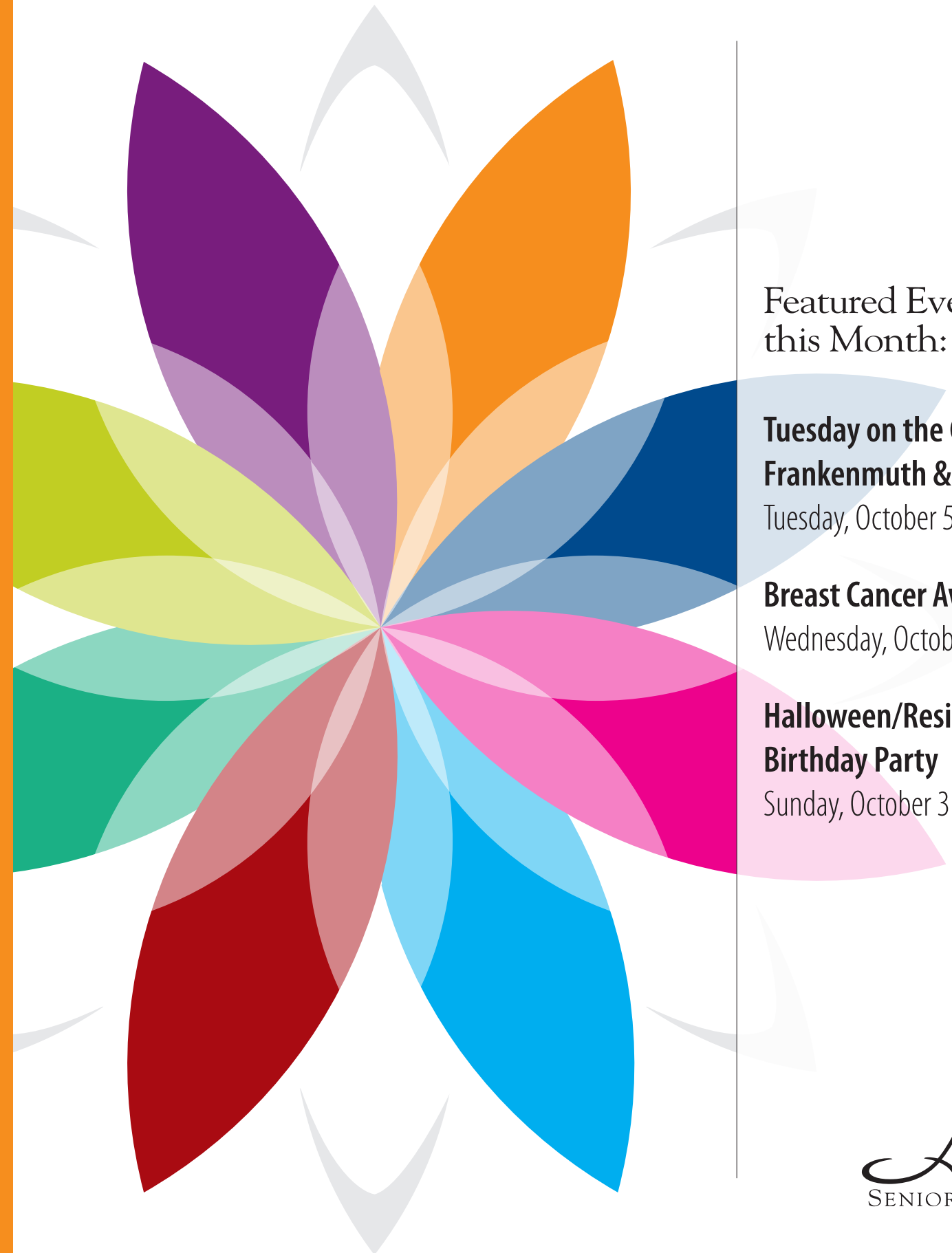


ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

**Tuesday on the Go:
Frankenmuth & Bronners**
Tuesday, October 5, 10:00 AM

Breast Cancer Awareness Walk
Wednesday, October 13, 1:30 PM

**Halloween/Resident
Birthday Party**
Sunday, October 31, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Halloween 31
 8:30 Church Transportation
 9:00 **LIS** Newsletter Highlight: US Candy Favorites (GR) (ELP)
 10:00 **HPF** Tai Chi: Balance & Posture (GR)
 1:00 **SCE** Brain Challenge: Halloween (ML) (ELP)
 2:00 **SCE** Halloween/Resident Birthday Party (DR) (ELP)
 2:30 **CEA** Halloween Costume Contest (DR) (ELP)
 4:00 **HPF** Flow Yoga (GR)
 6:30 Bingo Night with Katie (ELP)



- 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:**
- Dining Room DR
 - Main Lobby ML
 - Anytime Café AC
 - Engage Life® Outing EO
 - Billiards Room BR
 - Great Room GR
 - Exercise Room ER
 - Outdoor Patio OP
 - Activity Room AR

- STAFF KEY:**
- Karen Roberts ELD
 - Resident Lead RL
 - Volunteer Lead VL
 - Instructor-Other IO
 - Katie Nick ELP
 - Kaitlyn Koelber ELP
 - Chuck Kamm DR
 - Maryann Robideau ELP

Happy Birthday, John O & Gearldene M International Coffee Day 1
 10:30 **HPF** Total Body Conditioning - Advanced (BR)
 11:00 **LIS** Coffee Talks: Roast & Rhymes Part I (AC)
 1:30 Bingo (GR) (ELP)
 3:00 **HPF** Cardio Drumming with Candy (GR) (IO)
 3:00 Music Entertainment with Virginia (ML) (IO)
 6:30 **SCE** Game Night with Maryann (GR)

2
 8:45 **LIS** Newsletter Highlight: Coffee Economics
 10:00 **HPF** Cardio Drumming Circle (ER)
 11:00 **LIS** Coffee Talks: Roast & Rhymes Part II
 1:30 Bingo (GR)
 4:00 **HPF** Posture and Stretch Fitness Class (GR)
 6:45 Card Night with Debbie (AR) (IO)

Happy Birthday, Pam D & Julie S 3
 8:30 Church Transportation (EO) (ELP)
 9:00 **HPF** Moving For Memory: Walking Challenge
 3:00 **HPF** Flow Yoga (GR)
 3:30 **LIS** Clergy: Facts and Health Benefits (GR)
 6:30 Bingo Night with Katie (GR) (ELP)

Happy Birthday, Sandy A National Golf Lovers Day 4
 10:30 **RSF** Communion Service with Leona (GR) (IO)
 11:00 **HPF** The Health Benefits of Golf (GR) (VL)
 1:00 **LIS** The Economics of Golf (GR) (ELD)
 1:30 Bingo (GR) (ELP)
 4:00 **HPF** Lower Body Conditioning (RL)
 7:00 **HPF** Kinghaven Walking Club (OP) (RL)

Happy Birthday, Irene O 5
 10:00 **SCE** Tuesday on the Go: Frankenmuth & Bronners (EO) (DR)
 10:00 **HPF** Flow Yoga (ER) (VL)
 10:30 **RSF** Bible Study Series: Part I (GR)
 4:00 **HPF** Dance & Movement: Cowboy Charleston (GR)
 7:00 **SCE** Music and Sing Along with Jim (ML) (IO)

6
 10:00 **HPF** Upper Body Conditioning
 1:00 **CEA** Creating Art from the Scents We Smell (GR)
 2:00 **SCE** Don't Worry Be Frappe Happy Hour (OP)
 4:00 **SCE** Dinner Outing (EO) (ELD)
 4:00 **HPF** Tai Chi: Balance & Posture (ER)
 6:30 Card Club with Linda (AR) (RL)

National Frappe Day 7
 10:00 **HPF** Total Body Conditioning - Beginner (EO)
 11:00 **SCE** Fall Pop-up Programs
 1:00 **LIS** ODU: The Chemistry of Coffee (GR)
 1:30 Bingo (GR) (ELD)
 1:30 **SCE** Old Time Radio Men's Club (AC) (IO)
 2:30 **CPI** Planners-Mat's for the Homeless (GR) (IO)
 2:30 Thirsty Thursday Happy Hour (AC) (DR)
 4:00 **HPF** Tai Chi: Balance & Posture (BR)

8
 10:00 **HPF** Moving For Memory: Walking Challenge (OP)
 1:30 Bingo (GR)
 3:00 **HPF** Cardio Drumming (GR)
 3:00 **SCE** Music Entertainment with Virginia (ML) (IO)
 3:30 Manicures (GR) (IO)
 6:30 **SCE** Game Night with Maryann (GR) (ELP)

Happy Birthday, Elaine R 9
 1:00 **LIS** Monthly Book Club (ML)
 1:30 Bingo (GR) (ELP)
 4:00 **HPF** Posture and Stretch Fitness Class (ER)
 7:00 Card Night with Debbie (GR) (IO)

Clergy Appreciation Day Happy Birthday, Hazel H 10
 8:30 Church Transportation (EO) (ELP)
 9:00 **HPF** Moving For Memory: Walking Challenge (OP) (ELP)
 3:00 **HPF** Flow Yoga (GR) (ELP)
 3:30 **CPI** A Token of Appreciation for Clergy (ER)
 6:30 Bingo Night with Katie (GR) (ELP)

Columbus Day 11
 9:00 **LIS** Newsletter Highlight: Columbus Day Facts (ML)
 10:30 **RSF** Communion Service with Leona (GR) (IO)
 1:30 Bingo (GR)
 2:30 **CPI** Toys for Charity (GR) (IO)
 4:00 **HPF** Lower Body Conditioning (ER) (ELP)
 7:00 **HPF** Kinghaven Walking Club (OP) (RL)

12
 10:00 **HPF** Flow Yoga (ER)
 10:30 **RSF** Bible Study Series: Part II (GR)
 10:30 **SCE** Tuesday on the go: Cider Mill (EO) (DR)
 11:00 **CEA** Fall Pine Cone Wreath Project (ML)
 1:30 Bingo (GR) (ELP)
 3:30 **HPF** Dance & Movement: Cupid Shuffle (GR)
 7:00 **SCE** Music and Sing Along with Jim (ML) (IO)

13
 10:00 **HPF** Upper Body Conditioning (ER)
 1:00 **CPI** Ambassador Club Meeting (DR) (ELD)
 1:30 **SCE** Breast Cancer Awareness Walk (OP) (ELD)
 2:00 **SCE** Harvest Happy Hour (AC)
 4:00 **HPF** Tai Chi: Balance & Posture (ER)
 6:30 Card Club with Linda (AR) (RL)

Happy Birthday, Elaine C 14
 10:00 **HPF** Total Body Conditioning - Beginner (ER)
 11:00 **SCE** Fall Pop-up Programs (AR)
 1:30 Bingo (GR) (ELP)
 2:30 **CPI** Planners-Mat's for the Homeless (GR) (IO)
 2:30 Thirsty Thursday Happy Hour (AC) (DR)
 3:00 **CPI** Engage Life® Planning Meeting (GR)
 4:00 **HPF** Tai Chi: Balance & Posture (BR)
 7:00 **HPF** Movin & Groovin with Anita (ML) (IO)

Happy Birthday, Pat M 15
 10:00 **HPF** Moving For Memory: Walking Challenge (OP)
 1:30 Bingo (GR) (ELP)
 3:00 Music Entertainment with Virginia (ML)
 4:00 **HPF** Total Body Conditioning - Advanced (GR)
 6:30 Game Night with Maryann (AR) (ELP)
 7:00 **SCE** Game Night with Maryann (GR) (ELP)

Dictionary Day 16
 10:00 **HPF** Strength Training Bingo: Session V (ER) (ELP)
 11:00 **SCE** Kettle Pop-Popcorn Social (GR) (ELP)
 1:00 **LIS** Word Wonders: Homonyms and Synonyms (ML)
 1:30 Bingo (GR)
 2:00 Music with Gene Z (ML) (IO)
 4:00 **HPF** Posture and Stretch Fitness Class (ER)
 7:00 Card Night with Debbie (GR) (IO)

17
 8:30 Church Transportation (EO) (ELP)
 9:00 **HPF** Moving For Memory: Walking Challenge
 2:30 **LIS** The Science of Making Biscuits (GR)
 3:00 **HPF** Flow Yoga (ER) (ELP)
 3:00 **SCE** Word in a Word Competition (ML) (ELP)
 6:30 Bingo Night with Katie (GR) (ELD)

18
 10:00 **HPF** Lower Body Conditioning (GR) (ELP)
 10:30 **RSF** Communion Service with Leona (GR)
 1:30 Bingo (GR)
 2:00 **CEA** Creating Tile Coasters (AR) (ELP)
 4:00 **HPF** Tai Chi: Balance & Posture (DR)
 7:00 **HPF** Kinghaven Walking Club (OP) (IO)

19
 10:00 **HPF** Flow Yoga
 10:30 **RSF** Bible Study Series: Part III (GR)
 1:30 Bingo (GR) (ELP)
 3:00 **HPF** Dance & Movement: Electric Slide (ER)
 4:00 **CPI** Career Connections Club (ML)
 7:00 **SCE** Music and Sing Along with Jim (ML) (IO)

Happy Birthday, Linda S International Chefs Day 20
 10:00 **HPF** Upper Body Conditioning (ER)
 1:00 **LIS** Food Science: The Maillard Reaction
 1:30 **RSF** Rosary (AR) (RL)
 2:00 **SCE** Pumpkin Spice Happy Hour (OP)
 4:00 **SCE** Dinner Outing (EO) (ELD)
 4:00 **HPF** Tai Chi: Balance & Posture
 6:30 Card Club with Linda (AR) (RL)

21
 10:00 **HPF** Total Body Conditioning - Beginner (GR)
 11:00 **SCE** Fall Pop-up Programs (AR)
 1:30 Bingo (GR) (ELP)
 2:00 **CPI** Food For Thought - Culinary Led (DR)
 2:30 **CPI** Planners-Mat's for the Homeless (GR) (IO)
 2:30 Thirsty Thursday Happy Hour (AC)
 4:00 **HPF** Dance & Movement: Electric Slide (GR)

22
 10:00 **HPF** Moving For Memory: Walking Challenge (OP)
 1:30 Bingo (GR) (ELP)
 3:00 Music Entertainment with Virginia (ML) (IO)
 4:00 **HPF** Total Body Conditioning - Advanced (AR)
 7:00 **SCE** Game Night with Maryann (GR) (ELP)

23
 10:00 **HPF** Cardio Drumming Circle (ER)
 11:00 **SCE** Kettle Corn-Popcorn Social (GR) (ELP)
 1:30 Bingo (GR)
 4:00 **HPF** Posture and Stretch Fitness Class (ER)
 7:00 Euchre Night with Debbie (AR) (IO)

24
 8:30 Church Transportation (EO) (ELP)
 9:00 **HPF** Moving For Memory: Walking Challenge (OP) (RL)
 2:30 **LIS** Zodiac & Horoscope of October (GR) (ELP)
 3:00 **HPF** Flow Yoga (ER)
 6:30 Bingo Night with Katie (GR) (ELD)

International Artist Day 25
 10:00 **HPF** Lower Body Conditioning (GR)
 2:00 **LIS** ODU: 5 Important Paintings (GR) (VL)
 4:00 **HPF** Tai Chi: Balance & Posture (GR) (ELP)
 7:00 **HPF** Kinghaven Walking Club (OP) (RL)

26
 7:00 **SCE** Tuesday on the go: Casino Trip (EO) (ELD)
 10:00 **HPF** Flow Yoga
 10:30 **RSF** Bible Study Series: Part IV (GR) (ELP)
 1:30 Bingo (GR) (RL)
 2:00 **CPI** Resident Council Meeting (DR) (ELD)
 7:00 **SCE** Music and Sing Along with Jim (ML) (IO)

27
 10:00 **HPF** Upper Body Conditioning
 1:00 **CEA** Music History: Iconic Music Venues
 2:00 **SCE** Spooktacular Happy Hour (DR)
 4:00 **HPF** Tai Chi: Balance & Posture (ER)
 7:00 Card Club with Linda (AR) (RL)

Happy Birthday Opal P & Helen O 28
 10:00 **HPF** Total Body Conditioning - Beginner (ER)
 11:00 **SCE** Fall Pop-up Programs (GR)
 1:30 Bingo (GR) (ELP)
 2:30 **CPI** Planners-Mat's for the Homeless
 2:30 Thirsty Thursday Happy Hour (AC)
 3:00 **CPI** Engage Life® Planning Meeting (DR) (ELD)
 4:00 **HPF** Dance & Movement: The Git Up Line Dance (GR)
 7:00 **HPF** Movin & Groovin with Anita (ML) (IO)

29
 10:00 **HPF** Moving For Memory: Walking Challenge
 1:30 Bingo (GR)
 3:00 Music Entertainment with Virginia (ML)
 4:00 **HPF** Total Body Conditioning - Advanced (GR)
 7:00 **SCE** Game Night with Maryann (GR) (ELP)

30
 10:00 **HPF** Cardio Drumming Circle (ER)
 11:00 **SCE** Kettle Corn-Popcorn Social (GR) (ELP)
 1:00 **LIS** Halloween Origins & Traditions (GR)
 4:00 **HPF** Posture and Stretch Fitness Class (GR)
 7:00 Euchre Night with Debbie (GR) (VL)