

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Pumpkin Patch**
Wednesday, October 6, 1:15 PM
- Fall Wreath Project**
Tuesday, October 12, 2:45 PM
- Halloween Party**
Sunday, October 31, 6:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
Halloween
9:00 **LIS** Newsletter Highlight: US Candy Favorites (B) (JW)
10:00 **HPF** Tai Chi: Balance & Posture (L) (JW)
10:30 **RSF** J.W. Bible Study (L) (JW)
1:00 **SCE** Brain Challenge: Halloween (F) (BB)
3:00 **CEA** Halloween Costume Contest (F) (BB)
4:00 **HPF** Flow Yoga (L) (BB)
6:00 **SCE** Halloween Party (F) (BB)



- 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:
Family Room F
Sun Room S
Library L
Movie Room M
Bistro B
Engage Life® Center ELC
In-Room IR

STAFF KEY:
MOD md
Brianna Benoit BB
Jacqueline Wilkerson JW

1
International Coffee Day
10:00 **HPF** Walking Challenge Monthly Launch (F) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:00 **LIS** Coffee Talks: Roast & Rhymes Part I (B) (BB)
1:30 Friday Concert (F) (BB)
2:30 Sip and Paint (B) (BB)
4:00 **HPF** Total Body Conditioning - Advanced (L) (BB)

2
8:45 **LIS** Newsletter Highlight: Coffee Economics (B) (JW)
10:00 **HPF** Fitness Class (L) (JW)
1:00 **LIS** Coffee Talks: Roast & Rhymes Part II (B) (JW)
1:30 BINGO (L) (JW)
2:30 Board Games (L) (JW)
4:00 **HPF** Posture and Stretch Fitness Class (L) (JW)

3
10:00 **HPF** Tai Chi: Balance & Posture (L) (JW)
10:30 **RSF** J.W. Bible Study (L) (JW)
1:00 **LIS** Clergy: Facts and Health Benefits (L) (JW)
1:30 Nail Spa (ELC) (JW)
4:00 **HPF** Flow Yoga (L) (JW)

4
National Golf Lovers Day
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
11:00 **HPF** The Health Benefits of Golf (L) (BB)
1:00 **LIS** The Economics of Golf (L) (BB)
2:00 Putt Putt (F) (BB)
3:30 **RSF** Mindfulness Monday (ELC) (BB)

5
10:00 **HPF** Flow Yoga (L) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:00 **CPI** Ambassador Club Meeting (ELC) (BB)
1:30 BINGO (L) (BB)
2:30 Jewelry Making (L) (BB)
6:00 **SCE** After Dinner Card Games (B) (BB)

6
10:00 **HPF** Upper Body Conditioning (L) (BB)
1:00 **CEA** Creating Art from the Scents We Smell (B) (BB)
1:15 **LIS** Pumpkin Patch (F) (BB)
3:45 **SCE** Don't Worry Be Frappe Happy Hour (B) (BB)
4:00 **HPF** Tai Chi: Balance & Posture (L) (BB)

7
National Frappe Day
10:00 **HPF** Total Body Conditioning - Beginner (L) (BB)
11:00 **SCE** Fall Pop-up Programs (S) (BB)
1:00 **LIS** ODU: The Chemistry of Coffee (ELC) (BB)
1:30 BINGO (L) (JW)
2:45 **HPF** Dance & Movement: Cowboy Charleston (L) (BB)

8
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:30 Friday Concert (F) (BB)
3:00 **CEA** Pumpkin Painting (B) (BB)
4:00 **HPF** Total Body Conditioning - Advanced (L) (BB)

9
10:00 **HPF** Fitness Class (L) (JW)
1:00 **LIS** Monthly Book Club (L) (JW)
1:30 B.I.N.G.O (L) (JW)
2:30 **CEA** Rock Art (B) (JW)
4:00 **HPF** Posture and Stretch Fitness Class (L) (JW)

10
Clergy Appreciation Day
10:00 **HPF** Tai Chi: Balance & Posture (L) (md)
10:30 **RSF** J.W. Bible Study (L) (JW)
1:00 **CPI** A Token of Appreciation for Clergy (L) (JW)
1:30 Movie and Popcorn (M) (JW)
4:00 **HPF** Flow Yoga (L) (JW)

11
Columbus Day
9:00 **LIS** Newsletter Highlight: Columbus Day Facts (B) (BB)
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
3:30 **RSF** Mindfulness Monday (ELC) (BB)
4:00 **HPF** Lower Body Conditioning (L) (BB)

12
10:00 **HPF** Flow Yoga (ELC) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:00 **CPI** Engage Life® Planning Meeting (L) (BB)
1:30 BINGO (L) (BB)
2:45 **CEA** Fall Wreath Project (B) (BB)
6:00 **SCE** After Dinner Card Games (B) (BB)

13
10:00 **HPF** Upper Body Conditioning (L) (BB)
1:00 **CPI** Wisdom Wednesday (IR) (BB)
3:00 **LIS** Documentary Series (L) (BB)
3:00 **SCE** Harvest Happy Hour (L) (BB)
4:00 **HPF** Tai Chi: Balance & Posture (L) (BB)

14
10:00 **HPF** Total Body Conditioning - Beginner (L) (BB)
11:00 **SCE** Fall Pop-up Programs (B) (BB)
1:30 BINGO (L) (JW)
2:45 **HPF** Dance & Movement: Cupid Shuffle (L) (BB)
3:30 **LIS** Trivia (L) (BB)

15
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:30 Friday Concert (F) (BB)
2:30 **SCE** Scavenger Hunt (F) (BB)
4:00 **HPF** Total Body Conditioning - Advanced (L) (BB)

16
Dictionary Day
10:00 **HPF** Fitness Class (L) (JW)
1:00 **LIS** Word Wonders: Homonyms and Synonyms (L) (JW)
1:30 BINGO (L) (JW)
2:30 Board Games (L) (JW)
4:00 **HPF** Posture and Stretch Fitness Class (L) (JW)

17
10:00 **HPF** Tai Chi: Balance & Posture (L) (JW)
10:30 **RSF** J.W. Bible Study (L) (JW)
1:00 **LIS** The Science of Making Biscuits (B) (JW)
2:30 Nail Spa (L) (JW)
4:00 **HPF** Flow Yoga (ELC) (JW)

18
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
2:00 **CEA** Creating Tile Coasters (B) (BB)
3:30 **RSF** Mindfulness Monday (ELC) (BB)
4:00 **HPF** Lower Body Conditioning (ELC) (BB)

19
10:00 **HPF** Flow Yoga (L) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:30 BINGO (L) (BB)
2:30 **CEA** Jewelry Making (L) (BB)
6:00 **SCE** After Dinner Card Games (B) (BB)
6:00 **CPI** Career Connections Club (S) (BB)

20
International Chef's Day
10:00 **HPF** Upper Body Conditioning (L)
1:00 **LIS** Food Science: The Maillard Reaction (B) (BB)
2:00 **LIS** Documentary Series (L) (BB)
2:00 **SCE** Pumpkin Spice Happy Hour (L) (BB)
4:00 **HPF** Tai Chi: Balance & Posture (L) (BB)

21
10:00 **HPF** Total Body Conditioning - Beginner (L) (BB)
11:00 **SCE** Fall Pop-up Programs (B) (BB)
1:30 BINGO (L) (JW)
2:30 **CPI** Food For Thought - Culinary Led (L) (BB)
4:00 **HPF** Dance & Movement: Electric Slide (ELC) (BB)

22
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:30 Friday Concert (F) (BB)
2:30 Halloween Door Decoration (B) (BB)
4:00 **HPF** Total Body Conditioning - Advanced (ELC) (BB)

23
10:00 **HPF** Fitness Class (L) (JW)
1:30 BINGO (L) (JW)
2:30 **SCE** Coke Float Saturday (B) (JW)
4:00 **HPF** Posture and Stretch Fitness Class (L) (md)

24
10:00 **HPF** Tai Chi: Balance & Posture (L) (JW)
10:30 **RSF** J.W. Bible Study (L) (JW)
1:00 **LIS** Zodiac & Horoscope of October (L) (JW)
2:30 Spooky Movie (L) (JW)
4:00 **HPF** Flow Yoga (L) (JW)

25
International Artist Day
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
2:00 **LIS** ODU: 5 Important Paintings (L) (BB)
3:30 **RSF** Mindfulness Monday (ELC) (BB)
4:00 **HPF** Lower Body Conditioning (L) (BB)

26
10:00 **HPF** Flow Yoga (L) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:30 BINGO (L) (BB)
2:45 **CPI** Resident Council Meeting (B) (BB)
6:00 **SCE** After Dinner Card Games (B) (BB)

27
10:00 **HPF** Upper Body Conditioning (ELC) (BB)
1:00 **CEA** Music History: Iconic Music Venues (L) (BB)
2:00 **LIS** Documentary Series (L) (BB)
2:00 **SCE** Spooktacular Happy Hour (L) (BB)
4:00 **HPF** Tai Chi: Balance & Posture (L) (BB)

28
10:00 **HPF** Total Body Conditioning - Beginner (L) (BB)
1:30 BINGO (L) (JW)
2:45 **HPF** Dance & Movement: The THRILLER (L) (BB)
3:30 **LIS** Trivia! (L) (BB)

29
10:00 **HPF** Moving For Memory: Walking Challenge (F) (BB)
10:30 **RSF** J.W. Bible Study (L) (BB)
1:30 Friday Concert (F) (BB)
2:30 **CEA** Spooky Sip and Paint (B) (BB)
4:00 **HPF** Total Body Conditioning - Advanced (L) (BB)

30
10:00 **HPF** Fitness Class (ELC) (JW)
1:00 **LIS** Halloween Origins & Traditions (L) (JW)
1:30 BINGO (L) (JW)
2:30 Board Games (L) (JW)
4:00 **HPF** Posture and Stretch Fitness Class (L) (JW)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Fall Foliage Craft
Monday, October 4, 11:00 AM

Paint a Pumpkin
Wednesday, October 13, 11:00 AM

Monsters and Margaritas
Sunday, October 31, 3:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HALLOWEEN 31
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** 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 **HPF** Walking Challenge
 3:30 **SCE** Monsters and Margaritas
 6:00 **RSF** Bible Study



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INTERNATIONAL COFFEE DAY 1
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge Launch
 1:00 **CEA** Today's Music: Songs About October
 1:30 **LIS** Zodiac & Horoscope of October
 3:00 **HPF** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy

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

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

4
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 11:00 **CEA** Fall Foliage Craft
 1:00 **CEA** Today's Music: Radio Lingo Day
 2:00 **LIS** Word Wonders: Radio Terms and 10-Code
 3:00 **HPF** Lower Body Conditioning
 6:00 **SCE** Fun Facts For The Day

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

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

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

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

9
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: "Imagine"
 1:30 **SCE** Music History: The Beatles
 3:00 **HPF** 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 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Today's Music: Daydream Believer
 3:00 **HPF** Walking Challenge
 6:00 **RSF** Bible Study

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

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

13
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 11:00 **CEA** Paint a Pumpkin
 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize
 2:00 **SCE** Harvest Happy Hour
 3:00 **HPF** Tai Chi: Balance & Posture
 6:00 **RSF** Midweek Bible Study

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

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

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

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

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

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

INTERNATIONAL CHEF DAY 20
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** 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 **HPF** Tai Chi: Balance & Posture
 6:00 **RSF** Midweek Bible Study

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

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

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

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

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

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

U.S. NAVY DAY 27
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** 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 **HPF** Tai Chi: Balance & Posture
 6:00 **RSF** Midweek Bible Study

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

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

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