

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Traveling to Maine by Mike Perry

Tuesday, October 5, 2:30 PM

Yoga with Karen Gaughan

Thursday, October 14, 2:00 PM

**Halloween Party with
Kalifornia Karl**

Sunday, October 31, 2:30 PM



OCTOBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
Halloween
 9:30 Depart for All Saints Episcopal Church (OUT)
 10:00 Depart for Lady of Good Council Church (OUT)
 10:00 Video Travel (LR)
 1:00 LIS Newsletter Highlight: US Candy Favorites (LR)
 1:30 HPF Tai Chi: Balance & Posture
 2:00 LIS Halloween Origins & Traditions (LR)
 2:30 SCE Halloween Party with Kalifornia Karl (LR)
 3:00 CEA Halloween Costume Contest (LR)
 3:00 SCE Spooktacular Happy Hour (LR)
 4:00 SCE Patriots vs Los Angeles (CR)
 6:30 Scary Movie Night (LR)



Atria ENGAGE LIFE®

- 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
 Outing OUT
 Patio PTO
 Community Room CR
 Country Kitchen CK
 Library LRY
 Life Guidance® LG
 Lobby LBY

STAFF KEY:
 Michelle ELPI
 Rob ELI

1
International Coffee Day
 9:30 LIS Newsletter Highlight: Coffee Economics (LR)
 10:00 HPF Total Body Conditioning - Advanced (LR)
 10:30 LIS Mind Joggers (LR)
 11:00 LIS Jigsaw Puzzles (CR)
 1:00 LIS Coffee Talks: Roast & Rhymes Part I (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 RSP Choral Group (LR)
 3:00 SCE Cocktail Hour (PTO)
 3:30 RSP Rosary (LR)
 6:30 Music & Fun with Eniko and Friends (LR)

2
 9:00 SCE Cribbage Club (CR)
 9:30 LIS Current Events (LR)
 10:00 HPF Strength and Balance Program (LR)
 10:30 LIS Collaborative Crossword Puzzles (LR)
 11:30 CPI Coups for the Troops (LR)
 1:00 LIS Coffee Talks: Roast & Rhymes Part II (LR)
 1:30 HPF Posture and Stretch Fitness Class (LR)
 2:00 Bingo (CR)
 3:00 HPF Weekend Walkers (LBY)
 3:30 RSP Rosary (LR)
 6:30 Netflix® Movie Night (LR)

3
 9:30 Depart for All Saints Episcopal Church (OUT)
 10:00 Depart for Lady of Good Council Church (OUT)
 10:00 LIS Video Travel (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 LIS Clergy: Facts and Health Benefits (LR)
 2:30 Hang Man (LR)
 3:00 SCE Ice Cream Sundae Social (PTO)
 3:30 RSP Rosary (LR)
 4:00 HPF Walking Club (LBY)
 6:30 Movie Night (LR)
 8:00 SCE Patriots vs Tampa Bay (CR)

4
National Golf Lovers Day
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Lower Body Conditioning (LR)
 10:30 LIS Brain Games (LR)
 11:00 HPF The Health Benefits of Golf (LR)
 1:00 LIS The Economics of Golf (LR)
 1:30 HPF Total Body Conditioning - Beginner (LR)
 2:00 SCE Bingo (CR)
 3:00 CEA Cocktails and Karaoke (LR)
 3:30 RSP Rosary (LR)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

5
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Flow Yoga (LR)
 10:00 CPI Flu Shot Clinic (LR)
 10:30 LIS History Fact-O-Pedia (LR)
 11:00 LIS Monthly Book Club (LR)
 1:30 HPF Total Body Conditioning - Advanced (LR)
 2:00 SCE Pocket Pool Golf (PTO)
 2:00 Shopping Trip to Stop and Shop (OUT)
 2:30 LIS Traveling to Maine by Mike Perry (CR)
 3:30 CPI Rosary (CR)
 4:00 HPF Walking Club (LBY)
 5:30 Scenic Drive (OUT) (ELI)

6
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Upper Body Conditioning (LR)
 10:30 CPI Sunshine Club Visits (LG)
 11:00 SCE New Resident Q & A with Stephanie (CR)
 11:00 LIS Book Club (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 Shopping Trip to the Dollar Store (LR)
 2:00 RSP Catholic Mass with Father Martin (CR)
 3:00 SCE Don't Worry Be Frappe Happy Hour (LR)
 3:30 RSP Rosary (LR)
 4:00 HPF Walking Club (LBY)
 6:00 CEA Open Art Class (CR)

7
National Frappe Day
 9:30 LIS Morning News and Discussion (LR)
 10:00 SCE Day Trip to Heritage Museum and Gardens (OUT)
 10:00 HPF Total Body Conditioning - Beginner (LR)
 10:30 LIS Jolt Your Memory (LR)
 1:00 LIS ODU: The Chemistry of Coffee (LR)
 1:30 HPF Lower Body Conditioning (LR)
 2:00 HPF Health and Wellness with Jill (LR)
 2:30 SCE Frappe Social (LR)
 3:00 SCE Left, Right, Center (CR)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

8
 9:30 LIS Eye Opener (LR)
 10:00 HPF Total Body Conditioning - Advanced (LR)
 10:30 LIS Word Games (LR)
 11:00 SCE Fall Pop-up Programs (LR)
 1:00 LIS Computer Class (CR)
 1:30 HPF Workout with Weights (LR)
 2:00 LIS Trivia Teasers (LR)
 2:30 SCE Cocktail Hour (PTO)
 3:00 Sing Along (LR)
 3:30 CPI Rosary (CR)
 6:30 Movie Night (LR)

9
 9:00 SCE Cribbage Club (CR)
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Flow Yoga (LR)
 10:30 LIS Never 2 Old 4 Games (LR)
 11:00 SCE Checkers Club (CR)
 1:30 HPF Posture and Stretch Fitness Class (LR)
 2:00 SCE Bingo (CR)
 3:00 HPF Weekend Walkers (LBY)
 3:30 CPI Rosary (LR)
 6:30 Netflix® Movie Night (LR)

10
Clergy Appreciation Day
 9:30 Depart for All Saints Episcopal Church (OUT)
 10:00 Depart for Lady of Good Council Church (OUT)
 10:00 LIS Video Travel (LR)
 1:00 SCE Patriots vs Houston (CR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 SCE Volleyball (PTO)
 3:00 SCE Rootbeer Floats and Corny Jokes (PTO)
 3:30 RSP Rosary (LR)
 4:00 HPF Walking Club at the Boardwalk (LBY)
 6:30 Movie Night (LR)

11
Columbus Day
 9:30 LIS Newsletter Highlight: Columbus Day Facts
 10:00 HPF Lower Body Conditioning (LR)
 10:30 LIS Name that Tune (LR)
 10:30 SCE Scrabble® Club (CR)
 1:30 HPF Posture and Stretch Fitness Class (LR)
 2:00 CPI A Token of Appreciation for Clergy (CR)
 2:00 SCE UNO® Card Club (CK)
 3:00 SCE Cocktail Hour (PTO)
 3:30 RSP Rosary (LR)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

12
 9:30 LIS Current Events and Discussion (LR)
 10:00 HPF Flow Yoga (LR)
 10:30 LIS iPad® Quizoid (LR)
 11:00 CPI Engage Life® Planning Meeting (LR)
 1:30 HPF Upper Body Conditioning (LR)
 2:00 SCE Prof. Hylander's Historical Presentation (CR)
 2:00 Shopping Trip to CVS (OUT)
 2:30 HPF Dance Class-The Macarena (LR)
 3:30 CPI Rosary (LR)
 4:00 HPF Local Walking Club
 4:30 SCE Dinner at The Chantey (OUT) (ELI)
 6:30 Movie Night (LR)

13
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Upper Body Conditioning (LR)
 10:30 LIS Remember When? (LR)
 11:00 LIS Book Club (LR)
 12:00 SCE Veteran's Club Pizza and Beer Luncheon (CR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 SCE Bingo (CR)
 3:00 SCE Harvest Happy Hour (LR)
 3:30 RSP Rosary (CR)
 6:30 CPI Project Linus Knitting Club (LR)

14
 9:30 LIS News Update (LR)
 10:00 HPF Total Body Conditioning - Beginner (LR)
 10:30 LIS Brain Drain (LR)
 10:30 SCE Trip to the Franklin Park Zoo (OUT)
 11:00 SCE Fall Pop-up Programs (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 HPF Yoga with Karen Gaughan (CR)
 3:00 CEA Halloween Craft (CR)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

15
 9:30 LIS Eye Opener (LR)
 10:00 HPF Total Body Conditioning - Advanced (LR)
 10:30 LIS State Capitols Memory Game (LR)
 11:30 SCE Jigsaw Puzzles (LRY)
 1:30 HPF Light and Lively Fitness (LR)
 2:00 RSP Worship Service with Reverend Gray (LR)
 2:00 SCE Backgammon Club (CR)
 3:00 SCE Cocktail Cart (LR)
 3:30 CPI Rosary (CR)
 6:30 Movie Night (LR)

16
Dictionary Day
 9:00 SCE Cribbage Club (CR)
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Total Body Conditioning - Beginner (LR)
 10:30 LIS Word Wonders: Homonyms and Synonyms (LR)
 1:30 HPF Posture and Stretch Fitness Class (LR)
 2:00 SCE Bingo
 3:00 HPF Weekend Walkers (LBY)
 3:30 RSP Rosary (LR)
 6:30 Saturday Night at the Movies (LR)

17
 9:30 Depart for All Saints Episcopal Church (OUT)
 10:00 Depart for Lady of Good Council Church (OUT)
 10:00 LIS Video Travel (LR)
 1:00 LIS The Science of Making Biscuits (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 LIS Fractured Phrases (LR)
 3:00 HPF Walking Club (LBY)
 3:30 CPI Rosary (LR)
 4:30 SCE Patriots vs Dallas (CR)
 6:30 Movie Night (LR)

18
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Move it or Lose it! (LR)
 10:30 LIS Brain Games (LR)
 11:00 LIS Book Club (LR)
 1:30 HPF Lower Body Conditioning (LR)
 2:00 SCE Laughter Therapy (LR)
 3:00 SCE Cocktail Hour (LR)
 3:30 CPI Rosary (LR)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

19
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Flow Yoga (LR)
 10:30 LIS Trivia Teasers (LR)
 11:30 CPI Ambassador Club Meeting and Luncheon (CR)
 1:30 HPF Total Body Conditioning - Advanced (LR)
 2:00 Performance by Josef Nocera (LR)
 2:00 Shopping Trip to Stop and Shop (OUT)
 3:00 LIS Outrageous Lawsuits (LR)
 3:30 CPI Rosary (LR)
 6:00 CPI Career Connections Club (LR) (ELI)

20
International Chef's Day
 9:30 LIS Headline News (LR)
 10:00 HPF Upper Body Conditioning (LR)
 10:30 LIS Password (LR)
 1:00 LIS Food Science: The Maillard Reaction (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 SCE Scrabble® Club (CK)
 2:00 SCE Bingo (CR)
 3:00 SCE Pumpkin Spice Tea Party (CR)
 3:00 HPF Dance & Movement: Electric Slide (LR)
 3:30 RSP Rosary (CR)
 6:00 CEA Halloween Art Class (CR) (Rob)

21
 9:30 LIS News Update (LR)
 10:00 HPF Total Body Conditioning - Beginner (LR)
 10:30 LIS Google™ Earth (LR)
 10:30 SCE Foliage Trip and Luncheon (OUT)
 11:00 SCE Fall Pop-up Programs (LR)
 11:00 LIS Book Club (LR)
 1:30 HPF Posture and Stretch Fitness Class (LR)
 2:00 CPI Food For Thought - Culinary Led (LR)
 2:30 CEA Pumpkin Decorating Staff/Residents (CR)
 3:30 SCE Quotes, Jokes and Ridiculous Riddles (LR)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

22
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Lower Body Conditioning (LR)
 10:30 LIS Wii®-Wheel of Fortune (LR)
 1:00 LIS Computer Class (CR)
 1:30 HPF Total Body Conditioning - Advanced (LR)
 2:00 LIS Who Wants to be a Millionaire? (LR)
 2:30 SCE Cocktail Hour (PTO)
 3:30 CPI Rosary (LR)
 6:30 Movie Night (LR)

23
 9:00 SCE Cribbage Club (CR)
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Posture and Stretch Fitness Class (LR)
 10:30 LIS Collaborative Crosswords (LR)
 1:30 HPF Strength and Balance Class (LR)
 2:00 SCE Bingo (CR)
 3:00 HPF Weekend Walkers (LR)
 3:30 CPI Rosary (LR)
 6:30 Saturday Night at the Movies (LR)

24
 9:30 Depart for All Saints Episcopal Church (OUT)
 10:00 Depart for Lady of Good Council Church (OUT)
 10:00 LIS Video Travel (LR)
 1:00 SCE Patriots vs New York (CR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 LIS Zodiac & Horoscope of October (LR)
 2:30 CEA Choral Group (LR)
 3:00 Scenic Drive (OUT)
 3:30 CPI Rosary (LR)
 4:00 HPF Walking Club (LBY)
 6:30 Movie Night (LR)

25
International Artist Day
 9:30 LIS News Update (LR)
 10:00 HPF Lower Body Conditioning (LR)
 10:30 LIS Brain Fitness (LR)
 11:00 CPI Sunshine Club Visits (LG)
 1:30 HPF Strength and Balance Program (LR)
 2:00 LIS Match Game (LR)
 2:30 CEA Karaoke and Cocktails (LR)
 3:30 RSP Rosary (LR)
 4:00 LIS ODU: 5 Important Paintings
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR)

26
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Flow Yoga (LR)
 10:30 LIS Scattergories® (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 CPI Resident Council Meeting (LR)
 2:00 SCE Scrabble® Club (CR)
 2:30 SCE October Birthday Party (LR)
 3:00 LIS Exploring Facebook® (LR)
 3:30 RSP Rosary (LR)
 6:30 RSP Choral Group (LR) (ELI)

27
 9:30 LIS Morning News and Discussion (LR)
 10:00 HPF Upper Body Conditioning (LR)
 10:30 LIS Family Feud™ (LR)
 11:00 CEA Music History: Iconic Music Venues (LR)
 1:30 HPF Tai Chi: Balance & Posture (LR)
 2:00 SCE Bingo (CR)
 3:00 CEA Karaoke and Cocktails (LR)
 4:00 RSP Rosary (LR)
 6:30 CEA Paint Night (LR)

28
 9:30 LIS News Update (LR)
 10:00 HPF Total Body Conditioning - Beginner (LR)
 10:30 LIS Brain Box Challenge (LR)
 11:00 SCE Fall Pop-up Programs (LR)
 11:00 SCE Trip to Isabella Stewart Gardner Museum (OUT)
 1:30 HPF Total Body Conditioning - Beginner (PTO)
 2:00 LIS Music History of the 30's by John Clark (CR)
 2:00 Shopping Trip to CVS (OUT)
 4:00 HPF Moving For Memory: Walking Challenge (LBY)
 6:30 Movie Night (LR) (Rob)

29
 9:30 LIS Current Events (LR)
 10:00 HPF Exercise Class with Bands (LR)
 10:30 LIS Crossword Puzzles (LR)
 1:00 LIS Computer Lessons (CR)
 1:30 HPF Total Body Conditioning - Advanced (LR)
 2:00 SCE Brain Challenge: Halloween (LR)
 3:00 SCE Happy Hour (LR)
 3:30 CPI Rosary (LR)
 6:30 Movie Night (CR)

30
 9:00 SCE Cribbage Club (CR)
 9:30 LIS Eye Opener (LR)
 10:00 HPF Posture and Stretch Fitness Class (LR)
 10:30 LIS Continuing Education (LR)
 1:30 HPF Total Body Conditioning - Advanced (LR)
 2:00 SCE Bingo (CR)
 3:00 LIS History 101 (LR)
 3:30 CPI Rosary (LR)
 6:30 Movie Night (LR)

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LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Clergy Appreciation Gifts

Friday, October 8, 2:00 PM

Performance by Josef Nocera

Tuesday, October 19, 2:00 PM

Halloween Party

with Kalifornia Karl

Sunday, October 31, 2:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HALLOWEEN 31
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 11:15 **SCE** "This or That" Halloween Candy
 1:00 **CEA** Today's Music: Spooky Songs of Halloween
 1:00 **LIS** Daily Inspirations
 2:00 **LIS** Origins & History of Halloween
 2:30 **SCE** Halloween Party with Kalifornia Karl
 3:00 **HPF** Walking Challenge
 6:00 **RSF** Bible Study



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INTERNATIONAL COFFEE DAY 1
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge Launch
 1:00 **LIS** Daily Inspirations
 1:30 **LIS** Zodiac & Horoscope of October
 2:00 **LIS** Walt Disney Resorts Behind the Scenes
 2:30 **CEA** Today's Music: Songs About October
 3:00 **SCE** Co-Op Crossword
 4:00 **CEA** Coloring the Season
 6:00 **CEA** Movie Night

2
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Daily Inspirations
 1:30 **HPF** Moving and Grooving with Jolane
 2:15 **A/C** Trivia
 2:30 **CEA** Today's Music: Bluegrass
 3:00 **Bingo**
 4:00 **LIS** Twilight Zone
 6:00 **SCE** Movie Night

3
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Strength and Balance Program with Tricia
 2:30 **SCE** Giant Bowling
 3:00 **CEA** Today's Music: History of the Twist
 3:00 **Mickey Mouse Club Premiered**
 3:30 **CEA** Music with Tricia
 4:00 **SCE** Finishing Lines
 6:00 **RSF** Bible Study

4
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Flow Yoga with Tricia
 2:00 **CEA** Today's Music: Radio Lingo Day
 2:00 **LIS** Word Wonders: Radio Terms and 10-Code
 2:30 **SCE** Name 10
 3:00 **Bingo**
 4:00 **Music of Your Life**
 6:00 **Movie Night- Annie**

WORLD TEACHERS DAY 5
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: "I Honestly Love You"
 1:00 **LIS** Daily Inspirations
 1:30 **SCE** Baking with Tricia
 2:00 **SCE** Express Yourself: A Time For Love
 2:30 **HPF** Flow Yoga with Tricia
 3:00 **HPF** Dance & Movement: Cowboy Charleston
 3:00 **CEA** The Artist In Me
 6:00 **LIS** Literary Appreciation: Poetry

6
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Today's Music: Walk of Fame
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Tai Chi: Balance & Posture
 2:00 **RSF** Mass with Fr. Martin
 3:00 **Bingo**
 4:00 **SCE** Don't Worry Be Frappe Happy Hour
 6:00 **RSF** Midweek Bible Study

NATIONAL FRAPPE DAY 7
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Dance & Movement: The Macarena
 2:30 **LIS** Literary Appreciation: Short Stories
 3:00 **Karaoke**
 4:00 **Music of Your Life**
 6:00 **CEA** Today's Music: The Musical - "Grease"

8
 10:00 **SCE** Today's Events & Newsletters
 10:30 **HPF** Walking Challenge
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Dance Class: Git Up and Dance
 2:00 **CPI** Clergy Appreciation Gifts
 2:15 **SCE** Co-Op Crosswords
 3:00 **CEA** Today's Music: Drumming
 3:00 **CEA** Coloring the Season
 6:00 **SCE** Laughter Therapy

9
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: "Imagine"
 1:00 **LIS** Daily Inspirations
 1:30 **SCE** A/C Trivia
 2:30 **SCE** Music History: The Beatles
 3:00 **Bingo**
 3:00 **HPF** Posture and Stretch Fitness Class
 4:00 **Your Hit Parade**
 6:00 **LIS** Sensory Stimulation: Find The Pairs

CLERGY APPRECIATION DAY 10
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Today's Music: Daydream Believer
 1:00 **LIS** Daily Inspirations
 3:00 **HPF** Walking Challenge
 3:30 **CEA** Music with Tricia
 6:00 **RSF** Bible Study

COLUMBUS DAY 11
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Today's Music: Robert Delt, Pianist
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Lower Body Conditioning
 2:00 **LIS** Sing Across Canada: Ontario
 2:30 **SCE** Name 10
 3:00 **Bingo**
 4:00 **SCE** Target Toss
 6:00 **SCE** Fun Facts For The Day

12
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: Pharrell Williams
 1:00 **LIS** Daily Inspirations
 1:30 **CEA** Cooking/Baking with Tricia
 2:30 **CEA** The Artist In Me
 3:00 **HPF** Dance & Movement: Cowboy Charleston
 3:30 **HPF** Balloon Volley
 6:00 **LIS** Literary Appreciation: Poetry

13
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Tai Chi: Balance & Posture
 2:00 **SCE** Harvest Happy Hour
 3:00 **Bingo**
 4:00 **LIS** Buried Alive- Chile Mine Rescue
 6:00 **RSF** Midweek Bible Study

14
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Today's Music: Ethel Merman, Broadway
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Dance & Movement: The Macarena
 2:30 **SCE** Trivia
 3:00 **CEA** Music with Tricia
 4:00 **LIS** Gulf of Ob, Snowballs
 6:00 **LIS** Literary Appreciation: Short Stories

15
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 1:00 **LIS** Daily Inspirations
 1:30 **SCE** Reminiscing: Love At First Sight
 2:00 **CEA** Today's Music: Stevie Wonder
 2:15 **SCE** Co-Op Crosswords
 3:00 **HPF** Cardio Drumming Circle
 3:00 **CEA** Coloring the Season
 6:00 **SCE** Laughter Therapy

WORLD CAT DAY 16
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: Little Richard
 1:00 **LIS** Daily Inspirations
 1:30 **A/C** Trivia
 2:00 **LIS** Word Wonders: Synonyms
 3:00 **Bingo**
 3:00 **HPF** Posture and Stretch Fitness Class
 4:00 **Angela Lansbury**
 6:00 **LIS** Sensory Stimulation: Find The Pairs

17
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Today's Music: Manfred Man
 1:00 **LIS** Daily Inspirations
 1:30 **CEA** Quirky Song Titles
 3:00 **HPF** Walking Challenge
 3:30 **CEA** Music with Tricia
 6:00 **RSF** Bible Study

18
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Today's Music: Once On An Island Musical
 1:00 **LIS** Daily Inspirations
 1:30 **SCE** Reminiscing: Vacations Past
 2:30 **SCE** Name 10
 3:00 **Bingo**
 3:00 **HPF** Lower Body Conditioning
 4:00 **HPF** Balloon Volley Ball
 6:00 **SCE** Fun Facts For The Day

19
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: The Sound of Music
 1:00 **LIS** Daily Inspirations
 2:00 **SCE** Performance by Josef Nocera
 2:00 **LIS** The Traditions & Science of Biscuits
 3:00 **HPF** Dance & Movement: Cowboy Charleston
 3:00 **CEA** The Artist In Me
 6:00 **LIS** Literary Appreciation: Poetry

INTERNATIONAL CHEF DAY 20
 7:00 **SCE** Finishing Lines
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Tai Chi: Balance & Posture
 2:00 **CEA** Today's Music: Peter, Paul & Mary
 2:00 **LIS** Word Wonders: In the Kitchen Idioms
 2:00 **SCE** Pumpkin Spice Happy Hour
 3:00 **Bingo**
 6:00 **RSF** Midweek Bible Study

PUMPKIN CHEESECAKE DAY 21
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Today's Music: Rocky Top
 1:00 **LIS** Daily Inspirations
 2:00 **LIS** Sing Across America: Tennessee
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **LIS** Literary Appreciation: Short Stories

22
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 1:00 **CEA** Today's Music: Music Venues, The Met, NY
 1:00 **LIS** Daily Inspirations
 1:30 **CEA** Music History: Iconic Music Venues
 2:15 **SCE** Co-Op Crosswords
 3:00 **HPF** Cardio Drumming Circle
 3:00 **CEA** Coloring the Seasons
 6:00 **SCE** Laughter Therapy

NATIONAL ARTIST DAY 23
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **CEA** Today's Music: Adele "Hello"
 1:00 **LIS** Daily Inspirations
 1:30 **CEA** A/C Trivia
 1:30 **LIS** Word Wonders: "Hello" In Other Languages
 2:00 **CEA** Pour Art
 3:00 **Bingo**
 3:00 **HPF** Posture and Stretch Fitness Class
 4:00 **SCE** Johnny Carson Last Show
 6:00 **LIS** Sensory Stimulation: Find The Pairs

24
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Tai Chi: Balance & Posture
 1:00 **CEA** Today's Music: Paul McCartney
 1:00 **LIS** Daily Inspirations
 1:30 **CEA** Literary Appreciation: Poetry
 3:00 **HPF** Walking Challenge
 3:30 **Music with Tricia**
 6:00 **RSF** Bible Study

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

26
 10:00 **SCE** Today's Events & Newsletter
 1:00 **CEA** Today's Music: Judy Garland
 1:00 **LIS** Daily Inspirations
 1:30 **SCE** Baking with Trisha
 2:00 **SCE** Express Yourself: Fall Fun
 2:30 **HPF** Flow Yoga
 3:00 **HPF** Dance & Movement: Cowboy Charleston
 3:00 **CEA** The Artist In Me
 4:00 **Music of Your Life**
 6:00 **LIS** Literary Appreciation: Poetry

U.S. NAVY DAY 27
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Upper Body Conditioning
 11:00 **CPI** Celebrating Navy Day & Honoring Veterans
 1:00 **LIS** Daily Inspirations
 1:30 **HPF** Tai Chi: Balance & Posture
 2:00 **CEA** Today's Music: Navy Songs
 2:00 **SCE** Spooktacular Happy Hour
 3:00 **Bingo**
 4:00 **SCE** Finishing Lines
 6:00 **RSF** Midweek Bible Study

28
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Total Body Conditioning - Beginner
 1:00 **CEA** Today's Music: The Supremes
 1:00 **LIS** Daily Inspirations
 2:15 **SCE** Musical Hangman
 3:00 **HPF** Dance & Movement: The Macarena
 6:00 **LIS** Literary Appreciation: Short Stories

29
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Walking Challenge
 1:00 **LIS** Daily Inspirations
 1:30 **SCE** Co-Op Crossword
 2:15 **SCE** Musical Hangman
 3:00 **HPF** Cardio Drumming Circle
 3:00 **CEA** Today's Music: Tina Turner
 3:00 **CEA** Coloring the Season
 4:00 **Your Hit Parade**
 6:00 **SCE** Laughter Therapy

30
 10:00 **SCE** Today's Events & Newsletter
 10:30 **HPF** Flow Yoga
 1:00 **LIS** Daily Inspirations
 1:00 **LIS** Music Appreciation: Marvin Gaye
 1:30 **CEA** Today's Music: ...Through the Grapevine
 3:00 **Bingo**
 3:00 **HPF** Posture and Stretch Fitness Class
 4:00 **SCE** War of the Worlds 1938
 6:00 **LIS** Sensory Stimulation: Find The Pairs