

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**Harvest Happy Hour**  
Wednesday, October 13, 2:00 PM

**Spooky Entertainment  
w/"Blue Skies" Duo**  
Wednesday, October 27, 2:00 PM

**Halloween Fun and  
Costume Contest**  
Sunday, October 31, 2:30 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**Halloween 31**  
 8:30 **RSF** Blessed Sacrament Catholic Service (CER)  
 10:00 **HPF** Tai Chi: Balance & Posture (CER)  
 10:30 **LIS** Newsletter Highlight: US Candy Favorites (CER)  
 10:45 **SCE** Brain Challenge: Halloween (IR)  
 1:00 **HPF** Flow Yoga (CER)  
 2:30 **CEA** Halloween Fun and Costume Contest (AR)  
 6:00 Halloween Spooky Movie (LR)



- 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:**  
 Activities Room AR  
 Community Education Room CER  
 Bus Bus  
 Living Room LR  
 In-Room IR

**International Coffee Day 1**  
 10:00 **HPF** Walking Challenge Monthly Launch (CER)  
 10:30 **LIS** Coffee Talks: Roast & Rhymes Part I (CER)  
 1:30 **HPF** Total Body Conditioning - Advanced (CER)  
 2:00 **RSF** Bible Study Series: Part I (CER)  
 3:00 **LIS** Explore Google™ Earth (AR)  
 6:00 Friday Night Movie (LR)  
 6:45 San Diego Padres at SF Giants (IR)

**2**  
 9:30 **LIS** Coffee Talks: Roast & Rhymes Part II (CER)  
 10:00 **HPF** Cardio Drumming Circle (CER)  
 10:30 **LIS** Newsletter Highlight: Coffee Economics (CER)  
 1:00 San Diego Padres at SF Giants (IR)  
 1:30 **HPF** Posture and Stretch Fitness Class (CER)  
 2:30 What's in a Word? (AR)  
 6:00 Saturday Night Movie (LR)

**3**  
 8:30 **RSF** Blessed Sacrament Catholic Service (CER)  
 10:00 **HPF** Tai Chi: Balance & Posture (CER)  
 10:30 **LIS** Clergy: Facts and Health Benefits (CER)  
 12:00 San Diego Padres at SF Giants (IR)  
 1:30 **HPF** Flow Yoga (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 6:00 **LIS** Sunday Night Documentary (LR)

**National Golf Lovers Day 4**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 10:30 **HPF** The Health Benefits of Golf (CER)  
 1:30 **HPF** Lower Body Conditioning (CER)  
 2:15 **LIS** The Economics of Golf (AR)  
 3:00 Blackjack Card Game (AR)  
 5:30 Board Games with Friends (AR)

**DOCTOR APPOINTMENTS 5**  
 10:00 **HPF** Morning Fitness with Robert (CER)  
 1:30 **HPF** Dance & Movement: Cowboy Charleston (CER)  
 1:45 **HPF** Flow Yoga (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 3:30 **CPI** Ambassador Club Meeting (AR)  
 6:00 Evening Movie (LR)

**6**  
 10:00 **HPF** Upper Body Conditioning (CER)  
 10:30 **CEA** Creating Art from the Scents We Smell (AR)  
 1:30 **HPF** Tai Chi: Balance & Posture (CER)  
 2:00 **SCE** Don't Worry Be Frappe Happy Hour (AR)  
 3:30 **SCE** Express Yourself: Fall Fun (CER)

**DOCTOR APPOINTMENTS 7**  
**National Frappe Day**  
 9:00 **LIS** ODU: The Chemistry of Coffee (CER)  
 10:30 **HPF** Total Body Conditioning - Beginner (CER)  
 1:30 **HPF** Dance & Movement: Cowboy Charleston (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 3:30 **SCE** Fall Pop-up Programs (AR)

**8**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 1:30 **HPF** Total Body Conditioning - Advanced (CER)  
 2:00 **RSF** Bible Study Series: Part II (CER)  
 3:00 **LIS** Explore Google™ Earth (AR)  
 6:00 Friday Night Movie (LR)

**9**  
 10:00 **HPF** Cardio Drumming Circle (CER)  
 10:30 **LIS** Monthly Book Club (CER)  
 1:30 **HPF** Posture and Stretch Fitness Class (CER)  
 2:30 What's in a Word? (AR)  
 6:00 Saturday Night Movie (LR)

**Clergy Appreciation Day 10**  
 8:30 **RSF** Blessed Sacrament Catholic Service (CER)  
 10:00 **HPF** Tai Chi: Balance & Posture (CER)  
 10:30 **CPI** A Token of Appreciation for Clergy (CER)  
 1:30 **HPF** Flow Yoga (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 6:00 **LIS** Sunday Night Documentary (LR)

**Columbus Day 11**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 10:30 **LIS** Newsletter Highlight: Columbus Day Facts  
 1:30 **HPF** Lower Body Conditioning (CER)  
 3:00 Blackjack Card Game (AR)  
 5:30 Board Games with Friends (AR)

**DOCTOR APPOINTMENTS 12**  
 10:30 **HPF** Flow Yoga (CER)  
 1:30 **HPF** Dance & Movement: Cupid Shuffle (Bus)  
 2:00 **CEA** Fall Pine Cone Wreath Project (AR)  
 3:30 **CPI** Engage Life® Planning Meeting (AR)  
 6:00 Evening Movie (LR)

**13**  
 10:00 **HPF** Upper Body Conditioning (CER)  
 10:30 **SCE** Literary Appreciation: Poetry (CER)  
 1:30 **HPF** Tai Chi: Balance & Posture (CER)  
 2:00 **SCE** Harvest Happy Hour (AR)

**DOCTOR APPOINTMENTS 14**  
 10:30 **HPF** Total Body Conditioning - Beginner (CER)  
 1:30 **HPF** Dance & Movement: Cupid Shuffle (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 3:30 **SCE** Fall Pop-up Programs (AR)

**15**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 1:30 **HPF** Total Body Conditioning - Advanced (CER)  
 2:00 **RSF** Bible Study Series: Part III (CER)  
 2:30 **LIS** Explore Google™ Earth (AR)  
 6:00 Friday Night Movie (LR)

**Dictionary Day 16**  
 10:00 **HPF** Cardio Drumming Circle (CER)  
 10:30 **LIS** Word Wonders: Homonyms and Synonyms (CER)  
 1:30 **HPF** Posture and Stretch Fitness Class (CER)  
 2:30 What's in a Word? (AR)  
 6:00 Saturday Night Movie (LR)

**17**  
 8:30 **RSF** Blessed Sacrament Catholic Service (CER)  
 10:00 **HPF** Tai Chi: Balance & Posture (CER)  
 10:30 **LIS** The Science of Making Biscuits (CER)  
 1:30 **HPF** Flow Yoga (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 6:00 **LIS** Sunday Night Documentary (LR)

**18**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 1:30 **HPF** Lower Body Conditioning (CER)  
 2:00 **CEA** Creating Tile Coasters (AR)  
 3:00 Blackjack Card Game (AR)  
 5:30 Board Games with Friends (AR)

**DOCTOR APPOINTMENTS 19**  
 10:00 **HPF** Morning Fitness with Robert (CER)  
 1:30 **HPF** Dance & Movement: Electric Slide (CER)  
 1:45 **HPF** Flow Yoga (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 3:30 **CPI** Career Connections Club (AR)  
 6:00 Evening Movie (LR)

**International Chef's Day 20**  
 10:00 **HPF** Upper Body Conditioning (CER)  
 1:30 **HPF** Tai Chi: Balance & Posture (CER)  
 2:00 **SCE** Happy Hour Entertainment with Jerry (AR)  
 2:00 **SCE** Pumpkin Spice Happy Hour (AR)  
 3:30 **LIS** Food Science: The Maillard Reaction (AR)

**DOCTOR APPOINTMENTS 21**  
 10:30 **HPF** Total Body Conditioning - Beginner (CER)  
 1:00 **HPF** Dance & Movement: Electric Slide (CER)  
 2:00 **CPI** Food For Thought - Culinary Led (AR)  
 3:30 **SCE** Fall Pop-up Programs (AR)

**22**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 1:30 **HPF** Total Body Conditioning - Advanced  
 2:00 **RSF** Bible Study Series: Part IV (CER)  
 3:00 **LIS** Explore Google™ Earth (AR)  
 6:00 Friday Night Movie (LR)

**23**  
 10:00 **HPF** Cardio Drumming Circle (CER)  
 10:30 **SCE** Trivia Challenge & Fun Fact Sharing (CER)  
 1:30 **HPF** Posture and Stretch Fitness Class (CER)  
 2:30 What's in a Word? (AR)  
 6:00 Saturday Night Movie (LR)

**24**  
 8:30 **RSF** Blessed Sacrament Catholic Service (CER)  
 10:00 **HPF** Tai Chi: Balance & Posture (CER)  
 10:30 **LIS** Zodiac & Horoscope of October (CER)  
 1:30 **HPF** Flow Yoga (CER)  
 2:30 Bingo Bingo Bingo (CER)  
 6:00 **LIS** Sunday Night Documentary (LR)

**International Artist Day 25**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 1:30 **HPF** Lower Body Conditioning (CER)  
 2:00 **LIS** ODU: 5 Important Paintings (CER)  
 3:00 Blackjack Card Game (AR)  
 5:30 Board Games with Friends (AR)

**DOCTOR APPOINTMENTS 26**  
 10:00 **HPF** Morning Fitness with Robert (CER)  
 1:00 **HPF** Dance & Movement: The Git Up Line Dance (CER)  
 1:15 **HPF** Flow Yoga (CER)  
 2:00 **CPI** Resident Council Meeting (CER)  
 3:30 **SCE** Trivia Challenge & Fun Fact Sharing (AR)  
 6:00 Evening Movie (LR)

**27**  
 10:00 **HPF** Upper Body Conditioning (CER)  
 10:30 **CEA** Music History: Iconic Music Venues (CER)  
 1:30 **HPF** Tai Chi: Balance & Posture (CER)  
 2:00 **SCE** Spooky Entertainment w/"Blue Skies" Duo (AR)  
 2:00 **SCE** Spooktacular Happy Hour (AR)

**DOCTOR APPOINTMENTS 28**  
 10:30 **HPF** Total Body Conditioning - Beginner (CER)  
 1:30 **HPF** Dance & Movement: The Git Up Line Dance (CER)  
 2:30 Bingo Bingo Bingo (AR)  
 3:30 **SCE** Fall Pop-up Programs (AR)

**29**  
 10:00 **HPF** Moving For Memory: Walking Challenge (CER)  
 1:30 **HPF** Total Body Conditioning - Advanced (CER)  
 2:00 **RSF** Bible Study Series: Part V (CER)  
 2:30 **LIS** Explore Google™ Earth (AR)  
 6:00 Friday Night Movie (LR)

**30**  
 10:00 **HPF** Cardio Drumming Circle (CER)  
 10:30 **LIS** Halloween Origins & Traditions (CER)  
 1:30 **HPF** Posture and Stretch Fitness Class (CER)  
 2:30 What's in a Word? (AR)  
 6:00 Saturday Night Movie (LR)

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