

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Opera Lecture Fall Series
Thursday, October 7, 6:30 PM

Lecture: Reflections on Art
Friday, October 15, 1:30 PM

Halloween Costume Contest
Friday, October 29, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

9:00 LIS Newsletter Highlight:
US Candy Favorites

9:30 HPF Total Body Conditioning (TH) (lv)

10:30 LIS History Appreciation:
Halloween (TH) (lv)

1:30 Spooky Movie (TH) (lv)

1:30 Candy Bingo (AR) (lv)

3:00 CPI Scrabble® Club (AR) (Res)

3:00 LIS World Culture (P) (lv)

3:45 HPF Tai Chi for Posture & Balance (TH) (lv)



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:

Activity Room AR
Front Desk FD
Library L
Parlor P
Theater Room TH

STAFF KEY:

Outside Professional OP
Resident Res
Certified Instructor CI
Casey Caterino CC
Laura Cabrera LC
Director of Culinary Arts DCA
Dino Forzano DF
Marsha Halpern MH
Ivan Rodriguez lv
Clergy Clg

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8:30 LIS Coffee Talks: Roasts
& Rhymes (P) (CC)

9:30 HPF Upper Body Conditioning (TH) (LC)

10:30 LIS Today in History/The Signers (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (CC)

1:30 Matinee Film (TH) (CC)

1:30 Bingo (AR) (MH)

3:30 LIS Web Surfing Seniors (TH) (lv)

3:45 SCE Wonder Women-October
Zodiac Signs (AR) (CC)

4:00 RSE Shabbat Service (TH) (Clg)

6:00 HPF Tai Chi: Balance & Posture (TH) (lv)

6:30 Evening Movie (TH) (lv)

2

8:45 LIS Newsletter Highlight:
Coffee Economics

9:30 HPF Strength Training (TH) (CC)

10:15 CPI Ambassador Club Meeting (P) (CC)

10:45 Trivia & Fun Facts (P) (CC)

11:00 HPF Walking Club (FD) (LC)

1:30 Matinee Film (TH) (CC)

1:30 SCE Shopping Trip to CVS (FD) (DF)

1:30 Bingo (AR) (CC)

3:00 SCE Happy Hour (P) (LC)

4:00 HPF Dance & Movement (P) (LC)

6:15 Evening Movie (TH) (lv)

3

9:30 HPF Total Body Conditioning (TH) (lv)

10:30 LIS History Appreciation (TH) (lv)

11:00 HPF Walking Club (FD) (Res)

1:30 Movie Matinee (TH) (lv)

1:30 Sunday Fun Day Bingo (AR) (lv)

3:00 CPI Scrabble® Club (AR) (Res)

3:15 LIS World Culture (P) (lv)

3:45 HPF Tai Chi: Posture & Balance (TH) (lv)

4

9:30 HPF Strength Training (TH) (LC)

10:30 HPF THE HEALTH & ECONOMICS
OF GOLF (P) (lv)

11:00 HPF Walking Challenge (FD) (LC)

1:30 Movie Matinee (TH) (LC)

1:30 Bingo (AR) (lv)

3:30 LIS Science 101 (AR) (lv)

6:00 HPF Lower Body Conditioning (TH) (lv)

6:30 Evening Movie (TH) (lv)

5

9:30 HPF Stretch & Strength
Fitness Class (TH) (LC)

10:30 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Bingo (AR) (MH)

3:30 HPF Fit4Life (P) (CI)

4:00 HPF Dance & Movement (P) (LC)

6:00 LIS Conversational Spanish Lesson (TH) (LC)

6:30 Evening Movie (TH) (lv)

6

9:30 HPF Total Body Conditioning (TH) (CC)

10:30 LIS News & Your Views (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (LC)

1:30 Bingo (AR) (MH)

1:30 HPF Yoga (TH) (CI)

2:45 SCE Don't Worry Be Frappe Happy Hour (P) (lv)

4:00 SCE Men's Club (AR) (lv)

4:00 SCE Name That Tune (P) (CC)

6:00 SCE Jeopardy!® (TH) (lv)

6:30 Evening Movie (TH) (lv)

7

9:00 HPF Total Body
Conditioning (TH) (LC)

10:00 RSE Rosary & Communion (AR) (Clg)

11:00 LIS News & Your Views (P) (MH)

11:00 HPF Walking Challenge (FD) (LC)

1:00 LIS ODU: The Chemistry of Coffee

1:30 Bingo (AR) (MH)

1:30 CEA Choral Group (P) (OP)

3:30 CPI Scrabble® Club (AR) (Res)

4:00 HPF Dance & Movement (P) (LC)

4:00 HPF Dance & Movement: Cowboy Charleston

6:30 LIS Opera Lecture Fall Series (TH) (OP)

8

9:30 HPF Upper Body
Conditioning (TH) (CC)

10:30 LIS Today in History/The Signers (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (CC)

1:30 Bingo (AR) (MH)

3:15 CPI Honoring First Responders (AR) (CC)

3:15 LIS Web Surfing Seniors (TH) (lv)

3:30 CEA Creating Art from the
Scents We Smell (AR) (CC)

4:00 RSE Shabbat Service (TH) (Clg)

6:00 HPF Tai Chi: Balance & Posture (TH) (lv)

6:30 Evening Movie (TH) (lv)

9

9:30 HPF Strength Training (TH) (CC)

10:30 SCE Trivia & Fun Facts (P) (CC)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (LC)

1:30 SCE Scenic Drive (FD) (DF)

1:30 Bingo (AR) (CC)

3:00 SCE Italian Heritage Happy Hour (P) (LC)

4:00 HPF Dance & Movement (P) (LC)

6:15 Evening Movie (TH) (lv)

10

9:30 HPF Total Body Conditioning (TH) (lv)

10:30 LIS History Appreciation:
Columbus (TH) (lv)

11:00 HPF Walking Club (FD) (Res)

1:30 Movie Matinee (TH) (lv)

1:30 Sunday Fun Day Bingo (AR) (lv)

3:00 CPI Scrabble® Club (AR) (Res)

3:15 LIS World Culture (P) (lv)

3:45 HPF Tai Chi: Posture & Balance (TH) (lv)

11

9:00 LIS Newsletter Highlight:
Columbus Day Facts

9:30 HPF Strength Training (TH) (LC)

10:30 LIS Up for Discussion: Columbus (P) (lv)

11:00 HPF Walking Challenge: Moving For Memory

1:30 Matinee Film (TH) (lv)

1:30 Bingo (AR) (lv)

3:15 LIS Science 101 (TH) (lv)

6:00 HPF Lower Body Conditioning (TH) (lv)

6:30 Evening Movie (TH) (lv)

12

9:30 HPF Upper Body
Conditioning (TH) (LC)

10:30 LIS News & Your Views (P) (MH)

11:00 CEA MAKING FALL PINE CONE WREATHS

11:00 HPF Walking Club (FD) (LC)

1:00 CPI Engage Life® Planning Meeting

1:30 Bingo (AR) (MH)

3:30 HPF Fit4Life (P) (CI)

4:00 HPF Dance & Movement (P) (LC)

6:00 LIS Conversational Spanish Lesson (TH) (LC)

6:30 Evening Movie (TH) (lv)

13

9:30 HPF Upper Body
Conditioning (TH) (LC)

10:00 HPF Upper Body Conditioning

10:30 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club-Moving
for Memory (FD) (LC)

1:30 Bingo (AR) (MH)

1:30 HPF Yoga (TH) (CI)

2:45 SCE Harvest Happy Hour (P) (lv)

4:00 SCE Men's Club (AR) (lv)

4:00 SCE Name That Tune (P) (CC)

6:00 SCE Jeopardy!® (TH) (lv)

6:30 Evening Movie (TH) (lv)

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9:00 HPF Total Body
Conditioning (TH) (LC)

10:00 RSE Rosary & Communion (TH) (Clg)

11:00 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Bingo (AR) (MH)

3:30 CPI Scrabble® Club (AR) (Res)

3:30 HPF Working on Well-being (P) (CC)

4:00 HPF Dance & Movement (P) (LC)

6:00 SCE Name That Tune (TH) (LC)

6:30 Evening Movie (TH) (lv)

15

9:30 HPF Upper Body
Conditioning (TH) (LC)

10:30 LIS Today in History/The Signers (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (CC)

1:30 CEA Lecture: Reflections on Art (P) (OP)

1:30 Bingo (AR) (MH)

3:15 LIS Web Surfing Seniors (TH) (lv)

3:45 SCE Wonder Women-
Halloween Crafting (AR) (CC)

4:00 RSE Shabbat Service (TH) (Clg)

6:00 HPF Tai Chi for Posture & Balance (TH) (lv)

6:30 Evening Movie (TH) (lv)

16

9:30 HPF Strength Training (TH) (CC)

10:30 LIS World Culture Trivia &
Fun Facts (P) (CC)

11:00 HPF Walking Club (FD) (LC)

1:00 LIS Word Wonders: Homonyms & Synonyms

1:30 SCE Shopping Trip (FD) (DF)

1:30 Bingo (AR) (CC)

2:45 SCE Happy Hour (P) (LC)

4:00 HPF Dance & Movement (P) (LC)

6:15 Evening Movie (TH) (lv)

17

9:30 HPF Total Body Conditioning (TH) (lv)

10:30 LIS History Appreciation (TH) (lv)

11:00 HPF Walking Club (FD) (Res)

1:30 Movie Matinee (TH) (lv)

1:30 Sunday Fun Day Bingo (AR) (lv)

3:00 CPI Scrabble® Club (AR) (Res)

3:00 LIS World Culture Trivia (P) (lv)

3:45 HPF Tai Chi: Posture & Balance (TH) (lv)

18

9:30 HPF Strength Training (TH) (LC)

10:30 LIS Up for Discussion (P) (lv)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (LC)

1:30 Bingo (AR) (lv)

3:30 LIS Discussing Documentaries (TH) (lv)

6:00 HPF Lower Body Conditioning (TH) (lv)

6:30 Evening Movie (TH) (lv)

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9:30 HPF Lower Body Conditioning (TH) (LC)

10:00 HPF Flow Yoga

10:30 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Bingo (AR) (MH)

3:30 HPF Fit4Life (P) (CI)

4:00 HPF Dance & Movement (P) (LC)

6:00 CPI Career Connections Club

6:00 LIS Conversational Spanish Lesson (TH) (LC)

6:30 Evening Movie (TH) (lv)

20

9:30 HPF Upper Body
Conditioning (TH) (LC)

10:30 CPI Food For Thought -
Culinary Led (P) (DCA)

11:00 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Bingo (AR) (MH)

1:30 HPF Yoga (TH) (CI)

2:45 SCE Pumpkin Spice Happy Hour (L) (lv)

4:00 SCE Men's Club (AR) (lv)

4:00 SCE Name That Tune (P) (CC)

6:00 SCE Jeopardy!® (TH) (lv)

6:30 Evening Movie (TH) (lv)

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9:00 HPF Total Body
Conditioning (TH) (LC)

10:00 RSE Rosary & Communion (TH) (Clg)

11:00 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Matinee Film (TH) (CC)

1:30 Bingo (AR) (MH)

3:30 CPI Scrabble® Club (AR) (Res)

4:00 HPF Dance & Movement (P) (LC)

6:00 SCE Name That Tune (TH) (LC)

6:30 Evening Movie (TH) (lv)

22

9:30 HPF Upper Body
Conditioning (TH) (CC)

10:30 LIS Today in History/
The Signers (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (CC)

1:30 Matinee Film (TH) (CC)

1:30 Bingo (AR) (DCA)

3:15 LIS Web Surfing Seniors (TH) (lv)

4:00 RSE Shabbat Service (TH) (Clg)

6:00 HPF Tai Chi: Posture & Balance (TH) (lv)

6:30 Evening Movie (TH) (lv)

23

9:30 HPF Strength Training (TH) (CC)

10:30 CPI Resident Council
Meeting (P) (Res)

11:00 CPI Engage Life® Planning
Meeting (P) (Res)

1:30 Matinee Film (TH) (CC)

1:30 SCE Scenic Drive (FD) (DF)

1:30 Bingo (AR) (CC)

3:00 SCE Happy Hour (P) (LC)

4:00 HPF Dance & Movement (P) (LC)

6:15 Evening Movie (TH) (lv)

24

9:30 HPF Total Body Conditioning (TH) (lv)

10:30 LIS History Appreciation (TH) (lv)

11:00 HPF Walking Club (FD) (Res)

1:30 Movie Matinee (TH) (lv)

1:30 Sunday Fun Day Bingo (AR) (lv)

3:00 CPI Scrabble® Club (AR) (Res)

3:00 LIS World Culture (P) (lv)

3:45 HPF Tai Chi: Posture & Balance (TH) (lv)

25

9:30 HPF Strength Training (TH) (LC)

10:00 HPF Walking Challenge:
Moving For Memory

10:30 LIS Up for Discussion (P) (lv)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (LC)

1:30 Matinee Film (TH) (lv)

1:30 Bingo (AR) (lv)

3:30 LIS Discussing Documentaries (TH) (lv)

6:00 HPF Lower Body Conditioning (TH) (lv)

6:30 Evening Movie (TH) (lv)

26

9:30 HPF Total Body
Conditioning (TH) (LC)

10:00 HPF Flow Yoga

10:30 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Matinee Film (TH) (CC)

1:30 Bingo (AR) (MH)

3:30 HPF Fit4Life (P) (CI)

4:00 HPF Dance & Movement (P) (LC)

6:00 LIS Conversational Spanish Lesson (TH) (LC)

6:30 Evening Movie (TH) (lv)

27

9:30 HPF Upper Body
Conditioning (TH) (LC)

10:00 HPF Upper Body Conditioning

10:30 LIS News & Your Views (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (LC)

1:00 CEA Music History: Iconic Music Venues

1:30 HPF Yoga (TH) (CI)

1:30 Bingo (AR) (MH)

2:45 SCE Spooktacular Happy Hour (P) (lv)

4:00 SCE Men's Group (AR) (lv)

4:00 SCE Name That Tune (P) (CC)

6:00 SCE Jeopardy!® (TH) (lv)

6:30 Evening Movie (TH) (lv)

28

9:00 HPF Total Body
Conditioning (TH) (LC)

10:00 RSE Rosary & Communion (TH) (Clg)

10:00 HPF Total Body Conditioning - Beginner

11:00 LIS News & Your Views (P) (MH)

11:00 HPF Walking Club (FD) (LC)

1:30 Bingo (AR) (MH)

1:30 CEA Choral Group (P) (OP)

3:30 CPI Scrabble® Club (AR) (Res)

4:00 HPF Dance & Movement: The Git Up Line Dance

6:00 SCE Name That Tune (TH) (LC)

6:30 Evening Movie (TH) (lv)

29

9:30 HPF Upper Body
Conditioning (TH) (CC)

10:30 LIS Today in History/
The Signers (P) (MH)

11:00 HPF Walking Challenge:
Moving For Memory (FD) (CC)

1:30 Matinee Film (TH) (CC)

1:30 Bingo (AR) (DCA)

3:00 CEA Halloween Costume Contest (P) (CC)

3:15 LIS Web Surfing Seniors (TH) (lv)

4:00 RSE Shabbat Service (TH) (Clg)

6:00 HPF Tai Chi: Posture & Balance (TH) (lv)

6:30 Evening Movie (TH) (lv)

30

9:30 HPF Strength Training (TH) (CC)

10:30 LIS Halloween Traditions,
Trivia and Jokes (P) (CC)

10:30 SCE Brain Challenge: Halloween (P) (CC)

1:30 Matinee Film (TH) (CC)

1:30 SCE Scenic Drive (FD) (DF)

1:30 Bingo (AR) (CC)

3:00 SCE Happy Hour (P) (LC)

4:00 HPF Dance & Movement (P) (LC)

6:15 Evening Movie (TH) (lv)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Choral Group with Bonnie Rofe'

Thursday, October 7, 2:00 PM

Spooktacular Happy Hour

Wednesday, October 27, 3:00 PM

Halloween Costume Contest

Friday, October 29, 2:00 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
- 1:30 **LIS** Origins & History of Halloween
- 2:00 Afternoon Film (AR) (DS)
- 3:00 Sunday Fun Day Bingo (AR) (DS)
- 4:00 **HPF** Walking Challenge
- 6:00 **RSF** Bible Study



- 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:

- Theater Room TH
- Parlor P
- Patio PA
- Activity Room AR
- Bistro B

STAFF KEY:

- Millie MJ
- Sandra M RMA
- Nakazja H RSA
- Madona Epitashvili ME
- Director of Culinary Arts DCA
- Outside Professional OP
- Casey Caterino CC
- Vivi VV
- Digna Saguau DS
- Dino Forzano DF
- Marsha Halpern MH

Olga Siguenza rsa
Nakazja Hamilton NH
Clergy Clg

INTERNATIONAL COFFEE DAY 1

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge Launch
- 11:00 Board Games (P) (RMA)
- 1:00 **CEA** Today's Music: Songs About October
- 2:00 **LIS** Travel Around The World: Italy (AR) (MJ)
- 3:00 **LIS** Zodiac & Horoscope of October (AR) (ME)
- 4:00 **HPF** Cardio Drumming Circle (PA) (ME)
- 6:00 **SCE** Laughter Therapy

2

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Flow Yoga
- 11:00 Relaxing Hand Spa and Manicure (AR) (DS)
- 1:00 **LIS** Conversational Spanish (AR) (VV)
- 1:30 **CEA** Today's Music: Bluegrass
- 2:00 **LIS** Roasts & Rhymes: Coffee Talks
- 2:30 **SCE** Scenic Drive (AR) (MJ)
- 4:00 **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
- 11:00 **CEA** Today's Music: History of the Twist (AR) (rsa)
- 1:00 Afternoon Film (AR) (rsa)
- 3:00 Sunday Fun Day Bingo (B) (RSA)
- 4:00 **HPF** Walking Challenge (AR) (DS)
- 6:00 **RSF** Bible Study (AR) (CC)

4

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge
- 11:00 **CEA** Mandala Coloring for Relaxation (AR) (DS)
- 1:00 **CEA** Today's Music: Radio Lingo Day
- 2:00 **LIS** Word Wonders: Radio Terms and 10-Code
- 3:00 Puzzles (B) (ME)
- 4:00 **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
- 11:00 **SCE** Fun With Words (AR) (MJ)
- 1:00 **CEA** Today's Music: "I Honestly Love You"
- 1:30 **CPI** Arts & Crafts (AR) (DS)
- 2:00 **SCE** Express Yourself: A Time For Love
- 3:00 **HPF** Dance & Movement: Cowboy Charleston
- 4:00 **HPF** Fitness for Life (AR) (OP)
- 6:00 **LIS** Literary Appreciation: Poetry

6

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Upper Body Conditioning
- 11:00 **LIS** Book Club: Invite Me to Read That
- 1:00 **CEA** Today's Music: Walk of Fame
- 2:00 **SCE** Don't Worry Be Frappe Happy Hour
- 3:00 What's in a Word? (AR) (rsa)
- 4:00 **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
- 11:00 **RSF** Rosary & Communion (TH) (Clg)
- 11:30 **LIS** Good News Only (AR) (MH)
- 1:00 **CEA** Today's Music: "The Musical - Grease"
- 2:00 **RSF** Choral Group with Bonnie Rofe' (AR) (OP)
- 3:00 Bonus Bingo (AR) (MJ)
- 4:00 **HPF** Dance & Movement: The Macarena
- 6:00 **LIS** Literary Appreciation: Short Stories

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- 10:00 **SCE** Today's Events & Newsletters
- 10:30 **HPF** Walking Challenge
- 11:00 Board Games (AR) (DS)
- 1:00 **CEA** Today's Music: Drumming
- 2:00 **CPI** Clergy Appreciation Gifts
- 3:00 **LIS** Short Stories (AR) (MJ)
- 4:00 **HPF** Cardio Drumming Circle
- 6:00 **SCE** Laughter Therapy

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Flow Yoga
- 11:00 Relaxing Hand Spa and Manicure (AR) (DS)
- 1:00 **CEA** Today's Music: "Imagine"
- 1:30 **SCE** Music History: The Beatles
- 2:00 **LIS** Conversational Spanish (AR) (VV)
- 2:30 **SCE** Scenic Ride (DF)
- 4:00 **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
- 11:00 **CEA** Today's Music: Daydream Believer (AR) (rsa)
- 1:00 Afternoon Film (AR)
- 3:00 Sunday Fun Day Bingo (AR) (DS)
- 4:30 **HPF** Walking Challenge (PA) (DF)
- 6:00 **RSF** Bible Study

COLUMBUS DAY 11

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge
- 11:00 **CEA** Mandala Coloring for Relaxation (AR) (DS)
- 1:00 **CEA** Today's Music: Robert Delt, Pianist
- 2:00 **LIS** Sing Across Canada: Ontario
- 3:00 Puzzles (AR) (DS)
- 4:00 **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
- 11:00 **SCE** Fun with Words (AR) (MJ)
- 1:00 **CEA** Today's Music: Pharrell Williams
- 1:30 **CPI** Arts & Crafts (AR) (DS)
- 2:00 **CEA** Creating Art From The Scents We Smell
- 3:00 **HPF** Dance & Movement: Cowboy Charleston
- 4:00 **HPF** Fitness for Life (AR) (OP)
- 6:00 **LIS** Literary Appreciation: Poetry

13

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Upper Body Conditioning
- 11:00 **LIS** Book Club: Invite Me to Read That (AR) (MJ)
- 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize
- 2:00 **SCE** Harvest Happy Hour (AR) (DCA)
- 3:00 What's in a Word? (AR) (DS)
- 4:00 **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
- 11:00 **RSF** Rosary & Communion (TH) (Clg)
- 11:30 **LIS** Good News Only (AR) (MH)
- 1:00 **CEA** Today's Music: Ethel Merman, Broadway
- 2:00 **RSF** Choral Group with Bonnie Rofe' (AR) (OP)
- 3:00 Bonus Bingo (AR) (MJ)
- 4:00 **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
- 11:00 Board Games (AR) (MJ)
- 1:00 **CEA** Today's Music: Stevie Wonder
- 2:00 **SCE** Reminiscing: Love At First Sight
- 3:00 **LIS** Short Stories (AR) (DS)
- 4:00 **HPF** Cardio Drumming Circle
- 6:00 **SCE** Laughter Therapy

DICTIONARY DAY 16

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Flow Yoga
- 11:00 **LIS** Conversational Spanish (AR) (VV)
- 11:30 Relaxing Hand Spa and Manicure (AR) (DS)
- 1:00 **CEA** Today's Music: Little Richard
- 2:00 **LIS** Word Wonders: Synonyms
- 2:30 **SCE** Scenic Ride (AR) (DF)
- 4:00 **HPF** Posture and Stretch Fitness Class
- 6:00 **LIS** Sensory Stimulation: Find The Pairs

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Tai Chi: Balance & Posture
- 11:00 **CEA** Today's Music: Manfred Man
- 1:00 Afternoon Film (AR)
- 2:30 **CEA** Quirky Song Titles (AR) (DS)
- 3:00 Sunday Fun Day Bingo (AR) (NH)
- 4:00 **HPF** Walking Challenge (AR) (CC)
- 6:00 **RSF** Bible Study

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge
- 11:00 **CEA** Mandala Coloring for Relaxation (AR) (DS)
- 1:00 **CEA** Today's Music: Once On An Island Musical
- 2:00 **SCE** Reminiscing: Vacations Past
- 3:00 Puzzles (AR) (RSA)
- 4:00 **HPF** Lower Body Conditioning
- 6:00 **SCE** Fun Facts For The Day

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Flow Yoga
- 11:00 **SCE** Fun with Words (AR) (MJ)
- 1:00 **CEA** Today's Music: The Sound of Music
- 1:00 **CPI** Arts & Crafts (AR) (MJ)
- 2:00 **LIS** The Traditions & Science of Biscuits
- 3:00 **HPF** Dance & Movement: Cowboy Charleston
- 4:00 **HPF** Fitness For Life (AR) (OP)
- 6:00 **LIS** Literary Appreciation: Poetry

INTERNATIONAL CHEF DAY 20

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Upper Body Conditioning
- 11:00 **LIS** Book Club: Invite Me to Read That (AR) (MJ)
- 1:00 **CEA** Today's Music: Peter, Paul & Mary
- 2:00 **SCE** Pumpkin Spice Happy Hour
- 3:00 **LIS** Word Wonders: In The Kitchen Idioms
- 4:00 **HPF** Tai Chi: Balance & Posture
- 6:00 **RSF** Midweek Bible Study

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Total Body Conditioning - Beginner
- 11:00 **RSF** Rosary & Communion (TH) (Clg)
- 11:30 **LIS** Good News Only (AR) (MH)
- 1:00 **CEA** Today's Music: Rocky Top
- 2:00 **RSF** Choral Group with Bonnie Rofe' (AR) (OP)
- 3:00 **LIS** Sing Across America: Tennessee
- 3:30 **HPF** Dance & Movement: The Macarena
- 4:00 Bonus Bingo (AR) (MJ)
- 6:00 **LIS** Literary Appreciation: Short Stories

22

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge
- 11:00 Board Games (AR) (MJ)
- 1:00 **CEA** Today's Music: Music Venues, The Met, NY
- 2:00 **CEA** Music History: Iconic Music Venues
- 3:00 **LIS** Short Stories (AR) (MJ)
- 4:00 **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
- 11:00 **LIS** Conversational Spanish (AR) (VV)
- 1:00 Relaxing Hand Spa and Manicure (AR) (DS)
- 1:00 **CEA** Today's Music: Adele "Hello"
- 1:30 **LIS** Word Wonders: "Hello" In Other Languages
- 2:00 **CEA** Pour Art
- 2:30 **SCE** Scenic Drive (AR) (DF)
- 4:00 **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
- 11:00 **CEA** Today's Music: Paul McCartney
- 1:00 Afternoon Film (AR) (Clg)
- 2:00 **CEA** Literary Appreciation: Poetry
- 3:00 Sunday Fun Day Bingo (AR) (DS)
- 4:00 **HPF** Walking Challenge
- 6:00 **RSF** Bible Study

25

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge
- 11:00 **CEA** Mandala Coloring for Relaxation (AR) (DS)
- 1:00 **CEA** Today's Music: Composer Strauss II
- 2:00 **LIS** Music History: Classical
- 3:00 Puzzles (AR) (ME)
- 4:00 **HPF** Lower Body Conditioning
- 6:00 **SCE** Fun Facts For The Day

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Flow Yoga
- 11:00 **SCE** Fun with Words (AR) (MJ)
- 1:00 **CPI** Arts & Crafts (AR) (DS)
- 1:30 **CEA** Today's Music: Judy Garland
- 2:00 **SCE** Express Yourself: Fall Fun
- 3:00 **HPF** Dance & Movement: Cowboy Charleston
- 4:00 **HPF** Fitness For Life (AR) (OP)
- 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 **LIS** Book Club: Invite Me to Read That (AR) (MJ)
- 1:30 **CEA** Today's Music: Navy Songs
- 2:00 **LIS** A History of the Star-Spangled Banner
- 3:00 **SCE** Spooktacular Happy Hour
- 4:00 **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
- 11:00 **RSF** Rosary & Communion (TH) (Clg)
- 11:30 **LIS** Good News Only (AR) (MH)
- 1:00 **CEA** Today's Music: The Supremes
- 2:00 **RSF** Choral Group with Bonnie Rofe' (AR) (OP)
- 3:00 **HPF** Dance & Movement: The Macarena
- 4:00 Bonus Bingo (AR) (MJ)
- 6:00 **LIS** Literary Appreciation: Short Stories

29

- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Walking Challenge
- 11:00 Board Games (AR) (DS)
- 1:00 **CEA** Today's Music: Tina Turner
- 2:00 **CEA** Halloween Costume Contest (AR) (CC)
- 3:00 **LIS** Short Stories (AR) (ME)
- 4:00 **HPF** Cardio Drumming Circle
- 6:00 **SCE** Laughter Therapy

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- 10:00 **SCE** Today's Events & Newsletter
- 10:30 **HPF** Flow Yoga
- 11:00 **LIS** Conversational Spanish (AR) (VV)
- 11:30 Relaxing Hand Spa and Manicure (AR) (MJ)
- 1:00 **LIS** Music Appreciation: Marvin Gaye
- 2:00 **CEA** Today's Music: ...Through the Grape Vine
- 2:30 **SCE** Scenic Drive (DF)
- 4:00 **HPF** Posture and Stretch Fitness Class
- 6:00 **LIS** Sensory Stimulation: Find The Pairs