

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Coffee Talks: Roasts and Rhymes**

Friday, October 1, 10:30 AM

**Creating Art from the  
Scents We Smell**

Tuesday, October 12, 3:30 PM

**Halloween Costume Party**

Sunday, October 31, 1:00 PM



# OCTOBER 2021

# ATRIA LAFAYETTE HILL engage life®

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**31**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:00 St. Philip Neri Mass-Virtual (MT)  
 11:00 iPad® Challenges and Puzzlers (ELC)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:00 **SCE** Halloween Costume Party (ELC)  
 2:30 **SCE** Afternoon Matinee (MT)  
 3:00 **HPF** Guided Walk (LOB)  
 4:00 **LIS** Origins and History of Halloween (ELC)  
 6:00 Feature Film Night (MT)



- 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:**
- 1681 Bistro B
  - Art Studio AS
  - Fitness Center FC
  - Library LIB
  - Limestone Lounge LL
  - Lobby - 2nd Floor LOB
  - Movie Theater MT
  - In-Room IR
  - Multi-Purpose Room ELC
  - Stonehouse Restaurant TSR
  - Rear Courtyard RC

- STAFF KEY:**
- Gina Mullen- Obrien
  - ELP

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**1**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:30 **SCE** Coffee Talks: Roasts and Rhymes  
 11:30 **HPF** Upper & Lower Body Stretch (ELC)  
 1:15 Academy Award Matinee (MT)  
 2:00 **HPF** Walking Fitness Trail (ELC)  
 3:00 Come One Come All Bingo (ELC)  
 4:00 Legend's In Concert (MT)  
 6:00 **RSE** Shabbat Service (ELC)  
 6:30 Western Movie Night (MT)

**2**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:30 **CEA** Poetry Appreciation: Reflection & Writing  
 11:30 **HPF** Upper and Lower Body Stretch (ELC)  
 1:30 **CEA** Broadway Matinee  
 3:30 **HPF** Nu-Step to a New You (FC)  
 4:00 **SCE** StoryWise (RC)  
 6:00 Netflix® Viewers Choice (MT)

**3**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:00 St. Philip Neri Mass-Virtual (MT)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:30 Afternoon Matinee (MT)  
 3:00 **LIS** Music History: Iconic Music Venues (ELC)  
 3:30 **HPF** Fitness: Dance the Twist (FC)  
 4:00 **LIS** Earth's Wildest Places  
 6:00 Feature Film Night (MT)

**4**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 iPad® Brain Games (ELC)  
 11:30 **HPF** Cardio Blast Fitness (ELC)  
 1:30 Afternoon Comedy (MT)  
 2:30 **LIS** National Taco Day: Taco Bar (MT)  
 3:00 **HPF** Guided Afternoon Strolls (LOB)  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Evening Movie - Residents' Choice (MT)

**5**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:00 **LIS** Tick Tock Tuesday (LIB)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:00 **SCE** Card Clubs! (AS)  
 1:30 **CEA** Horticultural with Marsha (ELC)  
 2:30 **HPF** Strength Building with Bands (FC)  
 3:30 **SCE** Bocce (ELC)  
 4:00 **LIS** Science Greats (MT)  
 6:00 Comedy Movie Night (MT)

**6**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 NY Times Crossword Mini (LOB)  
 11:30 **HPF** Upper Body Conditioning (ELC)  
 1:00 **CPI** Town Hall Meeting (ELC)  
 2:30 **SCE** Don't Worry Be Frappy Happy Hour (LL)  
 3:30 **HPF** Nu-Step to a New U (ELC)  
 4:00 October's Best (MT)  
 6:00 Evening Movie- Romance (MT)

**7**

9:00 **SCE** Daily Schedule Highlight (TSR)  
 10:45 Cranium® Crunches  
 11:00 **HPF** Golden Yoga with Barbara Levitt (ELC)  
 1:15 Afternoon Matinee (MT)  
 1:30 **RSE** Rosary Prayer Group (LIB)  
 1:45 **HPF** Guided Afternoon Strolls (LOB)  
 2:00 **SCE** National Frappe Day w/ StoryWise (B)  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Evening Movie (MT)

**8**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 iPad® Word Games (LOB)  
 11:00 **LIS** Words On Wheels - Library Bookmobile (LOB)  
 11:30 **HPF** Upper and Lower Body Stretch (ELC)  
 1:30 Afternoon Matinee (MT)  
 2:00 **HPF** Walking Fitness Trail (ELC)  
 3:00 Come One Come All Bingo (ELC)  
 4:00 Legend's In Concert (FC)  
 6:00 **RSE** Shabbat Service (ELC)  
 6:30 Western Movie Night (MT)

**9**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 NY Times Crossword Mini (LOB)  
 11:30 **HPF** Upper and Lower Body Stretch (ELC)  
 1:30 **CEA** Broadway Matinee  
 3:30 **HPF** Nu Step to a New You (FC)  
 4:00 Afternoon Crossword Puzzle (IR)  
 6:00 Netflix® Viewers Choice (MT)

**10**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:00 St. Philip Neri Mass-Virtual (MT)  
 11:30 **HPF** Low-Impact Aerobic (ELC) (ELP)  
 2:00 Movie Matinee  
 3:00 **LIS** Earth Science Week (ELC)  
 4:15 **HPF** Nu Step to a New U (FC)  
 6:00 Feature Film Night (MT)

**11**

9:00 **SCE** Community Schedule (TSR)  
 10:45 Engage Your Brain Word Power (ELC)  
 11:30 **HPF** Cardio Blast Fitness (ELC)  
 1:30 Afternoon Matinee (MT)  
 2:00 **HPF** Guided Afternoon Strolls (LOB)  
 3:00 **LIS** Columbus Day Facts  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Evening Movie - Residents' Choice (MT)

**12**

9:00 **SCE** Daily Schedule Highlight (TSR)  
 10:45 **LIS** Technology Tuesday (LIB)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:00 **SCE** Card Clubs  
 2:00 **HPF** Strength Building with Weights (FC)  
 3:30 **LIS** Creating Art from the Scents We Smell (AS)  
 4:00 **LIS** TED Talk (MT)  
 6:00 Comedy Movie Night (MT)

**13**

9:00 **SCE** Daily Schedule Highlight (TSR)  
 10:45 NY Times Crossword Mini (LIB)  
 11:30 **HPF** Upper Body Conditioning (ELC)  
 1:30 Midday Matinee (MT)  
 2:00 **HPF** Guided Afternoon Strolls (LOB)  
 2:30 **SCE** Harvest Happy Hour (LL)  
 4:00 **LIS** October's Best (ELC)  
 6:00 Evening Movie- Romance (MT)

**14**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 **LIS** Ethel Merman Broadway  
 11:00 **HPF** Golden Yoga with Barbara Levitt (ELC)  
 1:30 **RSE** Rosary Prayer Group (LIB)  
 2:00 **HPF** Nu Step to a New You (FC)  
 3:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 4:00 **LIS** One Day U: The Chemistry of Coffee (MT)  
 6:00 Academy Award Movie Night (MT)

**15**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:30 **SCE** Coffee Talks: Rhymes and Roasts  
 11:30 **HPF** Upper and Lower Body Stretch (ELC)  
 1:00 **CPI** Ambassador Club Meeting  
 2:00 **HPF** Walking Fitness Trail (ELC)  
 3:00 Come One Come All Bingo! (ELC)  
 4:00 Legend's In Concert (MT)  
 6:00 **RSE** Shabbat Service (ELC)  
 6:30 Western Movie Night (MT)

**16**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 NY Time Crossword Mini  
 11:30 **HPF** Upper and Lower Body Stretch (ELC)  
 1:30 **CEA** Broadway Matinee  
 2:00 **HPF** Cardio Drumming Circle (FC)  
 4:00 **LIS** Dictionary Day- Phraseology  
 6:00 Netflix® Viewers Choice (MT)

**17**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:00 St. Philip Neri Mass-Virtual (MT)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:30 Movie Matinee  
 3:00 **HPF** Walk for Fitness (LOB)  
 3:00 **CEA** Famous Art with A Modern Twist (AS)  
 4:00 **LIS** Earth's Widest Places (MT)  
 6:00 Feature Film Night (MT)

**18**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 Engage Your Brain - Word Power (ELC)  
 11:30 **HPF** Cardio Blast Fitness (ELC)  
 1:30 Afternoon Comedy (MT)  
 2:00 **HPF** Guided Afternoon Strolls (LOB)  
 3:00 **LIS** TED Talks (MT)  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Evening Movie - Residents' Choice (MT)

**19**

9:00 **SCE** Daily Newsletter Highlight (LIB)  
 10:45 **LIS** Technology Tuesday (LIB)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:00 **SCE** Card Clubs (AS)  
 1:00 **LIS** Engage Life® Program Meeting  
 1:30 Afternoon Matinee  
 2:00 **HPF** Strength Building with Weights (FC)  
 3:00 **CEA** Make It and Take It  
 4:00 **LIS** TED Talk  
 6:00 Comedy Movie Night (MT)

**20**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 New York Times Crossword Mini (LIB)  
 11:30 **HPF** Upper Body Conditioning (ELC)  
 1:30 Midday Matinee (MT)  
 2:00 **HPF** Nu Step to a New You (FC)  
 2:30 **SCE** Pumpkin Spice Happy Hour  
 4:00 **LIS** October's Best  
 6:00 Evening Movie- Romance (MT)

**21**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 Cranium® Crunches  
 11:00 **HPF** Golden Yoga with Barbara Levitt (ELC)  
 1:00 **CPI** Food For Thought Meeting  
 1:30 Afternoon Matinee (MT)  
 1:30 **RSE** Rosary Prayer Group (LIB)  
 2:00 **HPF** Guided Afternoon Strolls (LOB)  
 4:00 **LIS** One Day University Live (MT)  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Academy Award Movie Night (MT)

**22**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 11:00 **LIS** Words On Wheels - Library Bookmobile. (LOB)  
 11:30 **HPF** Strength and Balance Training (ELC)  
 1:30 Afternoon Matinee (MT)  
 2:00 **HPF** Walking Fitness Trail (ELC)  
 3:00 Come One Come All Bingo (ELC)  
 4:00 Legend's In Concert  
 6:00 **RSE** Shabbat Service (ELC)  
 6:30 Western Movie Night (MT)

**23**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:30 NY Times Crossword Mini (LIB)  
 11:30 **HPF** Upper and Lower Body Stretch  
 1:30 **CEA** Broadway Matinee  
 2:00 **HPF** Nu Step to a New You (FC)  
 3:00 Food Science: The Maillard Reaction (ELC)  
 4:00 **LIS** Ted Talk  
 6:00 Netflix® Viewers Choice (MT)

**24**

9:00 **SCE** Community Schedule (TSR)  
 10:00 St. Philip Neri Mass-Streaming (MT)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 2:30 Midday Family Movie Special (MT)  
 3:00 **CEA** Jewelry Making (AS)  
 3:30 **HPF** Walk for Fitness (LOB)  
 4:00 **LIS** Earth's Wildest Places (MT)  
 6:00 Feature Film Night (MT)

**25**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 Engage Your Brain - Word Power (ELC)  
 11:30 **HPF** Cardio Blast Fitness (ELC)  
 1:00 **CPI** Resident Council Meeting  
 1:30 Afternoon Matinee (MT)  
 2:00 **HPF** Guided Afternoon Strolls (LOB)  
 3:00 **LIS** ODU - Five Important Paintings (MT)  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Evening Movie - Residents' Choice (MT)

**26**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 **LIS** Technology Tuesday (LIB)  
 11:30 **HPF** Low Impact Aerobics (ELC)  
 1:00 **SCE** Card Clubs  
 1:30 Movie Matinee (MT)  
 2:00 **HPF** Strength Building with Weights (FC)  
 3:30 **SCE** Celebrating October's Birthdays Party (RC)  
 4:00 **LIS** One Day University (MT)  
 6:00 Comedy Movie Night (MT)

**27**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 New York Times Crossword Mini (LIB)  
 11:30 **HPF** Upper Body Conditioning (ELC)  
 1:30 Midday Matinee (MT)  
 2:00 **HPF** Guided Afternoon Strolls (LOB)  
 2:30 **SCE** Spooktacular Happy Hour  
 4:00 **LIS** October's Best  
 6:00 Evening Movie-Romance (MT)

**28**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:45 Cranium® Crunches  
 11:00 **HPF** Golden Yoga with Barbara Levitt (ELC)  
 1:30 Afternoon Matinee (MT)  
 1:30 **RSE** Rosary Prayer Group (LIB)  
 2:00 **HPF** Dance into Fitness (ELC)  
 4:00 **LIS** One Day University Live (MT)  
 4:00 **SCE** Stay Connected - Virtual Visits (LIB)  
 6:00 Academy Award Movie Night (MT)

**29**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:30 NY Times Crossword Mini (LIB)  
 11:30 **HPF** Strength and Balance Training (ELC)  
 1:30 Afternoon Matinee (MT)  
 2:00 **HPF** Walking Fitness Trail (ELC)  
 3:00 Come One Come All Bingo (ELC)  
 4:00 Legend's In Concert (MT)  
 6:00 **RSE** Shabbat Service (ELC)  
 6:30 Western Movie Night (MT)

**30**

9:00 **SCE** Daily Newsletter Highlight (TSR)  
 10:00 Nail Spa  
 11:30 **HPF** Upper and Lower Body Stretch  
 1:30 **CEA** Broadway Matinee  
 2:00 **HPF** Nu Step to a New You (FC)  
 3:30 Halloween Brain Challenges (ELC)  
 4:00 **LIS** Intranet Curriculum  
 6:00 Netflix® Viewers Choice (MT)

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**National Taco Day: Taco Bar**

Monday, October 4, 2:00 PM

**National Dessert Day:  
Sharing Recipes**

Thursday, October 14, 2:00 PM

**Halloween Costume Party**

Sunday, October 31, 1:00 PM



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**HALLOWEEN 31**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 11:00 **RSF** Sunday Devotional & Music  
 1:00 **SCE** Halloween Costume Party  
 2:00 **SCE** "This or That" Halloween Candy  
 3:00 **HPE** Walking Challenge  
 4:00 **CEA** Today's Music: Spooky Songs of Halloween  
 6:00 **SCE** Evening Movie



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**INTERNATIONAL COFFEE DAY 1**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge Launch  
 11:00 **SCE** Laughter Therapy  
 1:00 **CEA** Today's Music: Songs About October  
 2:00 **LIS** Zodiac & Horoscope of October  
 3:00 **HPE** Cardio Drumming Circle  
 4:00 **LIS** History of Coffee  
 6:00 **SCE** Evening Movie

**2**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Sensory Stimulation: Find The Pairs  
 1:00 **CEA** Today's Music: Bluegrass  
 2:00 **LIS** Roasts & Rhymes: Coffee Talks  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **SCE** Evening Movie

**3**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 11:00 **RSF** Sunday Devotional & Music  
 1:00 **SCE** Laughter Therapy  
 2:00 **CEA** Today's Music: History of the Twist  
 3:00 **HPE** Walking Challenge  
 6:00 **SCE** Evening Movie

**NATIONAL TACO DAY 4**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Fun Facts For The Day  
 1:00 **CEA** Today's Music: Radio Lingo Day  
 2:00 **SCE** National Taco Day: Taco Bar  
 3:00 **HPE** Lower Body Conditioning  
 4:00 **LIS** Word Wonders: Radio Terms and 10-Code  
 6:00 **SCE** Evening Movie

**5**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Literary Appreciation: Poetry  
 1:00 **CEA** Today's Music: "I Honestly Love You"  
 2:00 **CEA** Cooking/Baking  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 4:00 **SCE** Express Yourself: A Time For Love  
 6:00 **SCE** Evening Movie

**6**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 11:00 **RSF** Midweek Bible Study  
 1:00 **CEA** Today's Music: Walk of Fame  
 2:00 **SCE** Don't Worry Be Frappe Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **SCE** Evening Movie

**7**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning  
 11:00 **LIS** Literary Appreciation: Short Stories  
 1:00 **CEA** Today's Music: "The Musical - Grease"  
 2:00 Afternoon Games  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **SCE** Evening Movie

**8**  
 10:00 **SCE** Today's Events & Newsletters  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Laughter Therapy  
 1:00 **CEA** Today's Music: Drumming  
 2:00 **CPI** Clergy Appreciation Gifts  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Evening Movie

**9**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Sensory Stimulation: Find The Pairs  
 1:00 **CEA** Today's Music: "Imagine"  
 2:00 **SCE** Music History: The Beatles  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **SCE** Evening Movie

**CLERGY APPRECIATION DAY 10**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 11:00 **RSF** Sunday Devotional & Music  
 1:00 **SCE** Laughter Therapy  
 2:00 **CEA** Today's Music: Daydream Believer  
 3:00 **HPE** Walking Challenge  
 4:00 Clergy Facts & Health Benefits  
 6:00 **SCE** Evening Movie

**COLUMBUS DAY 11**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Fun Facts For The Day  
 1:00 **CEA** Today's Music: Robert Delt, Pianist  
 2:00 **LIS** Sing Across Canada: Ontario  
 3:00 **HPE** Lower Body Conditioning  
 4:00 **LIS** Learn About Columbus Day  
 6:00 **SCE** Evening Movie

**12**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Literary Appreciation: Poetry  
 1:00 **CEA** Today's Music: Pharrell Williams  
 2:00 **CEA** Cooking/Baking  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 4:00 **CEA** Creating Art From The Scents We Smell  
 6:00 **SCE** Evening Movie

**13**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 11:00 **RSF** Midweek Bible Study  
 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize  
 2:00 **SCE** Harvest Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **SCE** Evening Movie

**NATIONAL DESSERT DAY 14**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning - Beginner  
 11:00 **LIS** Literary Appreciation: Short Stories  
 1:00 **CEA** Today's Music: Ethel Merman, Broadway  
 2:00 **SCE** National Dessert Day: Sharing Recipes  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **SCE** Evening Movie

**15**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Laughter Therapy  
 1:00 **CEA** Today's Music: Stevie Wonder  
 2:00 **SCE** Reminiscing: Love At First Sight  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Evening Movie

**DICTIONARY DAY 16**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Sensory Stimulation: Find The Pairs  
 1:00 **CEA** Today's Music: Little Richard  
 2:00 **LIS** Word Wonders: Synonyms  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **SCE** Evening Movie

**17**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 11:00 **RSF** Sunday Devotional & Music  
 1:00 **SCE** Games  
 2:00 **CEA** Today's Music: Manfred Man  
 3:00 **HPE** Walking Challenge  
 6:00 **SCE** Evening Movie

**18**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Fun Facts For The Day  
 1:00 **CEA** Today's Music: Once On An Island Musical  
 2:00 **SCE** Reminiscing: Vacations Past  
 3:00 **HPE** Lower Body Conditioning  
 6:00 **SCE** Evening Movie

**19**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Literary Appreciation: Poetry  
 1:00 **CEA** Today's Music: The Sound of Music  
 2:00 **CEA** Cooking/Baking  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 4:00 **LIS** The Traditions & Science of Biscuits  
 6:00 **SCE** Evening Movie

**INTERNATIONAL CHEF DAY 20**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 11:00 **RSF** Midweek Bible Study  
 1:00 **CEA** Today's Music: Peter, Paul & Mary  
 2:00 **SCE** Pumpkin Spice Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 4:00 **LIS** Word Wonders: In The Kitchen Idioms  
 6:00 **SCE** Evening Movie

**21**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning - Beginner  
 11:00 **LIS** Literary Appreciation: Short Stories  
 1:00 **CEA** Today's Music: Rocky Top  
 2:00 **LIS** Sing Across America: Tennessee  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **SCE** Evening Movie

**22**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Laughter Therapy  
 1:00 **CEA** Today's Music: Music Venues, The Met, NY  
 2:00 **CEA** Music History: Iconic Music Venues  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Evening Movie

**NATIONAL ARTIST DAY 23**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Sensory Stimulation: Find The Pairs  
 1:00 **CEA** Today's Music: Adele "Hello"  
 1:30 **LIS** Word Wonders: "Hello" In Other Languages  
 2:00 **CEA** Pour Art  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **SCE** Evening Movie

**24**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Tai Chi: Balance & Posture  
 11:00 **RSF** Sunday Devotional & Music  
 1:00 **CEA** Today's Music: Paul McCartney  
 2:00 **CEA** Literary Appreciation: Poetry  
 3:00 **HPE** Walking Challenge  
 6:00 **SCE** Evening Movie

**25**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Fun Facts For The Day  
 1:00 **CEA** Today's Music: Composer Strauss II  
 2:00 **LIS** Music History: Classical  
 3:00 **HPE** Lower Body Conditioning  
 6:00 **SCE** Evening Movie

**26**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Literary Appreciation: Poetry  
 1:00 **CEA** Today's Music: Judy Garland  
 2:00 **CEA** Cooking/Baking  
 3:00 **HPE** Dance & Movement: Cowboy Charleston  
 4:00 **SCE** Express Yourself: Fall Fun  
 6:00 **SCE** Evening Movie

**U.S. NAVY DAY 27**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Upper Body Conditioning  
 11:00 **CPI** Celebrating Navy Day & Honoring Veterans  
 1:00 **CEA** Today's Music: Navy Songs  
 1:30 **RSF** Midweek Bible Study  
 2:00 **SCE** Spooktacular Happy Hour  
 3:00 **HPE** Tai Chi: Balance & Posture  
 6:00 **LIS** A History of the Star-Spangled Banner

**28**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Total Body Conditioning - Beginner  
 11:00 **LIS** Literary Appreciation: Short Stories  
 1:00 **CEA** Today's Music: The Supremes  
 2:00 **SCE** Games  
 3:00 **HPE** Dance & Movement: The Macarena  
 6:00 **SCE** Evening Movie

**29**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Walking Challenge  
 11:00 **SCE** Laughter Therapy  
 1:00 **CEA** Today's Music: Tina Turner  
 2:00 **CEA** Adult Coloring  
 3:00 **HPE** Cardio Drumming Circle  
 6:00 **SCE** Evening Movie

**30**  
 10:00 **SCE** Today's Events & Newsletter  
 10:30 **HPE** Flow Yoga  
 11:00 **LIS** Sensory Stimulation: Find The Pairs  
 1:00 **LIS** Music Appreciation: Marvin Gaye  
 2:00 **CEA** Today's Music: ... Through the Grapevine  
 3:00 **HPE** Posture and Stretch Fitness Class  
 6:00 **SCE** Evening Movie