

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Nifty 50's & 60's White Fence Farm

Friday, October 15, 10:45 AM

Pumpkin Spice Happy Hour

Wednesday, October 20, 2:00 PM

**Sandi Haynes Spooky
Spectacular Show**

Wednesday, October 27, 3:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31
Halloween
10:00 **HPF** Tai Chi: Balance & Posture (FSR)
11:00 **LIS** Newsletter Highlight: US Candy Favorites (T)
2:00 **SCE** Brain Challenge: Halloween (T)
3:00 **CEA** Halloween Costume Contest (B)
4:00 **HPF** Walking Club



- 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:
Bistro B
Engage Life® Center ELC
Great Room GR
Outing O
Theater/Chapel T
Four Seasons Room FSR

STAFF KEY:
Driver
D

1
International Coffee Day
10:00 **RSF** Bible Study Series: Part I (FSR)
10:30 **HPF** Total Body Conditioning - Advanced (GR)
10:30 **SCE** Morton Arboretum (O)
3:00 **SCE** Poker Club (GR)
4:00 **HPF** Walking Challenge Monthly Launch
6:30 Movie (T)

2
10:00 **LIS** Newsletter Highlight: Coffee Economics (FSR)
10:30 **HPF** Cardio Drumming Circle (FSR)
11:00 **SCE** L-C-R Dice Game (ELC)
2:00 **CEA** Art Class Project (ELC)
3:00 **LIS** Fabulous Food Facts (T)
4:00 **HPF** Posture and Stretch Fitness Class (FSR)
6:30 Movie (T)

3
9:30 **LIS** Coffee Talks: Roast & Rhymes Part I (B)
10:00 **HPF** Tai Chi: Balance & Posture (FSR)
11:00 Bowling (T)
2:00 **CEA** Creating Art from the Scents We Smell (ELC)
3:00 **SCE** Learn Card Game "31" (ELC)
4:00 **HPF** Walking Club
6:30 Movie (T)

4
National Golf Lovers Day
9:15 Jewel Trip (O) (D)
10:00 **HPF** Lower Body Conditioning (FSR)
10:45 Walgreens Trip (O) (D)
11:00 **HPF** The Health Benefits of Golf (ELC)
12:00 **SCE** Just Lunch-Olive Garden (O)
2:00 **LIS** The Economics of Golf (T)
3:00 **SCE** Entertainment: Heather Braoudakis (B)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 Biography (T)

5
10:00 **HPF** Strength and Balance Fitness (FSR)
11:00 **LIS** Tech Class (ELC)
2:00 Bingo (ELC)
3:00 **LIS** Coffee Talks: Roast & Rhymes Part II (B)
4:00 **HPF** Dance & Movement: Cowboy Charleston (FSR)
6:30 Downton Abbey (T)

6
9:15 Kohls Trip (O)
10:30 **HPF** Upper Body Conditioning (FSR)
10:45 Aldi Trip (O) (D)
11:00 **LIS** Brain Games (T)
2:00 **SCE** Don't Worry Be Frappe Happy Hour (B)
4:00 **HPF** Tai Chi: Balance & Posture (FSR)
6:30 Movie (T)

7
National Frappe Day
10:00 **HPF** Total Body Conditioning - Beginner (FSR)
10:30 **RSF** Catholic Communion (GR)
11:00 **RSF** Rosary Group (GR)
2:00 **LIS** ODU: The Chemistry of Coffee (T)
3:00 **SCE** Fall Pop-up Programs (ELC)
4:00 **HPF** Dance & Movement: Cowboy Charleston (FSR)
6:30 Movie (T)

8
10:00 **RSF** Bible Study Series: Part II (FSR)
10:30 **HPF** Total Body Conditioning - Advanced (FSR)
10:30 **SCE** Brookfield Zoo (O)
2:00 **RSF** PAWSitive Therapy Troupe (ELC)
3:00 **SCE** Poker Club (GR)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 Movie (T)

9
10:00 **HPF** Cardio Drumming Circle (FSR)
11:00 **SCE** L-C-R Dice Game (ELC)
11:00 **LIS** Clergy: Facts and Health Benefits (FSR)
2:00 **CEA** Art Class (ELC)
3:00 **LIS** Fabulous Food Facts (T)
4:00 **HPF** Posture and Stretch Fitness Class (FSR)
6:30 Movie (T)

10
Clergy Appreciation Day
10:00 **HPF** Tai Chi: Balance & Posture (FSR)
11:00 Bowling (T)
2:00 **CPI** A Token of Appreciation for Clergy (ELC)
3:00 **CEA** Fall Pine Cone Wreath Project (ELC)
4:00 **HPF** Walking Club
6:30 Movie (T)

11
Columbus Day
9:15 Jewel Trip (O)
10:00 **HPF** Lower Body Conditioning (FSR)
10:45 Walgreens Trip (O)
11:00 **LIS** Tech Class (ELC)
12:00 **SCE** Just Lunch-Charlie's Restaurant (O)
2:00 **LIS** Book Club (FSR)
3:00 **LIS** Newsletter Highlight: Columbus Day Facts (T)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 Biography (T)

12
10:00 **HPF** Strength and Balance Fitness (FSR)
11:00 **LIS** Brain Games (T)
2:00 Bingo (ELC)
4:00 **HPF** Dance & Movement: Cupid Shuffle (FSR)
6:30 Downton Abbey (T)

13
9:15 Walmart (O) (D)
10:00 **HPF** Upper Body Conditioning (FSR)
10:45 Dollar Store (O)
11:00 **LIS** Brain Games (T)
2:00 **SCE** Harvest Happy Hour (B)
4:00 **HPF** Tai Chi: Balance & Posture (FSR)
6:30 **SCE** Entertainment: Floyd Andrew-Pianist (B)
6:30 Movie (T)

14
10:00 **HPF** Total Body Conditioning - Beginner (FSR)
10:30 **RSF** Catholic Communion (GR)
11:00 **RSF** Rosary Group (GR)
1:00 **LIS** Fountaindale Library Drop Off
2:00 **SCE** Fall Pop-up Programs (ELC)
3:00 **CPI** Resident Council Meeting (ELC)
4:00 **HPF** Dance & Movement: Cupid Shuffle (FSR)
6:30 Movie (T)

15
10:00 **RSF** Bible Study Series: Part III (FSR)
10:30 **HPF** Total Body Conditioning - Advanced (FSR)
10:45 **SCE** Nifty 50's & 60's White Fence Farm (O)
3:00 **SCE** Poker Club (GR)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 Movie (T)

16
Dictionary Day
10:00 **HPF** Cardio Drumming Circle (FSR)
11:00 **SCE** L-C-R Dice Game (ELC)
2:00 **CEA** Art Class Project (ELC)
3:00 **LIS** Word Wonders: Homonyms and Synonyms (ELC)
4:00 **HPF** Posture and Stretch Fitness Class (FSR)
6:30 Movie (T)

17
10:00 **HPF** Tai Chi: Balance & Posture
11:00 Bowling (T)
2:00 **LIS** The Science of Making Biscuits (T)
3:00 **CEA** Creating Tile Coasters (ELC)
4:00 **HPF** Walking Club
6:30 Movie (T)

18
9:15 Jewel Trip (O)
10:00 **HPF** Lower Body Conditioning (FSR)
10:45 Walgreens Trip (O)
11:00 **LIS** Tech Class (ELC)
12:00 **SCE** Just Lunch-Red Lobster (O)
3:00 **SCE** Entertainment: Larry Levin (B)
4:00 **HPF** Moving For Memory: Walking Challenge

19
10:00 **HPF** Flow Yoga
11:00 **LIS** Brain Games (T)
2:00 Bingo (ELC)
3:00 **CPI** Career Connections Club (FSR)
4:00 **HPF** Dance & Movement: Electric Slide (FSR)
6:30 Downton Abbey (T)

20
WEAR ORANGE TODAY!
International Chefs Day
9:15 Meijer Trip (O)
10:00 **HPF** Upper Body Conditioning (FSR)
10:45 Aldi Trip (O)
11:00 **CPI** Food For Thought - Culinary Led (ELC)
1:00 **LIS** Food Science: The Maillard Reaction (ELC)
2:00 **SCE** Pumpkin Spice Happy Hour (B)
4:00 **HPF** Tai Chi: Balance & Posture (B)
6:30 Movie (T)

21
10:00 **HPF** Total Body Conditioning - Beginner (FSR)
10:30 **RSF** Catholic Communion (GR)
11:00 **RSF** Rosary Group (GR)
2:00 **CPI** Engage Life® Planning Meeting (ELC)
3:00 **SCE** Fall Pop-up Programs (ELC)
4:00 **HPF** Dance & Movement: Electric Slide (FSR)
6:30 Movie (T)

22
10:00 **RSF** Bible Study Series: Part IV (FSR)
10:00 **HPF** Moving For Memory: Walking Challenge
10:30 **SCE** Fredenhagen Park (O)
2:00 **RSF** PAWSitive Therapy Troupe (ELC)
3:00 **SCE** Poker Club (GR)
4:00 **HPF** Total Body Conditioning - Advanced
6:30 Movie (T)

23
10:00 **HPF** Cardio Drumming Circle (FSR)
11:00 **SCE** L-C-R Dice Game (ELC)
2:00 **CEA** Art Class Project: Halloween (ELC)
3:00 **LIS** Fabulous Food Facts (T)
4:00 **HPF** Posture and Stretch Fitness Class (FSR)
6:30 Movie (T)

24
10:00 **HPF** Tai Chi: Balance & Posture
11:00 Bowling (T)
2:00 **LIS** ODU: 5 Important Paintings (T)
3:00 **CEA** Halloween Hat Craft (ELC)
4:00 **HPF** Walking Club
6:30 Movie (T)

25
International Artist Day
9:15 Jewel Trip (O)
10:00 **HPF** Lower Body Conditioning (FSR)
10:45 Walgreens trip (O)
11:00 **LIS** Tech Class (ELC)
12:00 **SCE** Just Lunch-Home Run Inn (O)
2:00 **LIS** Zodiac & Horoscope of October
3:00 **RSF** Catholic Matinee (T)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 Biography (T)

26
10:00 **HPF** Flow Yoga
11:00 **LIS** Brain Games (T)
2:00 Bingo (ELC)
3:00 **CEA** Music History: Iconic Music Venues (T)
4:00 **HPF** Dance & Movement: The Git Up Line Dance (FSR)
4:00 **SCE** Fine Dining Club-Francesca's (O)
6:30 Downton Abbey (T)

27
WEAR ORANGE/BLACK & YOUR HALLOWEEN HAT
9:15 Target Trip (O)
10:00 **HPF** Upper Body Conditioning (FSR)
10:45 Dollar Store (O)
11:00 **LIS** Brain Games (T)
2:00 **SCE** Spooktacular Happy Hour (B)
3:00 **SCE** Sandi Haynes Spooky Spectacular Show (B)
4:00 **HPF** Tai Chi: Balance & Posture (FSR)
6:30 Movie (T)

28
10:00 **HPF** Total Body Conditioning - Beginner (FSR)
10:30 **RSF** Catholic Communion (GR)
11:00 **RSF** Rosary Group (GR)
1:00 **LIS** Fountaindale Library Drop Off
2:00 **CPI** Ambassador Club Meeting (ELC)
3:00 **SCE** Fall Pop-up Programs (ELC)
4:00 **HPF** Dance & Movement: The Git Up Line Dance (FSR)
6:30 Movie (T)

29
10:00 **RSF** Bible Study Series: Part V (FSR)
10:30 **HPF** Total Body Conditioning - Advanced (FSR)
10:30 **SCE** Haunted Bus Trip & Lunch (O)
3:00 **SCE** Poker Club (GR)
4:00 **HPF** Moving For Memory: Walking Challenge
6:30 Movie (T)

30
10:00 **HPF** Cardio Drumming Circle (FSR)
11:00 **LIS** Halloween Origins & Traditions (T)
2:00 **CEA** Art Class Project (ELC)
3:00 **LIS** Fabulous Food Facts Halloween Edition (T)
4:00 **HPF** Posture and Stretch Fitness Class (FSR)

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Mason Jar Lantern Project

Tuesday, October 5, 2:30 PM

**Celebrating Navy Day
& Honoring Veterans**

Wednesday, October 27, 11:00 AM

Spooktacular Happy Hour

Wednesday, October 27, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



- 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:
 Life Guidance® LG
 Outing O

STAFF KEY:
 RSA
 Driver D
 Paxxon Healthcare Services PAX
 Gena Taveggia ELD
 Lindsay Melichar LM

INTERNATIONAL COFFEE DAY 1
 10:00 **SCE** Today's Events & Newsletter (RSA)
 10:30 **HPF** Don't Quit Stay Fit with Paxxon (PAX)
 1:00 **CEA** Today's Music: Songs About October (RSA)
 1:30 **HPF** Walking Challenge Launch (RSA)
 1:30 **LIS** Zodiac & Horoscope of October (ELD)
 3:00 **HPF** Cardiac Drumming Circle (RSA)
 6:00 **SCE** Laughter Therapy (RSA)

2
 10:00 **SCE** Today's Events & Newsletter (RSA)
 10:30 **HPF** Flow Yoga (RSA)
 1:00 **CEA** Today's Music: Bluegrass (RSA)
 2:00 **LIS** Roasts & Rhymes: Coffee Talks (RSA)
 3:00 **HPF** Posture and Stretch Fitness Class (RSA)
 6:00 **LIS** Sensory Stimulation: Find the Pairs (RSA)

3
 9:30 **RSF** Spiritual Mass (LM)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Tai Chi: Balance & Posture (LM)
 1:00 **CEA** Today's Music: History of the Twist (LM)
 2:30 **Bingo** (LM)
 3:00 **HPF** Walking Challenge (LM)
 6:00 **RSF** Bible Study (RSA)
 6:00 **SCE** The Golden Girls (RSA)

4
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Walking Challenge (LM)
 1:00 **CEA** Today's Music: Radio Lingo Day (LM)
 2:00 **LIS** Word Wonders: Radio Terms and 10-Code (LM)
 3:00 **HPF** Lower Body Conditioning (RSA)
 6:00 **SCE** Fun Facts for The Day (RSA)

5
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Flow Yoga (LM)
 11:00 **Nails Day** (LM)
 1:00 **CEA** Today's Music: "I Honestly Love You" (LM)
 1:30 **SCE** Express Yourself: A Time for Love (LM)
 2:30 **CEA** Mason Jar Lantern Project (LM)
 3:00 **HPF** Dance & Movement: Cowboy Charleston (LM)
 6:00 **LIS** Literary Appreciation: Poetry (RSA)

6
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Group Fitness with Paxxon (PAX)
 1:00 **CEA** Today's Music: Walk of Fame (LM)
 1:30 **HPF** Upper Body Conditioning (LM)
 2:00 **SCE** Around Town (O) (D)
 2:00 **SCE** Don't Worry Be Frappe Happy Hour (LG) (LM)
 3:00 **HPF** Tai Chi: Balance & Posture (LM)
 6:00 **RSF** Midweek Bible Study (RSA)

NATIONAL FRAPPE DAY 7
 10:00 **RSF** Catholic Communion Services (LM)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Total Body Conditioning (LM)
 10:30 **RSF** Rosary Group (LM)
 1:00 **CEA** Today's Music: "The Musical - Grease" (LM)
 2:30 **Bingo!** (LM)
 3:00 **HPF** Dance & Movement: The Macarena (LM)
 6:00 **LIS** Literary Appreciation: Short Stories (RSA)

8
 10:00 **SCE** Today's Events & Newsletters (RSA)
 10:30 **HPF** Walking Challenge (RSA)
 10:30 **HPF** Don't Quit Stay Fit with Paxxon (PAX)
 1:00 **CEA** Today's Music: Drumming (RSA)
 2:00 **CPI** Clergy Appreciation Gifts (ELD)
 3:00 **HPF** Cardiac Drumming Circle (RSA)
 6:00 **SCE** Laughter Therapy (RSA)

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

CLERGY APPRECIATION DAY 10
 9:30 **RSF** Spiritual Mass (LM)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Tai Chi: Balance & Posture (LM)
 1:00 **CEA** Today's Music: Daydream Believer (LM)
 2:30 **Bingo!** (LM)
 3:00 **HPF** Walking Challenge (LM)
 6:00 **RSF** Bible Study (RSA)
 6:00 **SCE** The Golden Girls (RSA)

COLUMBUS DAY 11
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Walking Challenge (LM)
 1:00 **CEA** Today's Music: Robert Delt, Pianist (LM)
 1:30 **LIS** Sing Across Canada: Ontario (LM)
 3:00 **HPF** Lower Body Conditioning (RSA)
 6:00 **SCE** Fun Facts for The Day (RSA)

12
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Flow Yoga (LM)
 10:45 **HPF** Dance & Movement: Cowboy Charleston (LM)
 11:00 **Pretty Nails** (LM)
 1:00 **CEA** Creating Art From The Scents We Smell (LM)
 2:30 **Fall Button Tree Project** (LM)
 3:30 **CEA** Today's Music: Pharrell Williams (LM)
 6:00 **LIS** Literary Appreciation: Poetry (RSA)

13
 10:00 **HPF** Group Fitness with Paxxon (PAX)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Upper Body Conditioning (LM)
 1:00 **CEA** Today's Music: Bob Dylan, Nobel Prize (LM)
 2:00 **SCE** Around Town (O) (D)
 2:00 **SCE** Harvest Happy Hour (LG) (LM)
 3:00 **HPF** Tai Chi: Balance & Posture (LM)
 6:00 **RSF** Midweek Bible Study (RSA)
 6:00 **SCE** StoryWise (RSA)

14
 10:00 **RSF** Catholic Communion Services (LM)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **RSF** Rosary Group (LM)
 10:30 **HPF** Total Body Conditioning - Beginner (LM)
 1:00 **CEA** Today's Music: Ethel Merman, Broadway (LM)
 2:30 **Bingo** (LM)
 3:00 **HPF** Dance & Movement: The Macarena (LM)
 6:00 **LIS** Literary Appreciation: Short Stories (RSA)

15
 10:00 **SCE** Today's Events & Newsletter (RSA)
 10:30 **HPF** Walking Challenge (RSA)
 10:30 **HPF** Don't Quit Stay Fit (PAX)
 1:00 **CEA** Today's Music: Stevie Wonder (RSA)
 1:30 **SCE** Reminiscing: Love at First Sight (ELD)
 3:00 **HPF** Cardiac Drumming Circle (ELD)
 6:00 **SCE** Laughter Therapy (RSA)

DICTIONARY DAY 16
 10:00 **SCE** Today's Events & Newsletter (RSA)
 10:30 **HPF** Flow Yoga (RSA)
 1:00 **CEA** Today's Music: Little Richard (RSA)
 2:00 **LIS** Word Wonders: Synonyms (RSA)
 3:00 **HPF** Posture and Stretch Fitness Class (RSA)
 6:00 **LIS** Sensory Stimulation: Find the Pairs (RSA)

17
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Tai Chi: Balance & Posture (LM)
 1:00 **CEA** Today's Music: Manfred Man (LM)
 1:30 **CEA** Quirky Song Titles (LM)
 2:30 **Bingo** (LM)
 3:00 **HPF** Walking Challenge (LM)
 6:00 **RSF** Bible Study (RSA)
 6:00 **SCE** The Golden Girls (RSA)

18
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Walking Challenge (LM)
 1:00 **CEA** Today's Music: Once On An Island Musical (LM)
 1:30 **SCE** Reminiscing: Vacations Past (LM)
 3:00 **HPF** Lower Body Conditioning (RSA)
 6:00 **SCE** Fun Facts for The Day (RSA)

19
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Flow Yoga (LM)
 11:00 **Nail Salon Day!** (LM)
 1:00 **CEA** Today's Music: Once On The Sound of Music (LM)
 2:00 **LIS** The Traditions & Science of Biscuits (LM)
 2:30 **CEA** Pumpkin Painting (LM)
 3:00 **HPF** Dance & Movement: Cowboy Charleston (LM)
 6:00 **LIS** Literary Appreciation: Poetry (RSA)

INTERNATIONAL CHEF DAY 20
 10:00 **HPF** Group Fitness with Paxxon (PAX)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Upper Body Conditioning (LM)
 1:00 **CEA** Today's Music: Peter, Paul & Mary (LM)
 2:00 **LIS** Word Wonders: In The Kitchen Idioms (LM)
 2:00 **SCE** Around Town (O) (D)
 2:00 **SCE** Pumpkin Spice Happy Hour (LG) (LM)
 3:00 **HPF** Tai Chi: Balance & Posture (LM)
 6:00 **RSF** Midweek Bible Study (RSA)

21
 10:00 **RSF** Catholic Communion Services (LM)
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **RSF** Rosary Group (LM)
 10:30 **HPF** Total Body Conditioning - Beginner (LM)
 1:00 **CEA** Today's Music: Rocky Top (LM)
 2:00 **LIS** Sing Across America: Tennessee (LM)
 2:30 **Bingo** (LM)
 3:00 **HPF** Dance & Movement: The Macarena (LM)
 6:00 **LIS** Literary Appreciation: Short Stories (RSA)

22
 10:00 **SCE** Today's Events & Newsletter (RSA)
 10:30 **HPF** Walking Challenge (RSA)
 10:30 **HPF** Don't Quit Stay Fit (PAX)
 1:00 **CEA** Today's Music: Music Venues, The Met, NY (RSA)
 1:30 **CEA** Music History: Iconic Music Venues (RSA)
 3:00 **HPF** Cardiac Drumming Circle (ELD)
 6:00 **SCE** Laughter Therapy (RSA)

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

24
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Tai Chi: Balance & Posture (LM)
 1:00 **CEA** Today's Music: Paul McCartney (LM)
 1:30 **CEA** Literary Appreciation: Poetry (LM)
 3:00 **HPF** Walking Challenge (LM)
 6:00 **RSF** Bible Study (LM)
 6:00 **SCE** The Golden Girls (ELD)

25
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Walking Challenge (LM)
 1:00 **CEA** Today's Music: Composer Strauss II (LM)
 1:30 **LIS** Music History: Classical (LM)
 3:00 **HPF** Lower Body Conditioning (LM)
 6:00 **SCE** Fun Facts for The Day (LM)

26
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Flow Yoga (LM)
 11:00 **Nails Day!** (LM)
 1:00 **CEA** Today's Music: Judy Garland (LM)
 2:00 **SCE** Express Yourself: Fall Fun (LM)
 2:30 **Scarecrow Tin Can** (LM)
 3:00 **HPF** Dance & Movement: Cowboy Charleston (LM)
 6:00 **LIS** Literary Appreciation: Poetry (LM)

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

28
 10:00 **RSF** Catholic Communion Services (LM)
 10:00 **SCE** Today's Events & Newsletter (ELD)
 10:30 **HPF** Total Body Conditioning - Beginner (ELD)
 10:30 **RSF** Rosary Group (LM)
 1:00 **CEA** Today's Music: The Supremes (ELD)
 3:00 **HPF** Dance & Movement: The Macarena (ELD)
 6:00 **LIS** Literary Appreciation: Short Stories (RSA)

29
 10:00 **SCE** Today's Events & Newsletter (LM)
 10:30 **HPF** Walking Challenge (LM)
 1:00 **CEA** Today's Music: Tina Turner (LM)
 3:00 **HPF** Cardiac Drumming Circle (LM)
 6:00 **SCE** Laughter Therapy (RSA)

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