>	<p>16</p> <p>8:30 A Appts. w/ Dr. Hobbs (AR) 9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 LL Word Connect (LB) [ELD] 12:30 EF Fall Scenic Drive-Overbrook (OT) [PI] 1:00 CV Coupon Clippers (DR) 2:00 CE Adult Coloring Class (AR) 2:30 EF Scrabble® Challenge (LB) [PI] 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 LL Trivia (LB) [PI]</p>	<p>17</p> <p>9:00 D Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) 10:00 CE Fall Crafting (AR) [ELD] 1:30 HF Tai Chi with Mae (AR) 2:30 B Bingo (DR) [PI] 3:00 CV Meal Prep for Ronald McDonald House (OT) [ELD] 5:00 LL Book Club- (AR) [PI] 6:00 EF Movie Theatre Outing w/ West (OT) [PI]</p>	<p>18</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 W Wisdom of Curiosity (AR) [ELD] 12:30 W Walmart Shoppers (OT) 1:00 EF Facts or Fiction-Guys vs. Gals (LB) [PI] 3:00 EF Wii®-Golf (LB) 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 R Rummy (AR) [PI] 7:00 C Bingo After Dark (DR) [PI]</p>	<p>19</p> <p>Join us for Oktoberfest 9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:30 CE Baking Pumpkin Spice & all things nice (AR) [PI] 11:00 EF Oktoberfest (DR) 1:30 LL Zoo 2 U program (LG) 2:30 B Bingo (DR) [PI] 4:00 C Men's Group (AR) [ELD] 6:00 HF Cycling Class (AR) [PI] 6:30 T Thursday Night Pitch (AR)</p>	<p>20</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 L Left, Center, Right (AR) [ELD] 10:30 CE Card Making class (AR) 12:30 EF Museum Trips (OT) [ELD] 2:30 EF Root Beer Floats (PA) [PI] 3:30 HF Low-Impact Aerobics w/ Christen 6:00 PA Whist led by Nadene-2nd floor (LB)</p>	<p>21</p> <p>10:00 HF Drum Stick cardio (AR) [PI] 10:45 EF Words with Friends (AR) [PI] 12:00 N Nail Spa (AR) [PI] 1:30 HF Standing Tall Fitness (AR) [PI] 2:00 B Bingo (DR) [PI] 3:45 C Happy Hour (PA) [ELD] 6:00 Y Yahtzee™ (AR) 6:30 M Movie & Popcorn (LB)</p>																					
<p>22</p> <p>11:00 IS Catholic Communion (AR) 11:00 LL Today's Top Stories & Coffee Chat (LB) [PI] 11:30 HF Drum Stick Cardio (AR) [PI] 1:00 HF Afternoon Stretch (AR) [PI] 1:30 Wii®- Wheel of Fortune® (LB) 3:00 LL History Buffs w/ Doug Wallace 6:00 S Sunday night Pitch (AR) [PI]</p>	<p>23</p> <p>Happy Birthday Therese & Kenny! 9:00 HF Therapeutic Exercise w/ Interim (DR) 10:00 W What's in a Word? (AR) [PI] 12:30 EF Fall Scenic Drive-Maple Hill [PI] 1:00 CV Coupon Clippers (DR) 2:00 CE Adult Coloring Class (AR) [PI] 2:30 EF Scrabble® Challenge (LB) [PI] 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 LL Trivia (LB) [PI]</p>	<p>24</p> <p>9:00 D Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) 10:00 CE Halloween Crafting (AR) [ELD] 10:30 CV Food 4 Thought Meeting (AR) 1:30 HF Tai Chi with Mae (AR) 2:30 B Bingo (DR) [PI] 5:00 LL Book Club- (AR) [PI] 6:00 EF Movie Theatre Outing w/ West (OT) [PI]</p>	<p>25</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 IS Mass (AR) 10:30 W Wisdom of Curiosity (AR) [ELD] 12:30 W Walmart Shoppers (OT) 1:00 EF Fact or Fiction-Guys vs. Gals (LB) [PI] 4:00 HF Low Impact Aerobics w/ Susan (AR) [PI] 6:00 R Rummy (AR) [PI]</p>	<p>26</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 HF Wellness Checks (PT) 10:00 CV Resident Activity Planning Meeting (AR) [ELD] 10:30 CE Baking Pumpkin Spice & all things nice. (AR) [PI] 2:30 B Bingo (LG) [PI] 4:00 C Men's Group (AR) [ELD] 6:00 HF Cycling class (AR) [PI] 6:30 T Thursday Night Pitch (AR)</p>	<p>27</p> <p>9:00 HF Therapeutic Exercise w/ Interim (DR) 9:30 L Left, Center, Right (AR) [ELD] 10:30 CE Card Making class (AR) 12:00 PA Ambassador Meeting (AR) [ELD] 12:30 EF Museum Trips (OT) 2:00 LL Red Carpet Library (LB) 2:30 EF Root Beer Floats (PA) [PI] 3:30 HF Low-Impact Aerobic w/ Christen (AR) [ELD] 6:00 PA Whist led by Nadene-2nd floor (LB)</p>	<p>28</p> <p>Craft Bazaar West Building from 9-3 10:00 HF Drumstick Cardio (AR) [PI] 10:45 EF Words with Friends (AR) [PI] 1:30 HF Standing Tall Fitness (AR) [PI] 2:30 B Bingo (DR) [PI] 3:45 C Happy Hour (PA) [ELD] 6:00 M Mexican Train Dominoes (AR) 6:30 M Movie & Popcorn (RC)</p>																					
<p>29</p> <p>11:00 IS Catholic Communion (AR) 11:00 LL Today's Top Stories & Coffee Chat (LB) [PI] 11:30 HF Drum Stick Cardio (AR) [PI] 1:00 HF Afternoon Stretch (AR) [PI] 1:30 Wii®-Wheel of Fortune® (LB) [PI] 3:00 LL History Buffs w/ Doug Wallace (AR) 6:00 S Sunday Night Pitch (AR) [PI]</p>	<p>30</p> <p>9:00 HF Therapeutic Exercise (DR) 10:00 W What's in a Word? (AR) [ELD] 12:30 EF Fall Scenic Drive-Ozawkie (OT) [PI] 1:00 CV Coupon Clippers (AR) [PI] 2:00 CE Adult Coloring Class (AR) [PI] 2:30 EF Scrabble® Challenge (LB) 4:00 HF Low-Impact Aerobic w/ Susan (AR) [PI] 6:00 LL Trivia (AR) [PI]</p>	<p>31</p> <p>Happy Halloween 9:00 D Dillons Shopping (OT) 9:00 HF Therapeutic Exercise w/ Christen (DR) [ELD] 10:00 CE Holiday Gift Crafting (AR) [ELD] 1:30 HF Tai Chi w/ Mae (AR) 2:30 B Bingo (DR) [PI] 3:30 EF Spook-tacular Happy Hour (LB) 4:30 EF Casino w/ West (OT) [PI] 5:00 LL Book Club (AR) [PI]</p>	<div style="text-align: center;">  <p>Atria ENGAGE LIFE</p> </div> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection W Wisdom of Curiosity L Legato <div style="font-size: small;"> <p>ROOM LOCATION KEY:</p> <table border="0"> <tr><td>Activity Room</td><td>AR</td></tr> <tr><td>Library</td><td>LB</td></tr> <tr><td>Dining Room</td><td>DR</td></tr> <tr><td>Outside</td><td>OT</td></tr> <tr><td>Physical Therapy Room</td><td>PT</td></tr> <tr><td>Patio</td><td>PA</td></tr> <tr><td>Reception/Lobby</td><td>RC</td></tr> <tr><td>Life Guidance</td><td>LG</td></tr> </table> <p>STAFF KEY:</p> <table border="0"> <tr><td>Susan Imthurn</td><td>PI</td></tr> <tr><td>Rhonda Bottsford</td><td>PI</td></tr> <tr><td>Christen</td><td>ELD</td></tr> <tr><td>Mika Hale</td><td>PI</td></tr> </table> </div> </div>	Activity Room	AR	Library	LB	Dining Room	DR	Outside	OT	Physical Therapy Room	PT	Patio	PA	Reception/Lobby	RC	Life Guidance	LG	Susan Imthurn	PI	Rhonda Bottsford	PI	Christen	ELD	Mika Hale	PI
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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Bingo After Dark**
Wednesday, October 18, 6:00 pm
- Oktoberfest!**
Thursday, October 19, 11:00 am
- Haunted Happy Hour**
Tuesday, October 31, 3:30 pm

Atria
SENIOR LIVING

Atria
SENIOR LIVING

OCTOBER 2017

ATRIA HEARTHSTONE EAST life guidance®

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
9:30 **HF** Morning Stretch
10:00 **LL** Sunday Paper
10:15 **IS** Legato: Our Favorite Hymns
11:00 **IS** Catholic Communion
1:00 **EF** Noodle Balloon
1:30 Nails & Tales
2:30 **C** Snack & Chat
3:00 **HF** Fun Fitness
3:45 **EF** Name 5
6:00 **EF** Movie & Popcorn

2
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:15 **LL** The Newsstand
10:30 **EF** Bingo
11:00 Labor Day Cookout
1:00 **EF** Legato: Musical Trivia
3:00 **HF** Feeling Fit
3:45 **CE** Color Creation
6:00 **LL** Brain Teasers

3
8:00 Beauty Shop w/ Esther
9:30 **HF** Movin' & Groovin'
10:00 **LL** Daily News & Donuts
11:00 **EF** Legato: Drum Circle
1:00 **LL** Trivia
2:30 **EF** Bingo
3:30 **HF** Afternoon Stretch
6:00 **EF** Card Games

4
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:00 **LL** News & Views
10:30 **EF** Bingo
1:00 **EF** Legato: Sing Along
2:00 **CE** Fall Crafts
3:15 **HF** Conductorcise®
4:00 **EF** Noodle Balloon
6:00 **EF** Game Night!

5
9:30 **HF** Stretch & Flex
10:00 **LL** Daily News
10:30 **CV** Book Club: Wisdom of Curiosity
11:00 **EF** Legato: Instrument Play a Long
1:00 **EF** Out & About
2:30 **EF** Bingo
3:30 **HF** Fun Fitness
4:00 **EF** Happy Hour
6:00 **LL** Word Games

6
9:00 **LL** Today's News
9:15 **HF** Conductorcise®
10:15 **IS** Music Therapy w/ Soundscaping
1:00 **HF** Noodle Balloon
1:30 **EF** Legato: Sing Along
2:00 **CE** PVC Construction
2:00 **C** Root Beer Floats!
3:00 **CE** Crafting
6:00 **LL** Trivia

7
9:30 **HF** Chair Yoga
10:00 **LL** News & Views
10:30 **LL** Today In History
11:00 **C** Conversation Ball Game
1:00 **HF** Chair Dancing
2:00 **EF** Bingo
3:00 **EF** Legato: Karaoke!
3:30 **EF** Puzzle Time
6:00 **IS** Relax & Remember!

8
8:30 Grandparents Day Donuts and Coffee
9:30 **HF** Morning Stretch
10:00 **LL** Sunday Paper
10:15 **IS** Legato: Our Favorite Hymns
11:00 **IS** Catholic Communion
1:30 Nails & Tales
2:30 **C** Snack & Chat
3:00 **HF** Conductorcise®
3:45 **EF** Name 5
6:00 **EF** Movie & Popcorn

9
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:15 **LL** The Newsstand
10:30 **EF** Bingo
1:00 **EF** Out & About
2:30 **EF** Legato: Musical Trivia
3:00 **HF** Feeling Fit
3:45 **CE** Color Creation
6:00 **LL** Brain Teasers

10
8:00 Beauty Shop w/ Esther
9:30 **HF** Movin' & Groovin'
10:00 **LL** Daily News & Donuts
11:00 **EF** Legato: Drum Circle
1:00 **LL** Trivia
2:30 **EF** Bingo
3:30 **HF** Afternoon Stretch
6:00 **EF** Card Games

11
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:00 **LL** News & Views
10:30 **EF** Bingo
1:00 **EF** Legato: Sing Along
2:00 **CE** Collage Art
3:15 **HF** Conductorcise®
4:00 **EF** Noodle Balloon
6:00 **EF** Game Night!

12
9:15 **HF** Stretch & Flex
10:00 **LL** Daily News
10:30 **CV** Book Club: Wisdom of Curiosity
11:00 **EF** Legato: Instrument Play a Long
1:00 **EF** Out & About
2:30 **EF** Bingo
3:30 **HF** Fun Fitness
4:00 **EF** Happy Hour
6:00 **LL** Word Games

13
9:15 **HF** Conductorcise®
10:00 **LL** The Newsstand
10:30 **CE** What's Cookin'?: Pumpkin
1:00 **HF** Balloon Volleyball
1:30 **EF** Legato: Sing Along
2:00 **CE** PVC Construction
2:00 **C** Root Beer Floats!
3:00 **CE** Halloween Crafts
6:00 **LL** Trivia

14
9:30 **HF** Chair Yoga
10:00 **LL** News & Views
10:30 **LL** Today In History
11:00 **C** Conversation Ball Game
1:00 **HF** Balloon Volleyball
2:00 **EF** Bingo
3:00 **EF** Legato: Karaoke!
3:30 **EF** Puzzle Time
6:00 **IS** Relax & Remember

15
9:30 **HF** Morning Stretch
10:00 **LL** Sunday Paper
10:15 **IS** Legato: Our Favorite Hymns
11:00 **IS** Catholic Communion
1:00 **EF** Noodle Balloon
1:30 Nails & Tales
2:30 **C** Snack & Chat
3:00 **HF** Fun Fitness
3:45 **EF** Name 5
6:00 **EF** Movie & Popcorn

16
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:15 **LL** The Newsstand
10:30 **EF** Bingo
1:00 **EF** Out & About
2:00 **EF** Legato: Musical Trivia
3:00 **HF** Feeling Fit
3:45 **CE** Color Creation
6:00 **LL** Brain Teasers

17
8:00 Beauty Shop w/ Esther
9:30 **HF** Movin' & Groovin'
10:00 **LL** Daily News & Donuts
11:00 **EF** Legato: Drum Circle
1:00 **LL** Trivia
2:30 **EF** Bingo
3:30 **HF** Afternoon Stretch
6:00 **EF** Card Games

18
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:00 **LL** News & Views
10:30 **EF** Bingo
1:00 **CV** Making Dog Treats for Humane Society
2:00 **EF** Legato: Sing Along
3:15 **HF** Conductorcise®
4:00 **EF** Noodle Balloon
6:00 Bingo After Dark

19
9:15 **HF** Stretch & Flex
10:00 **LL** Daily News
10:30 **CV** Book Club: Wisdom of Curiosity
11:00 Oktoberfest!
1:30 Zoo 2 You
3:30 **HF** Fun Fitness
4:00 **LL** Word Games
6:00 **EF** Legato: "Hair" The Musical!

20
9:00 **LL** Today's News
9:15 **HF** Conductorcise®
10:15 **IS** Music Therapy w/ Soundscaping Source
1:00 **HF** Noodle Balloon
1:30 **EF** Legato: Sing Along
2:00 **CE** PVC Construction
2:00 **C** Root Beer Floats!
3:00 **CE** Crafting
6:00 **LL** Trivia

21
9:30 **HF** Chair Yoga
10:00 **LL** News & Views
10:30 **LL** Today In History
11:00 **C** Conversation Ball Game
1:00 **HF** Chair Dancing
2:00 **EF** Bingo
3:00 **EF** Legato: Karaoke!
3:30 **EF** Puzzle Time!
6:00 **IS** Relax & Remember

22
9:30 **HF** Morning Stretch
10:00 **LL** Sunday Paper
10:15 **IS** Legato: Our Favorite Hymns
11:00 **IS** Catholic Communion
1:00 **EF** Noodle Balloon
1:30 Nails & Tales
2:30 **C** Snack & Chat
3:00 **HF** Fun Fitness
3:45 **EF** Name 5
6:00 **EF** Movie & Popcorn

23
8:00 **PA** Walking Club
9:30 **HF** Therapeutic Exercises
10:15 **LL** The Newsstand
10:30 **EF** Bingo
1:00 **EF** Out & About
2:30 **EF** Legato: Tony Bennett
3:00 **HF** Feeling Fit
3:45 **CE** Color Creation
6:00 **LL** Brain Teasers

24
8:00 Beauty Shop w/ Esther
9:30 **HF** Movin' & Groovin'
10:00 **LL** Daily News & Donuts
11:00 **EF** Legato: Drum Circle
1:00 **LL** Trivia
2:30 **EF** Bingo
3:30 **HF** Afternoon Stretch
6:00 **EF** Card Games

25
8:00 **PA** Walking Club
9:00 **IS** Mass
9:30 **HF** Therapeutic Exercises
10:00 **LL** News & Views
10:30 **EF** Bingo
1:00 **EF** Legato: Sing Along
2:00 **CE** Collage Art
3:00 **HF** Conductorcise®
4:00 **EF** Noodle Balloon
6:00 **EF** Game Night!

26
9:30 **HF** Stretch & Flex
10:00 **LL** Daily News
10:30 **CV** Book Club: Wisdom of Curiosity
11:00 **EF** Legato: Instrument Play a Long
1:00 **EF** Out & About
2:30 **EF** Bingo
3:30 **HF** Fun Fitness
4:00 **EF** Happy Hour
6:00 **LL** Word Games

27
9:15 **HF** Conductorcise®
10:00 **LL** The Newsstand
10:30 **CE** What's Cookin'?: Apple
1:00 **EF** Legato: Sing Along
1:30 **HF** Balloon Volleyball
2:00 **C** Hot Chocolate Floats!
2:00 **CE** PVC Construction
3:30 **CE** Crafting
6:00 **LL** Trivia

28
9:30 **HF** Chair Yoga
10:00 **LL** News & Views
10:30 **LL** Today In History
11:00 **C** Conversation Ball Game
1:00 **HF** Chair Dancing
2:00 **EF** Bingo
3:00 **EF** Legato: Karaoke!
3:30 **EF** Puzzle Time!
6:00 **IS** Relax & Remember

29
9:30 **HF** Morning Stretch
10:00 **LL** Sunday Paper
10:15 **IS** Legato: Our Favorite Hymns
11:00 **IS** Catholic Communion
1:00 **EF** Noodle Balloon
1:30 Nails & Tales
2:30 **C** Snack & Chat
3:00 **HF** Fun Fitness
3:45 **EF** Name 5
6:00 **EF** Movie & Popcorn

30
7:00 **HF** Therapeutic Exercises
8:00 **PA** Walking Club
10:15 **LL** The Newsstand
10:30 **EF** Bingo
1:00 **EF** Out & About
2:30 **EF** Legato: Musical Trivia
3:00 **HF** Feeling Fit
3:45 **CE** Color Creation
6:00 **LL** Brain Teasers

31
8:00 Beauty Shop w/ Esther
9:30 **HF** Movin' & Groovin'
10:00 **LL** Daily News & Donuts
11:00 **EF** Legato: Drum Circle
1:00 **LL** Trivia
1:30 **HF** Afternoon Stretch
2:30 **EF** Bingo
3:30 Haunted Happy Hour
6:00 **EF** Card Games



- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- CV** Wisdom of Curiosity
- EF** Legato

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