

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

- Monster Pumpkins**
Wednesday, October 13, 12:30 PM
- Ghosts & Spiders? Oh My!**
Monday, October 18, 10:30 AM
- Halloween Costume Contest**
Wednesday, October 27, 2:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Happy Halloween! **31**

9:15 **RSF** Church Runs (Bus)
 10:00 **HPF** Strength & Balance (TR)
 10:30 **LIS** Origins & History of Halloween (B)
 10:30 **RSF** St. Mark Presbyterian Virtual Worship (TR)
 1:00 **SCE** Mystery Scenic Drive (Bus)
 2:00 **HPF** Total Body Conditioning (A/R)
 3:00 **SCE** Atria Bucks Bingo (TR)
 7:00 Classic Movie



- 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:**
- Private Dining Room PDR
 - Bistro B
 - Restaurant R
 - 3rd. Floor Terrace 3rd
 - Bus Bus
 - Activity Room A/R
 - Library L
 - Roof Top Garden RTG
 - Outside OS
 - Theatre Room TR
 - Courtyard C

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International Coffee Day **1**

10:00 **HPF** Light Weight Training (TR)
 10:45 **LIS** Coffee Talks: Roasts & Rhymes Pt. 1 (TR)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Strength & Balance Program (TR)
 2:30 **SCE** Happy Hour! (B)
 7:00 Evening Favorite Movie (TR)

2

10:00 **HPF** Light Weight Training (TR)
 10:30 **RSF** Rooftop Gardening (B)
 10:30 **LIS** Timeless Melodies with Larry (TR)
 2:00 **HPF** Lower Body Conditioning (TR)
 3:00 It's Showtime! (TR)
 4:00 **CEA** Color Your Cares Away (B)
 7:00 It's Showtime! (TR)

3

9:15 **RSF** Church Runs (Bus)
 10:00 **HPF** Light Weight Training (TR)
 10:30 **RSF** St. Mark Presbyterian Virtual Worship (TR)
 1:00 **SCE** Mystery Scenic Drive (Bus)
 1:00 **LIS** Zodiac & Horoscope of October (TR)
 2:00 **HPF** Total Body Conditioning (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 7:00 Classic Movie (TR)

National Golf Lovers Day **4**

10:00 Shopping Trip! (Bus)
 10:00 **HPF** Light Weight Training (TR)
 10:30 **LIS** The Economics of Golf (TR)
 1:00 **CPI** Paper Cup Bats! (B)
 1:30 **LIS** Fun Facts About Halloween (B)
 2:00 **HPF** Strength & Balance Program (TR)
 3:00 **SCE** Atria Bucks Bingo (TR)
 7:00 Evening Film (TR)

5

9:00 **RSF** Pier Walk (Bus)
 10:30 **HPF** Health & Fitness w/ Jason (TR)
 12:45 **CEA** Halloween Wreath (A/R)
 1:30 **CPI** Bridge Games! (3rd)
 2:30 **HPF** Balance & Mobility (TR)
 2:30 **SCE** Happy Hour & Music w/ Paul Wayne! (R)
 4:30 **LIS** Trivia Challenge! (B)
 7:00 Top Pick Movie (TR)

6

10:00 **HPF** Light Weight Training (TR)
 12:00 **SCE** October Birthdays Celebration (R)
 2:00 **CPI** Residents Association Meeting (R)
 2:00 **HPF** Strength & Balance Program (TR)
 2:30 **SCE** Don't Worry Be Frappe Happy Hour (R)
 7:00 Classic Movie (TR)

National Frappe Day! **7**

9:00 **RSF** Pier Walk (Bus)
 10:00 **HPF** Zumba® Time (TR)
 11:00 **CPI** Food for Thought (PDR)
 1:00 **CEA** Mummy Jars (TR)
 2:00 **HPF** Strength & Balance Program (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 4:00 **HPF** Walking Club (OS)
 5:30 **LIS** ODU: Coffee Chemistry (TR)
 7:00 Evening Film (TR)

8

10:00 **HPF** Light Weight Training (TR)
 10:30 **CEA** Art Pages for Relaxation (B)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Strength and Balance Program (TR)
 2:30 **SCE** Happy Hour! (B)
 4:00 **LIS** Interesting Facts & Trivia (B)
 7:00 Evening Favorite Movie (TR)

9

10:00 **HPF** Light Weight Training (TR)
 10:30 **LIS** Memories That Matter-The History Lady (TR)
 2:00 **HPF** Lower Body Conditioning (TR)
 3:00 Top Pick Movie! (TR)
 4:00 **CEA** Color Your Cares Away (B)
 7:00 Top Pick Movie! (TR)

10

9:15 **RSF** Church Runs (Bus)
 10:00 **HPF** Light Weight Training (TR)
 10:30 **RSF** St. Mark Presbyterian Virtual Worship (TR)
 11:00 **CEA** The Language of Flowers (B)
 1:00 **SCE** Mystery Scenic Drive (Bus)
 2:00 **HPF** Strength & Balance Program (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 7:00 Classic Movie (TR)

Columbus Day **11**

10:00 **HPF** Light Weight Training (TR)
 11:00 **SCE** Travelin' Game Show w/ Christine!
 2:00 **HPF** Total Body Conditioning (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 5:30 **RSF** Positive Affirmations (TR)
 7:00 **LIS** Astronomy Guidepost for Southern Skies (TR)
 7:00 Evening Film (TR)

12

9:00 **RSF** Pier Walk (Bus)
 10:00 **CPI** Making Halloween Postcards (B)
 10:30 **HPF** Health & Fitness w/ Jason (TR)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Strength & Balance Program (TR)
 2:30 **SCE** Happy Hour & Music (B)
 7:00 Top Pick Movie (TR)

13

9:45 **LIS** StoryWise Discussions (TR)
 10:00 **HPF** Light Weight Training (TR)
 11:00 **CPI** Resident Programming Meeting (TR)
 12:30 **CEA** Monster Pumpkins (C)
 2:00 **HPF** Strength & Balance Program (TR)
 2:30 **SCE** Harvest Happy Hour w/ Tom Sperry! (R)
 7:00 Classic Movie (TR)

14

9:00 **RSF** Pier Walk (Bus)
 10:00 **HPF** Z-Fit Fun! (TR)
 10:30 **SCE** "This or That" Halloween Candy (TR)
 10:30 **SCE** Atria Bucks Shopping! (L)
 2:00 **HPF** Posture & Stretch Exercises (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 5:30 **LIS** ODU: Stealing Art (TR)
 7:00 Evening Film (TR)

15

10:00 **HPF** Light Weight Training (TR)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Balance & Mobility (TR)
 2:30 **SCE** Happy Hour! (B)
 4:00 **RSF** Well-Being: Pop-Up Programs (TR)
 7:00 Evening Favorite Movie (TR)

Dictionary Day! **16**

10:00 **HPF** Light Weight Training (TR)
 10:30 **LIS** Phraseology: Homonyms & Synonyms (TR)
 2:00 **HPF** Lower Body Conditioning (TR)
 3:00 It's Showtime! (TR)
 4:00 **CEA** Color Your Cares Away (B)
 7:00 It's Showtime! (TR)

17

9:15 **RSF** Church Runs (Bus)
 10:00 **HPF** Total Body Conditioning (TR)
 10:30 **RSF** St. Mark Presbyterian Virtual Worship
 11:00 **LIS** Pumpkin Facts (TR)
 1:00 **SCE** Mystery Scenic Drive (Bus)
 2:00 **HPF** Strength and Balance Program (TR)
 3:00 **SCE** Atria Bucks Bingo (TR)
 7:00 Classic Movie (TR)

18

10:00 **HPF** Light Weight Training (TR)
 10:30 **LIS** StoryWise Discussions (TR)
 10:30 **CPI** Ghosts & Spiders? Oh My! (B)
 2:00 **HPF** Strength & Balance Program (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 5:30 **LIS** ODU: Musicals That Changed Broadway (B)
 7:00 Evening Film (TR)

19

9:00 **RSF** Pier Walk (Bus)
 10:30 **LIS** The Tradition of Making Biscuits (TR)
 10:30 **HPF** Health & Fitness w/ Jason (TR)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Strength & Balance Program (TR)
 2:30 **SCE** Happy Hour & Music w/ Robyn! (R)
 4:30 **LIS** Interesting Facts & Discussion (B)
 7:00 Top Pick Movie (TR)

International Chef Day **20**

10:00 **HPF** Light Weight Training (TR)
 11:30 **LIS** Food Science: The Maillard Reaction (B)
 2:00 **HPF** Strength and Balance Program (TR)
 2:30 **SCE** Pumpkin Spice Happy Hour (R)
 4:00 **LIS** Word Wonders: In The Kitchen Idioms (B)
 7:00 Classic Movie (TR)

21

9:00 **RSF** Pier Walk (Bus)
 10:00 **HPF** Zumba® Party (TR)
 10:30 **LIS** Pumpkin Spice Brain Challenges (B)
 11:30 Lunch Outing! (B)
 2:00 **HPF** Strength & Balance Program (TR)
 3:00 **SCE** Atria Bucks Bingo (TR)
 4:00 **HPF** Walking Club (OS)
 6:00 **LIS** Night @ Movies with Theo Sigel! (TR)

22

10:00 **HPF** Light Weight Training (TR)
 10:30 **CEA** Art Pages for Relaxation (B)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Strength and Balance Program (TR)
 2:30 **SCE** Happy Hour & Entertainment w/ Roy! (B)
 7:00 Evening Favorite Movie (TR)

23

10:00 **HPF** Light Weight Training (TR)
 10:30 **LIS** Learning Technology (TR)
 2:00 **HPF** Lower Body Conditioning (TR)
 3:00 Top Pick Movie! (TR)
 4:00 **CEA** Color Your Cares Away (B)
 7:00 Top Pick Movie! (TR)

24

9:15 **RSF** Church Runs (Bus)
 10:00 **HPF** Light Weight Training (TR)
 10:30 **RSF** St. Mark Presbyterian Virtual Worship (TR)
 1:00 **SCE** Mystery Scenic Drive (Bus)
 2:00 **HPF** Total Body Conditioning (TR)
 3:00 **SCE** Atria Bucks Bingo (TR)
 4:00 **LIS** Literary Appreciation: Famous Poetry (TR)
 7:00 Classic Movie (TR)

International Artist Day **25**

10:00 Shopping Trip! (Bus)
 10:00 **HPF** Light Weight Training (TR)
 10:30 **CEA** Debate About Abstract vs Naturalist Art (TR)
 1:00 **CPI** Halloween Baskets (B)
 2:00 **HPF** Balance & Mobility (TR)
 3:00 **SCE** Atria Bucks Bingo! (TR)
 7:00 Evening Film (TR)

26

9:00 **RSF** Pier Walk (Bus)
 10:30 **HPF** Health & Fitness w/ Jason (TR)
 11:00 **CEA** Creating Art From the Scents We Smell! (RTG)
 1:30 **CPI** Bridge Games! (3rd)
 2:00 **HPF** Strength and Balance Program (TR)
 2:30 **SCE** Happy Hour & Music
 7:00 Top Pick Movie (TR)

U.S Navy Day **27**

10:00 **HPF** Light Weight Training (TR)
 10:30 **CPI** Celebrating Navy Day & Honoring Veterans (B)
 11:00 **CPI** Ambassador Meeting (TR)
 2:00 **HPF** Balance & Mobility (TR)
 2:30 **SCE** Spooktacular Happy Hour (R)
 2:30 Halloween Costume Contest (R)
 7:00 Classic Movie (TR)

28

9:00 **RSF** Pier Walk (Bus)
 10:00 **HPF** Zumba® Fun (TR)
 10:45 **LIS** Word Wonders: "Hello" In Other Languages (B)
 2:00 **HPF** Posture & Stretch Exercises (TR)
 3:00 **SCE** Atria Bucks Bingo (TR)
 5:30 **LIS** ODU: Unlocking the Parthenon (TR)
 7:00 Evening Film (TR)

29

10:00 **HPF** Upper Body Conditioning (TR)
 1:30 **CPI** Bridge Game! (3rd)
 2:00 **HPF** Strength and Balance Program (TR)
 2:30 **SCE** Happy Hour!
 4:00 **LIS** Interesting Facts & Trivia (B)
 7:00 Evening Favorite Movie (TR)

30

10:00 **HPF** Light Weight Training (TR)
 10:30 **RSF** Rooftop Gardening (RTG)
 2:00 **HPF** Lower Body Conditioning
 3:00 Marilyn's Movie (TR)
 4:00 **CEA** Color Your Cares Away (B)
 7:00 Marilyn's Movie (TR)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Decorating Halloween Cookies

Tuesday, October 19, 10:15 AM

Pumpkin Decorating Contest

Tuesday, October 26, 10:15 AM

Fall Leaf Garland

Thursday, October 28, 10:15 AM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HALLOWEEN 31
 9:30 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 11:15 **SCE** "This or That" Halloween Candy (A/R) (E)
 1:00 **CEA** Today's Music: Spooky Songs of Halloween (A/R) (E)
 2:00 **LIS** Origins & History of Halloween (A/R) (E)
 3:00 **HPF** Walking Challenge (A/R) (E)
 6:00 **RSF** Bible Study (A/R) (E)



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:
 Activity Room A/R
 Outside OS
 Theatre Room TR
 Conference Call CC

STAFF KEY:
 Elsie Ayala E
 Jerome Esguerra JE

INTERNATIONAL COFFEE DAY 1
 9:30 **HPF** Walking Challenge Launch (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 1:00 **CEA** Today's Music: Songs About October (A/R) (E)
 2:00 **LIS** Zodiac & Horoscope of October (A/R) (E)
 3:00 **HPF** Cardio Drumming Circle (A/R) (E)
 6:00 **SCE** Laughter Therapy (A/R) (E)

2
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Coloring & Conversations (A/R) (E)
 2:00 **HPF** Posture and Stretch Fitness Class (A/R) (E)
 3:00 **LIS** Roasts & Rhymes: Coffee Talks (A/R) (E)
 4:00 **CEA** Today's Music: Bluegrass (A/R) (E)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (A/R) (E)

3
 9:30 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Coloring & Conversations (A/R) (E)
 2:00 **HPF** Walking Challenge (A/R) (E)
 3:00 **CEA** Today's Music: History of the Twist (A/R) (E)
 6:00 **RSF** Bible Study (A/R) (E)

4
 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Rock Painting: Halloween Edition (A/R) (E)
 1:00 **LIS** Word Wonders: Radio Terms and 10-Code (A/R) (E)
 2:00 **HPF** Lower Body Conditioning (A/R) (E)
 3:00 **CEA** Today's Music: Radio Lingo Day (A/R) (E)
 6:00 **SCE** Fun Facts For The Day (A/R) (E)

5
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Fall Flower Arrangements (A/R) (E)
 1:00 **SCE** Express Yourself: A Time For Love (A/R) (E)
 2:00 **HPF** Dance & Movement: Cowboy Charleston (A/R) (E)
 3:00 **CEA** Today's Music: "I Honestly Love You" (A/R) (E)
 6:00 **LIS** Literary Appreciation: Poetry (A/R) (E)

6
 9:30 **HPF** Upper Body Conditioning (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 Scenic Drive (OS) (E)
 1:00 **CEA** Today's Music: Walk of Fame (A/R) (E)
 2:00 **SCE** Don't Worry Be Frappe Happy Hour (A/R) (E)
 3:00 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 6:00 **RSF** Midweek Bible Study (A/R) (E)

NATIONAL FRAPPE DAY 7
 9:30 **HPF** Total Body Conditioning (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Making our own Frappe (A/R) (E)
 2:00 **HPF** Dance & Movement: The Macarena (A/R) (E)
 3:00 **CEA** Today's Music: "The Musical - Grease" (TR) (E)
 6:00 **LIS** Literary Appreciation: Short Stories (A/R) (E)

8
 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Jewelry Making (A/R) (E)
 1:00 **CPI** Clergy Appreciation Gifts (A/R) (E)
 2:00 **CEA** Today's Music: Drumming (A/R) (E)
 3:00 **HPF** Cardio Drumming Circle (A/R) (E)
 6:00 **SCE** Laughter Therapy (A/R) (E)

9
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:30 **CEA** Coloring & Conversations (A/R) (E)
 1:30 **SCE** Music History: The Beatles (A/R) (E)
 2:00 **CEA** Today's Music: "Imagine" (A/R) (E)
 3:00 **HPF** Posture and Stretch Fitness Class (A/R) (E)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (A/R) (E)

CLERGY APPRECIATION DAY 10
 9:30 **HPF** Tai Chi: Balance & Posture (A/R) (JE)
 10:00 **SCE** Today's Events & Newsletter (A/R) (JE)
 10:30 **CEA** Coloring & Conversations (A/R) (JE)
 2:00 **HPF** Walking Challenge (OS) (JE)
 3:00 **CEA** Today's Music: Daydream Believer (A/R) (JE)
 6:00 **RSF** Bible Study (A/R) (JE)

COLUMBUS DAY 11
 9:30 **HPF** Walking Challenge (OS) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **LIS** Trivia & Interesting Facts: Columbus Day (A/R) (E)
 1:00 **CEA** Today's Music: Robert Delt, Pianist (A/R) (E)
 1:30 **LIS** Sing Across Canada: Ontario (A/R) (E)
 2:00 **SCE** BINGO (A/R) (E)
 3:00 **HPF** Lower Body Conditioning (A/R) (E)
 6:00 **SCE** Fun Facts For The Day (A/R) (E)

12
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Creating Art From The Scents We Smell (A/R) (E)
 11:00 **SCE** Spa Day (A/R) (E)
 2:00 **CEA** Today's Music: Pharrell Williams (A/R) (E)
 3:00 **HPF** Dance & Movement: Cowboy Charleston (A/R) (E)
 6:00 **LIS** Literary Appreciation: Poetry (A/R) (E)

13
 9:30 **HPF** Upper Body Conditioning (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 Scenic Drive (OS) (E)
 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize (A/R) (E)
 2:00 **SCE** Harvest Happy Hour (A/R) (E)
 3:00 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 6:00 **RSF** Midweek Bible Study (A/R) (E)

14
 9:30 **HPF** Total Body Conditioning - Beginner (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Fall Leaf Prints (A/R) (E)
 2:00 **HPF** Dance & Movement: The Macarena (A/R) (E)
 3:00 **CEA** Today's Music: Ethel Merman, Broadway (A/R) (E)
 6:00 **LIS** Literary Appreciation: Short Stories

15
 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Popsicle Stick Scarecrows (A/R) (E)
 1:00 **SCE** Reminiscing: Love At First Sight (A/R) (E)
 2:00 **CEA** Today's Music: Stevie Wonder (A/R) (E)
 3:00 **HPF** Cardio Drumming Circle (A/R) (E)
 6:00 **SCE** Laughter Therapy (A/R) (E)

DICTIONARY DAY 16
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Coloring & Conversation (A/R) (E)
 1:30 **LIS** Word Wonders: Synonyms (A/R) (E)
 2:00 **CEA** Today's Music: Little Richard (A/R) (E)
 3:00 **HPF** Posture and Stretch Fitness Class (A/R) (E)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (A/R) (E)

17
 9:30 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 1:30 **CEA** Quirky Song Titles (A/R) (E)
 2:00 **CEA** Today's Music: Manfred Man (CC) (E)
 3:00 **HPF** Walking Challenge (A/R) (E)
 6:00 **RSF** Bible Study (A/R) (E)

18
 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Tissue Paper Pumpkin Craft (A/R) (E)
 1:30 **SCE** Reminiscing: Vacations Past (A/R) (E)
 2:00 **CEA** Today's Music: Once On An Island Musical (A/R) (E)
 3:00 **HPF** Lower Body Conditioning (A/R) (E)
 6:00 **SCE** Fun Facts For The Day (A/R) (E)

19
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Decorating Halloween Cookies (A/R) (E)
 1:00 **LIS** The Traditions & Science of Biscuits (A/R) (E)
 2:00 **CEA** Today's Music: The Sound of Music (A/R) (E)
 3:00 **HPF** Dance & Movement: Cowboy Charleston (A/R) (E)
 6:00 **LIS** Literary Appreciation: Poetry (A/R) (E)

INTERNATIONAL CHEFS DAY 20
 9:30 **HPF** Upper Body Conditioning (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 Scenic Drive (A/R) (E)
 1:00 **CEA** Today's Music: Peter, Paul & Mary (A/R) (E)
 2:00 **SCE** Pumpkin Spice Happy Hour (A/R) (E)
 2:00 **LIS** Word Wonders: In The Kitchen Idioms (A/R) (E)
 3:00 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 6:00 **RSF** Midweek Bible Study (A/R) (E)

21
 9:30 **HPF** Total Body Conditioning - Beginner (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Candy Corn Pots (A/R) (E)
 2:00 **LIS** Sing Across America: Tennessee (A/R) (E)
 2:00 **CEA** Today's Music: Rocky Top (A/R) (E)
 3:00 **HPF** Dance & Movement: The Macarena (A/R) (E)
 6:00 **LIS** Literary Appreciation: Short Stories (A/R) (E)

22
 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Halloween POM POMS Craft (A/R) (E)
 2:00 **CEA** Today's Music: Music Venues, The Met, NY (A/R) (E)
 3:00 **HPF** Cardio Drumming Circle (A/R) (E)
 4:00 **CEA** Music History: Iconic Music Venues (A/R) (E)
 6:00 **SCE** Laughter Therapy (A/R) (E)

NATIONAL ARTIST DAY 23
 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 1:00 **CEA** Today's Music: Adele "Hello" (A/R) (E)
 1:30 **LIS** Word Wonders: "Hello" In Other Languages (A/R) (E)
 2:00 **CEA** Pour Art (A/R) (E)
 3:00 **HPF** Posture and Stretch Fitness Class (A/R) (E)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (A/R) (E)

24
 9:30 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 1:00 **CEA** Today's Music: Paul McCartney (A/R) (E)
 1:30 **CEA** Literary Appreciation: Poetry (A/R) (E)
 3:00 **HPF** Walking Challenge (A/R) (E)
 6:00 **RSF** Bible Study (A/R) (E)

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 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Beaded Pumpkins (A/R) (E)
 1:30 **LIS** Music History: Classical (A/R) (E)
 2:00 **CEA** Today's Music: Composer Strauss II (A/R) (E)
 3:00 **HPF** Lower Body Conditioning (A/R) (E)
 6:00 **SCE** Fun Facts For The Day (A/R) (E)

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 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Pumpkin Decorating Contest (A/R) (E)
 1:15 **SCE** Express Yourself: Fall Fun (A/R) (E)
 2:00 **CEA** Today's Music: Judy Garland (A/R) (E)
 3:00 **HPF** Dance & Movement: Cowboy Charleston (A/R) (E)
 6:00 **LIS** Literary Appreciation: Poetry (A/R) (E)

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 9:30 **HPF** Upper Body Conditioning (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 Scenic Drive (OS) (E)
 10:45 **CEA** Hat Decorating: Halloween Edition (A/R) (E)
 11:00 **CPI** Celebrating Navy Day & Honoring Veterans (A/R) (E)
 1:00 **CEA** Today's Music: Navy Songs (A/R) (E)
 2:00 **SCE** Spooktacular Happy Hour (A/R) (E)
 3:00 **HPF** Tai Chi: Balance & Posture (A/R) (E)
 4:00 **LIS** A History of the Star-Spangled Banner (A/R) (E)
 6:00 **RSF** Midweek Bible Study (A/R) (E)

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 9:30 **HPF** Total Body Conditioning - Beginner (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Fall Leaf Garland (A/R) (E)
 1:00 **SCE** Guess the Candy? (A/R) (E)
 2:00 **CEA** Today's Music: The Supremes (A/R) (E)
 3:00 **HPF** Dance & Movement: The Macarena (A/R) (E)
 6:00 **LIS** Literary Appreciation: Short Stories (A/R) (E)

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 9:30 **HPF** Walking Challenge (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 10:15 **CEA** Halloween Bracelet Making (A/R) (E)
 2:00 **CEA** Today's Music: Tina Turner (A/R) (E)
 3:00 **HPF** Cardio Drumming Circle (A/R) (E)
 6:00 **SCE** Laughter Therapy (A/R) (E)

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 9:30 **HPF** Flow Yoga (A/R) (E)
 10:00 **SCE** Today's Events & Newsletter (A/R) (E)
 1:00 **LIS** Music Appreciation: Marvin Gaye (A/R) (E)
 1:30 **CEA** Today's Music: ...Through the Grape Vine (A/R) (E)
 3:00 **HPF** Posture and Stretch Fitness Class (A/R) (E)
 6:00 **LIS** Sensory Stimulation: Find The Pairs (A/R) (E)