

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

ODU: The Chemistry of Coffee

Thursday, October 7, 3:00 PM

New Resident Welcome Social

Friday, October 15, 4:00 PM

Spooktacular Happy Hour

Wednesday, October 27, 3:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
Halloween
10:30 **RSF** Christ the King Virtual Mass (MR) (LB)
10:30 **HFP** Tai Chi: Balance & Posture (AC) (LB)
11:00 **LIS** Newsletter Highlight: US Candy Favorites (AC) (LB)
2:15 **HFP** Flow Yoga (MR) (LB)
3:00 **CEA** Halloween Costume Contest Bingo! (MR) (LB)
4:15 **SCE** Brain Challenge: Halloween (MR) (LB)
7:30 Evening Movie (MR) (IND)



- 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
Media Room MR
Front Porch FP
Anytime Cafe AC
Outing OUT

STAFF KEY:
Leanne & Darlene L&D
Darlene Montgomery DM
Resident Led RL
Independent IND
Culinary Service CS
Brenda Kimmel BK
Leanne Blauvelt LB

1
International Coffee Day
10:15 **HFP** Total Body Conditioning - Advanced (MR) (DM)
11:00 **CPI** Rosary Service (MR) (RL)
2:15 **HFP** Walking Challenge Monthly Launch (LR) (DM)
3:00 **RSF** Bible Study Series: Part I (LR) (DM)
4:00 **LIS** Coffee Talks: Roast & Rhymes Part I (LR) (DM)
7:30 Evening Movie (FP) (IND)

2
10:15 **HFP** Posture and Stretch Fitness Class (MR) (DM)
11:00 **LIS** Coffee Talks: Roast & Rhymes Part II (MR) (DM)
2:15 **HFP** Cardio Drumming Circle (MR) (DM)
3:00 Bingo (MR) (DM)
4:15 **LIS** Newsletter Highlight: Coffee Economics (MR) (DM)
7:30 Evening Movie (MR) (IND)

3
10:30 **RSF** Christ the King Virtual Mass (MR) (LB)
10:30 **HFP** Tai Chi: Balance & Posture (AC) (LB)
11:00 **LIS** Clergy: Facts and Health Benefits (AC) (LB)
2:15 **HFP** Flow Yoga (MR) (LB)
3:00 Bingo (MR) (LB)
4:15 This & That Trivia (LR) (LB)
7:30 Evening Movie (MR) (IND)

4
National Golf Lovers Day
10:15 **HFP** Lower Body Conditioning (MR) (LB)
10:45 **CEA** Tea & Colorful Creations (MR) (LB)
2:15 **HFP** Moving For Memory: Walking Challenge (LR) (LB)
3:00 Word in a Word Game (MR) (LB)
4:00 **LIS** The Economics of Golf (MR) (LB)
4:15 **HFP** The Health Benefits of Golf (MR) (LB)
7:30 Evening Movie (MR) (IND)

5
10:15 **HFP** Flow Yoga (MR) (DM)
11:00 **CPI** Ambassador Club Meeting (MR) (L&D)
2:15 **HFP** Dance & Movement: Cowboy Charleston (MR) (DM)
3:00 **CEA** Craft Class-Halloween Pins (AC) (L&D)
4:00 **LIS** Tuesday Travel (MR) (LB)
7:30 Evening Movie (MR) (IND)

6
10:15 **RSF** Catholic Communion Service (MR) (DM)
11:15 **HFP** Upper Body Conditioning (MR) (DM)
2:15 **HFP** Tai Chi: Balance & Posture (MR) (DM)
3:00 Afternoon Matinee (MR) (IND)
3:30 **SCE** Don't Worry Be Frappe Happy Hour (LR) (L&D)
7:30 Evening Movie (MR) (IND)

7
National Frappe Day
10:15 **HFP** Total Body Conditioning - Beginner (LR) (DM)
11:00 **SCE** Fall Pop-up Programs (MR) (DM)
2:15 **HFP** Dance & Movement: Cowboy Charleston (MR) (DM)
3:00 **LIS** ODU: The Chemistry of Coffee (MR) (DM)
3:15 Country Ride and Coffee! (OUT) (L&D)
7:30 Evening Movie (MR) (IND)

8
10:15 **HFP** Total Body Conditioning - Advanced (MR) (DM)
11:00 **CPI** Rosary Service (LR) (RL)
2:15 **HFP** Moving For Memory: Walking Challenge (LR) (DM)
3:00 **RSF** Bible Study Series: Part II (MR) (DM)
4:00 Wine & Cheese Social (LR) (DM)
7:30 Evening Movie (MR) (IND)

9
10:15 **HFP** Posture and Stretch Fitness Class (MR) (DM)
11:00 **LIS** Monthly Book Club (MR) (DM)
2:15 **HFP** Cardio Drumming Circle (MR) (DM)
3:00 Bingo Plus! (MR) (DM)
7:30 Evening Movie (MR) (IND)

10
Clergy Appreciation Day
10:30 **RSF** Christ the King Virtual Mass (MR) (LB)
10:30 **HFP** Tai Chi: Balance & Posture (AC) (LB)
11:00 **CPI** A Token of Appreciation for Clergy (AC) (LB)
2:15 **HFP** Flow Yoga (MR) (LB)
3:00 Bingo (MR) (LB)
7:30 Evening Movie (MR) (IND)

11
Columbus Day
10:15 **HFP** Lower Body Conditioning (MR) (LB)
10:45 **CEA** Tea & Colorful Creations (MR) (LB)
2:15 **HFP** Moving For Memory: Walking Challenge (MR) (LB)
3:00 Word in a Word Game (MR) (LB)
4:00 **LIS** Newsletter Highlight: Columbus Day Facts (MR) (LB)
7:15 An Evening with Laura Collins (LR) (LB)

12
10:15 **HFP** Flow Yoga (MR) (DM)
10:45 **RSF** Bible Study with Ruth and Rich (MR) (DM)
2:15 **HFP** Dance & Movement: Cupid Shuffle (MR) (DM)
3:00 **CEA** Fall Pine Cone Wreath Project (AC) (L&D)
4:00 **CPI** Engage Life® Planning Meeting (MR) (LB)
7:30 Evening Movie (MR) (IND)

13
10:15 **RSF** Catholic Communion Service (MR) (DM)
11:15 **HFP** Upper Body Conditioning (MR) (DM)
2:15 **HFP** Tai Chi: Balance & Posture (MR) (DM)
3:00 Afternoon Matinee (MR) (IND)
3:30 **SCE** Harvest Happy Hour (LR) (L&D)
7:30 Evening Movie (MR) (IND)

14
10:15 **HFP** Total Body Conditioning - Beginner (MR) (DM)
11:00 **SCE** Fall Pop-up Programs (MR) (DM)
2:15 **HFP** Dance & Movement: Cupid Shuffle (MR) (DM)
3:00 Bingo (MR) (LB)
3:15 Scenic Afternoon Ride (OUT) (DM)
7:30 Evening Movie (MR) (IND)

15
10:15 **HFP** Total Body Conditioning - Advanced (LR) (DM)
11:00 **CPI** Rosary Service (MR) (RL)
2:00 **HFP** Moving For Memory: Walking Challenge (FP) (DM)
3:00 **RSF** Bible Study Series: Part III (MR) (DM)
4:00 New Resident Welcome Social (LR) (DM)
7:30 Evening Movie (MR) (IND)

16
Dictionary Day
10:15 **HFP** Posture and Stretch Fitness Class (MR) (DM)
11:00 **LIS** Word Wonders: Homonyms and Synonyms (MR) (DM)
2:15 **HFP** Cardio Drumming Circle (MR) (DM)
3:00 Bingo (MR) (DM)
4:15 Backward Dictionary Game (LR) (DM)
7:30 Evening Movie (MR) (IND)

17
10:30 **RSF** Christ the King Virtual Mass (MR) (LB)
10:30 **HFP** Tai Chi: Balance & Posture (AC) (LB)
11:00 **LIS** The Science of Making Biscuits (AC) (LB)
2:15 **HFP** Flow Yoga (MR) (LB)
3:00 Bingo (MR) (LB)
4:15 **LIS** The Story of the Homestead Sanitorium (MR) (LB)
7:30 Evening Movie (MR) (IND)

18
10:15 **HFP** Lower Body Conditioning (MR) (LB)
10:45 **CEA** Creating Tile Coasters (MR) (LB)
2:15 **HFP** Moving For Memory: Walking Challenge (LR) (LB)
3:15 **CEA** Paint & Sip with Janelle (AC) (LB)
7:30 Evening Movie (MR) (IND)

19
10:15 **HFP** Flow Yoga (MR) (DM)
10:45 Morning Bingo! (AC) (L&D)
2:15 **HFP** Dance & Movement: Electric Slide (MR) (DM)
3:00 **SCE** Spooktacular High Tea (AC) (L&D)
4:00 **LIS** Word in a Word Game (MR) (LB)
7:15 **CPI** Career Connections Club (AC) (DM)
7:30 Evening Movie (MR) (IND)

20
International Chef's Day
10:15 **RSF** Catholic Communion Service (MR) (DM)
11:15 **HFP** Upper Body Conditioning (MR) (DM)
2:15 **HFP** Tai Chi: Balance & Posture (MR) (DM)
3:00 Afternoon Matinee (MR) (IND)
3:30 **SCE** Pumpkin Spice Happy Hour (LR) (L&D)
4:00 **LIS** Food Science: The Maillard Reaction (LR) (L&D)
7:30 Evening Movie (MR) (IND)

21
10:15 **HFP** Total Body Conditioning - Beginner (LR) (DM)
10:45 **CPI** Food For Thought - Culinary Led (MR) (CS)
11:30 **SCE** Fall Pop-up Programs (LR) (DM)
1:45 **HFP** Moving for Memory: Walking Challenge (LR) (DM)
2:00 Haunted Hotspot Tour-Homestead TB Hosp. (OUT) (L&D)
3:00 Afternoon Biography (LR) (IND)
7:30 Evening Movie (MR) (IND)

22
10:15 **HFP** Total Body Conditioning - Advanced (MR) (DM)
11:00 **CPI** Rosary Service (MR) (RL)
2:15 **HFP** Moving For Memory: Walking Challenge (LR) (DM)
3:00 **RSF** Bible Study Series: Part IV (MR) (DM)
3:45 October Birthday Celebration (LR) (DM)
7:30 Evening Movie (MR) (IND)

23
10:15 **HFP** Posture and Stretch Fitness Class (MR) (DM)
11:00 **LIS** History of the Halloween Costume (MR) (DM)
2:15 **HFP** Cardio Drumming Circle (MR) (DM)
3:00 Bingo (LR) (DM)
4:15 Chicken Soup Stories (MR) (DM)
7:30 Evening Movie (MR) (IND)

24
10:30 **RSF** Christ the King Virtual Mass (MR) (LB)
10:30 **HFP** Tai Chi: Balance & Posture (AC) (LB)
11:00 **LIS** Zodiac & Horoscope of October (MR) (LB)
2:15 **HFP** Flow Yoga (MR) (LB)
3:00 Bingo Plus (MR) (LB)
7:30 Evening Movie (MR) (IND)

25
International Artist Day
10:15 **HFP** Lower Body Conditioning (MR) (LB)
10:45 Morning Word in a Word Game (MR) (LB)
2:15 **HFP** Moving For Memory: Walking Challenge (LR) (LB)
3:00 **LIS** ODU: 5 Important Paintings (MR) (LB)
7:30 Evening Movie (MR) (IND)

26
10:15 **HFP** Flow Yoga (MR) (DM)
10:45 **RSF** Bible Study with Ruth and Rich (MR) (DM)
11:30 **SCE** Lunch at The Grapevine Bistro (OUT) (L&D)
2:15 Afternoon Documentary (MR) (IND)
3:30 **HFP** Dance & Movement: The Git Up Line Dance (MR) (DM)
4:00 **CPI** Resident Council Meeting (MR) (LB)
7:30 Evening Movie (MR) (IND)

27
10:15 **RSF** Catholic Communion Service (MR) (DM)
11:15 **HFP** Upper Body Conditioning (MR) (DM)
2:15 **HFP** Tai Chi: Balance & Posture (MR) (DM)
3:00 Afternoon Matinee-Halloween Classic (MR) (IND)
3:30 **SCE** Spooktacular Happy Hour (LR) (L&D)
4:00 **CEA** Music History: Iconic Music Venues (LR) (DM)
7:30 Evening Movie (MR) (IND)

28
10:15 **HFP** Total Body Conditioning - Beginner (MR) (DM)
11:00 **SCE** Fall Pop-up Programs (LR) (DM)
2:15 **HFP** Dance & Movement: The Git Up Line Dance (MR) (DM)
3:00 Bingo (MR) (LB)
7:15 Evening Movie (MR) (IND)

29
10:15 **HFP** Total Body Conditioning - Advanced (LR) (DM)
11:00 **CPI** Rosary Service (LR) (RL)
2:15 **HFP** Moving For Memory: Walking Challenge (MR) (DM)
3:00 **RSF** Bible Study Series: Part V (MR) (DM)
4:00 **CEA** Halloween Trivia! (MR) (BK)
7:30 Evening Movie (LR) (IND)

30
10:15 **HFP** Posture and Stretch Fitness Class (MR) (DM)
11:00 **LIS** Halloween Origins & Traditions (MR) (CS)
2:15 **HFP** Cardio Drumming Circle (MR) (DM)
3:00 Bingo (MR) (DM)
4:15 **LIS** Local History-7 Haunted Albany Tales (MR) (BK)
7:30 Evening Movie (MR) (IND)