

ASSISTED LIVING

Monthly Calendar of Events and Programming



Featured Events
this Month:

Harvest Happy Hour
Wednesday, October 13, 4:00 PM

Spooktacular Happy Hour
Wednesday, October 27, 4:00 PM

Halloween Costume Contest
Sunday, October 31, 3:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Halloween 31
 10:00 **HPF** Tai Chi: Balance & Posture (TH)
 10:30 **LIS** Newsletter Highlight: US Candy Favorites (TH)
 1:15 **SCE** Brain Challenge: Halloween (TH)
 2:00 **HPF** Flow Yoga (TH)
 3:30 **CEA** Halloween Costume Contest (BIS)



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

ROOM LOCATION KEY:
 Lobby LOB
 Bistro BIS
 Private Dining Room PDR
 Chapel CPL
 Courtyard CY
 Theater TH
 In-Room IR

STAFF KEY:
 Engage Life® Program Instructor ELI
 Kathy, Driver DRV
 Engage Life® Director ELD

International Coffee Day 1
 7:00 Movie Night (TH)
 10:00 **HPF** Total Body Conditioning - Advanced
 10:00 **RSF** Friday Communion (CPL)
 10:30 Shopping Trip: Publix & Walmart (LOB) (DRV)
 10:45 **LIS** Coffee Talks: Roast & Rhymes Part I (TH)
 1:15 Bingo (TH)
 2:00 **HPF** Walking Challenge Monthly Launch
 2:30 **RSF** Bible Study Series: Part I
 3:15 **RSF** Prayer Group (TH)
 4:00 Happy Hour (BIS) (ELI)

2
 10:00 **LIS** Newsletter Highlight: Coffee Economics
 10:15 **HPF** Posture and Stretch Fitness Class (TH)
 10:30 **LIS** Coffee Talks: Roast & Rhymes Part II (TH)
 2:00 **HPF** Cardio Drumming Circle
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

3
 10:00 **HPF** Tai Chi: Balance & Posture (TH)
 11:00 **RSF** Sunday Communion (TH)
 1:15 **LIS** Clergy: Facts and Health Benefits (TH)
 2:00 **HPF** Flow Yoga (TH)
 4:00 Happy Hour (BIS) (ELD)

National Golf Lovers Day 4
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **HPF** Moving For Memory: Walking Challenge
 1:15 Bingo (TH) (ELI)
 2:00 **HPF** The Health Benefits of Golf (TH)
 2:00 Local Drive (LOB) (DRV)
 2:30 **HPF** Lower Body Conditioning
 4:00 **LIS** The Economics of Golf (BIS)

5
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **LIS** Trivia Tuesday (TH)
 1:15 Bingo (TH)
 2:00 Bridge Club (BIS)
 2:00 **HPF** Flow Yoga (TH)
 2:15 **HPF** Dance & Movement: Cowboy Charleston (TH)
 4:00 Happy Hour (BIS)
 6:00 Movie Night (TH)

6
 10:00 **HPF** Upper Body Conditioning
 10:45 **CEA** Creating Art from the Scents We Smell (TH)
 1:15 Bingo! (TH) (ELI)
 2:00 **HPF** Tai Chi: Balance & Posture (TH)
 4:00 **SCE** Don't Worry Be Frappe Happy Hour (BIS)

National Frappe Day 7
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **SCE** Fall Pop-up Programs (TH)
 1:00 **LIS** ODU: The Chemistry of Coffee (TH)
 2:00 **HPF** Total Body Conditioning - Beginner
 2:15 **HPF** Dance & Movement: Cowboy Charleston (TH)
 3:00 **SCE** Live Entertainment (BIS)
 6:00 Movie Night (TH)

8
 10:00 **HPF** Total Body Conditioning - Advanced
 10:00 **RSF** Friday Communion (CPL)
 10:30 Shopping Trip: Publix & Walmart (LOB) (DRV)
 1:15 Bingo (TH) (ELD)
 2:00 **HPF** Moving For Memory: Walking Challenge
 2:30 **RSF** Bible Study Series: Part II
 3:15 **CPI** Prayer Group (TH)
 4:00 Happy Hour (BIS) (ELI)

9
 10:00 **HPF** Posture and Stretch Fitness Class (TH)
 10:30 **SCE** Mug Club (TH) (ELI)
 1:00 **LIS** Monthly Book Club
 2:00 **HPF** Cardio Drumming Circle (TH)
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

Clergy Appreciation Day 10
 10:00 **HPF** Tai Chi: Balance & Posture (TH)
 11:00 **RSF** Sunday Communion (TH)
 1:15 **CPI** A Token of Appreciation for Clergy (TH)
 2:00 **HPF** Flow Yoga (TH)
 4:00 Happy Hour (TH) (ELD)

Columbus Day 11
 9:30 **LIS** Newsletter Highlight: Columbus Day Facts (IR)
 10:00 **HPF** Fitness w/ Coach Jake (TH) (ELI)
 10:45 **HPF** Moving For Memory: Walking Challenge
 1:15 Bingo (TH) (ELI)
 2:00 Local Drive (LOB) (DRV)
 2:00 **HPF** Lower Body Conditioning
 4:00 Happy Hour (BIS) (ELI)

12
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **LIS** Trivia Tuesday! (TH) (ELD)
 1:00 **CEA** Fall Pine Cone Wreath Project
 2:00 Bridge Club (BIS) (ELI)
 2:00 **HPF** Flow Yoga (TH)
 2:15 **HPF** Dance & Movement: Cupid Shuffle
 4:00 Happy Hour (BIS) (ELD)
 6:00 Movie Night (TH)

13
 10:00 **HPF** Upper Body Conditioning
 1:15 Bingo! (TH) (ELI)
 2:00 **HPF** Tai Chi: Balance & Posture
 4:00 **SCE** Harvest Happy Hour (BIS)

14
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **SCE** Fall Pop-up Programs (PDR)
 1:15 Bingo! (TH) (ELI)
 2:00 **HPF** Total Body Conditioning - Beginner (TH)
 2:15 **HPF** Dance & Movement: Cupid Shuffle (TH)
 3:00 **CEA** Live Entertainment (BIS)
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

15
 10:00 **HPF** Total Body Conditioning - Advanced (TH)
 10:00 **RSF** Friday Communion (CPL)
 10:30 Shopping Trip: Publix & Walmart (LOB) (DRV)
 1:15 Bingo (TH)
 2:00 **HPF** Moving For Memory: Walking Challenge (TH)
 2:30 **RSF** Bible Study Series: Part III
 3:15 **RSF** Prayer Group (TH)
 4:00 Happy Hour (BIS) (ELI)

Dictionary Day 16
 10:00 **HPF** Posture and Stretch Fitness Class (TH)
 10:30 **SCE** Mug Club (TH) (ELI)
 1:15 **LIS** Word Wonders: Homonyms and Synonyms (TH)
 2:00 **HPF** Cardio Drumming Circle (TH)
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

17
 10:00 **HPF** Tai Chi: Balance & Posture (TH)
 11:00 **RSF** Sunday Communion (TH)
 1:00 **LIS** The Science of Making Biscuits (BIS)
 2:00 **HPF** Flow Yoga (TH)
 4:00 Happy Hour (BIS) (ELD)

18
 10:00 **HPF** Fitness w/ Coach Jake (TH) (ELD)
 10:45 **HPF** Moving For Memory: Walking Challenge
 1:00 **CEA** Creating Tile Coasters (TH)
 2:00 Local Drive (LOB) (DRV)
 2:00 **HPF** Lower Body Conditioning
 4:00 Happy Hour (BIS) (ELD)

19
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **LIS** Trivia Tuesday! (TH) (ELD)
 1:15 Bingo (TH)
 2:00 Bridge Club (BIS)
 2:00 **HPF** Flow Yoga (TH)
 2:15 **HPF** Dance & Movement: Electric Slide
 3:00 **CPI** Career Connections Club (TH)
 4:00 Happy Hour (BIS)
 6:00 Movie Night (TH)

International Chef's Day 20
 10:00 **HPF** Upper Body Conditioning
 10:45 **CPI** Engage Life® Planning Meeting (TH)
 1:00 **LIS** Food Science: The Maillard Reaction
 1:15 Bingo! (TH) (ELI)
 2:00 **CPI** Veterans Club (BIS) (ELD)
 2:00 **HPF** Tai Chi: Balance & Posture
 4:00 **SCE** Pumpkin Spice Happy Hour (BIS)

21
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **SCE** Fall Pop-up Programs
 10:45 **CPI** Food For Thought - Culinary Led (TH)
 2:00 **HPF** Total Body Conditioning - Beginner (TH)
 2:15 **HPF** Dance & Movement: Electric Slide (TH)
 3:00 **SCE** Live Entertainment (BIS)
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

22
 10:00 **HPF** Total Body Conditioning - Advanced (PDR)
 10:00 **RSF** Friday Communion (CPL)
 10:30 Shopping Trip: Publix & Walmart (LOB) (DRV)
 1:15 Bingo (ELD)
 2:00 **CPI** Ambassador Club Meeting (TH)
 2:00 **HPF** Moving For Memory: Walking Challenge (PDR)
 2:30 **RSF** Bible Study Series: Part IV
 3:15 **RSF** Prayer Group (TH)
 4:00 Happy Hour (TH) (ELI)

23
 10:00 **HPF** Posture and Stretch Fitness Class (TH)
 10:30 **SCE** Mug Club (TH) (ELI)
 2:00 **HPF** Cardio Drumming Circle (TH)
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

24
 10:00 **HPF** Tai Chi: Balance & Posture (TH)
 11:00 **RSF** Sunday Communion (TH) (ELD)
 2:00 **HPF** Flow Yoga (TH)
 2:00 **CEA** Gardening Club (CY) (ELD)
 4:00 Happy Hour! (BIS) (ELD)

International Artist Day 25
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **HPF** Moving For Memory: Walking Challenge (TH)
 1:15 Bingo (TH)
 2:00 Local Drive (LOB) (DRV)
 2:00 **HPF** Lower Body Conditioning (TH)
 3:00 **LIS** ODU: 5 Important Paintings
 4:00 Happy Hour (BIS) (ELD)

26
 10:00 **HPF** Fitness w/ Coach Jake (TH)
 10:45 **LIS** Trivia Tuesday! (TH) (ELD)
 1:15 Bingo (TH)
 2:00 **HPF** Flow Yoga (TH)
 2:00 **HPF** Health Hour w/ Genesis (TH) (ELD)
 2:30 **HPF** Dance & Movement: The Git Up Line Dance
 3:00 **CPI** Resident Council Meeting
 4:00 Happy Hour (BIS) (ELI)
 6:00 Movie Night (TH)

27
 10:00 **HPF** Upper Body Conditioning
 1:00 **CEA** Music History: Iconic Music Venues
 1:15 Bingo! (TH) (ELI)
 2:00 **HPF** Tai Chi: Balance & Posture (TH)
 4:00 **SCE** Spooktacular Happy Hour (BIS)

28
 10:00 **HPF** Fitness w/ Coach Jake (TH) (ELI)
 10:45 **SCE** Fall Pop-up Programs (TH)
 1:15 Bingo! (TH) (ELI)
 2:00 **HPF** Total Body Conditioning - Beginner (TH)
 2:15 **HPF** Dance & Movement: The Git Up Line Dance (TH)
 3:00 **SCE** Live Entertainment (BIS)
 4:00 **LIS** Zodiac & Horoscope of October (BIS)
 6:00 Movie Night (TH)

29
 10:00 **HPF** Total Body Conditioning - Advanced
 10:00 **RSF** Friday Communion (LOB)
 1:15 Bingo (TH)
 2:00 **HPF** Moving For Memory: Walking Challenge
 2:30 **RSF** Bible Study Series: Part V
 3:15 **RSF** Prayer Group (TH)
 4:00 Happy Hour (TH)

30
 10:00 **HPF** Posture and Stretch Fitness Class (TH)
 10:30 **SCE** Mug Club (TH)
 2:00 **HPF** Cardio Drumming Circle (TH)
 2:30 **LIS** Halloween Origins & Traditions (TH)
 4:00 Happy Hour (TH)

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, 1:30 PM

Spooktacular Happy Hour
Wednesday, October 27, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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
 1:30 **CEA** Today's Music: Spooky Songs of Halloween
 2:00 **LIS** Origins & History of Halloween
 2:30 **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** Walking Challenge Launch
 11:00 **CEA** Today's Music: Songs About October
 1:30 **LIS** Zodiac & Horoscope of October
 2:30 **HPE** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy

2
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Flow Yoga
 11:00 **CEA** Today's Music: Bluegrass
 2:00 **LIS** Roasts & Rhymes: Coffee Talks
 2:30 **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
 1:30 **CEA** Today's Music: History of the Twist
 2:30 **HPE** Walking Challenge
 6:00 **RSF** Bible Study

4
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Walking Challenge
 11:00 **CEA** Today's Music: Radio Lingo Day
 2:00 **LIS** Word Wonders: Radio Terms and 10-Code
 2:30 **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
 11:00 **CEA** Today's Music: "I Honestly Love You"
 1:30 **SCE** Express Yourself: A Time For Love
 2:30 **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
 11:00 **CEA** Today's Music: Walk of Fame
 2:00 **SCE** Don't Worry Be Frappe Happy Hour
 2:30 **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
 11:00 **CEA** Today's Music: "The Musical - Grease"
 2:30 **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
 11:00 **CEA** Today's Music: Drumming
 2:00 **CPI** Clergy Appreciation Gifts
 2:30 **HPE** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy

9
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Flow Yoga
 11:00 **CEA** Today's Music: "Imagine"
 1:30 **SCE** Music History: The Beatles
 2:30 **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
 11:00 **CEA** Today's Music: Daydream Believer
 2:30 **HPE** Walking Challenge
 6:00 **RSF** Bible Study

COLUMBUS DAY 11
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Walking Challenge
 11:00 **CEA** Today's Music: Robert Delt, Pianist
 1:30 **LIS** Sing Across Canada: Ontario
 2:30 **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
 11:00 **CEA** Today's Music: Pharrell Williams
 1:30 **CEA** Creating Art From The Scents We Smell
 2:30 **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
 11:00 **CEA** Today's Music: Bob Dylan, Nobel Prize
 1:30 **SCE** Harvest Happy Hour
 2:30 **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
 11:00 **CEA** Today's Music: Ethel Merman, Broadway
 2:30 **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
 11:00 **CEA** Today's Music: Stevie Wonder
 1:30 **SCE** Reminiscing: Love At First Sight
 2:30 **HPE** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy

DICTIONARY DAY 16
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Flow Yoga
 11:00 **CEA** Today's Music: Little Richard
 2:00 **LIS** Word Wonders: Synonyms
 2:30 **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
 11:00 **CEA** Today's Music: Manfred Man
 1:30 **CEA** Quirky Song Titles
 2:30 **HPE** Walking Challenge
 6:00 **RSF** Bible Study

18
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Walking Challenge
 11:00 **CEA** Today's Music: Once On An Island Musical
 1:30 **SCE** Reminiscing: Vacations Past
 2:30 **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
 11:00 **CEA** Today's Music: The Sound of Music
 2:00 **LIS** The Traditions & Science of Biscuits
 2:30 **HPE** Dance & Movement: Cowboy Charleston
 6:00 **LIS** Literary Appreciation: Poetry

INTERNATIONAL CHEFS DAY 20
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Upper Body Conditioning
 11:00 **CEA** Today's Music: Peter, Paul & Mary
 1:30 **LIS** Word Wonders: In The Kitchen Idioms
 2:00 **SCE** Pumpkin Spice Happy Hour
 2:30 **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
 11:00 **CEA** Today's Music: Rocky Top
 2:00 **LIS** Sing Across America: Tennessee
 2:30 **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
 11:00 **CEA** Today's Music: Music Venues, The Met, NY
 1:30 **CEA** Music History: Iconic Music Venues
 2:30 **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
 11:00 **CEA** Today's Music: Adele "Hello" In Other Languages
 2:00 **CEA** Pour Art
 2:30 **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
 11:00 **CEA** Today's Music: Paul McCartney
 1:30 **CEA** Literary Appreciation: Poetry
 2:30 **HPE** Walking Challenge
 6:00 **RSF** Bible Study

25
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Walking Challenge
 11:00 **CEA** Today's Music: Composer Strauss II
 1:30 **LIS** Music History: Classical
 2:30 **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
 11:00 **CEA** Today's Music: Judy Garland
 2:00 **SCE** Express Yourself: Fall Fun
 2:30 **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
 1:30 **CEA** Today's Music: Navy Songs
 1:30 **LIS** A History of the Star-Spangled Banner
 2:00 **SCE** Spooktacular Happy Hour
 2:30 **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
 11:00 **CEA** Today's Music: The Supremes
 2:30 **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
 11:00 **CEA** Today's Music: Tina Turner
 2:30 **HPE** Cardio Drumming Circle
 6:00 **SCE** Laughter Therapy

30
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPE** Flow Yoga
 11:00 **LIS** Music Appreciation: Marvin Gaye
 1:30 **CEA** Today's Music: ... Through the Grape Vine
 2:30 **HPE** Posture and Stretch Fitness Class
 6:00 **LIS** Sensory Stimulation: Find The Pairs