

OCTOBER 2017

Meadow Brook Senior Living: **Residence Club**

Color your life with... Stage & Screen Music

Did you know?

The first movie soundtrack album commercially available was the one from Disney's Snow White and the Seven Dwarfs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Marvelous Minds S 1:15 SpectraMoments: Sunday Record Spin B 2:00 Armchair Naturalist T 3:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	2 9:30 Daily Chronicles S 10:00 SpectraFit: Flexercise S 10:30 B3 Smoothies S 10:45 Marvelous Minds S 12:30 Grief Support Group Presented by Paradigm-S 1:00 Matinee Movie T 1:00 Bible Study with Landon-C 2:00 Bingo C 3:00 Live It Again B 6:00 Evening Movie T	3 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise C 10:45 Table Games C 1:30 Kinect Wheel of Fortune B 2:15 SpectraFun: Kinect Bowling League B 3:00 Tuesday Documentary: The History of Jazz & Blues Music T 6:00 Evening Movie T	4 9:45 Daily Chronicles C 10:15 SpectraFit: Yoga with Beth C 11:00 B3 Smoothies C 11:00 Wednesday Crossword Puzzle C 2:00 Bingo C 2:45 Wellness Wednesday: B 3:30 Who Am I? B 6:00 Evening Movie T	5 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise with My Rehab & Wellness C 10:45 Marvelous Minds C 1:00 Manicures C 2:30 Bunco B 3:30 Jammin' In the Winds with Misty Woods B 6:00 Evening Movie T 6:00 Alzheimer's/Dementia Support Group S	6 10:00 SpectraFit: Theraband Exercises S 10:30 Daily Chronicle S 10:45 B3 Smoothies S 11:00 Marvelous Minds S 1:00 Bell Choir Practice C 2:00 Bingo C 3:00 FUN Friday Happy Hour B 6:00 Friday Night Flick T	7 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Open Art Studio with Heidi & Janet C 1:00 Table Games B 2:00 Bingo and Snacks C 3:00 Physical Games B 3:00 Matinee Movie T 6:00 Evening Movie T
8 9:30 Daily Chronicle S 10:00 Church Service with Randy Carson C 10:00 SpectraFit: Flexercise S 10:45 Marvelous Minds S 1:15 SpectraMoments: Sunday Record Spin B 2:00 Sunday Concert in the Theater T 3:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	9 Columbus Day 9:30 Daily Chronicles S 10:00 SpectraFit: Flexercise S 10:30 B3 Smoothies S 10:45 Reminisce Magazine S 1:00 Bible Study with Landon-C 2:00 Bingo C 3:00 Dominoes B 6:00 Evening Movie T	10 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise C 11:30 R.O.M.E.O. Lunch C 1:30 Kinect Wheel of Fortune B 2:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	11 9:45 Daily Chronicles C 10:15 SpectraFit: Yoga with Beth C 11:00 B3 Smoothies C 11:00 Wednesday Crossword Puzzle C 2:00 Bingo C 2:45 Wellness Wednesday: B 3:30 Chicken Soup Stories B 6:00 Evening Movie T	12 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise with My Rehab & Wellness C 10:45 Marvelous Minds C 1:00 Manicures C 2:00 I Love Lucy Shows T 3:00 Bunco B 6:00 Evening Movie T	13 10:00 SpectraFit: Theraband Exercises S 10:30 Daily Chronicle S 10:45 B3 Smoothies S 11:00 Marvelous Minds S 1:00 Bell Choir Practice C 2:00 Bingo C 3:00 50's Happy Hour with Bill Roth B 6:00 Friday Night Flick T	14 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Activity Grab Bag S 1:00 Table Games B 2:00 Bingo and Snacks C 3:00 "Physical" Games B 3:00 Matinee Movie T 6:00 Evening Movie T
15 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Activity Grab Bag S 1:15 Sunday Record Spin with Heather B 2:00 Armchair Naturalist T 3:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	16 9:30 Daily Chronicles S 10:00 SpectraFit: Flexercise S 10:30 B3 Smoothies S 10:45 Marvelous Minds S 1:00 Bible Study with Landon-C 2:00 Bingo C 3:00 Spill & Spell B 6:00 Evening Movie T	17 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise C 10:45 Table Games C 1:30 Kinect Wheel of Fortune B 2:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	18 9:45 Daily Chronicles C 10:15 SpectraFit: Yoga with Beth C 11:00 B3 Smoothies C 11:00 Wednesday Crossword Puzzle C 2:00 Bingo C 2:45 Wellness Wednesday: B 3:30 LifeShare Games B 6:00 Evening Movie T	19 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise with My Rehab & Wellness C 10:45 Marvelous Minds C 1:00 Manicures C 2:00 Charades B 3:00 Bunco B 6:00 Evening Movie T	20 10:00 SpectraFit: Theraband Exercises S 10:30 Daily Chronicle S 10:45 B3 Smoothies S 11:00 Marvelous Minds S 1:00 Bell Choir Practice C 2:00 Bingo C 3:00 Happy Hour with Slammer Jazz B 6:00 Friday Night Flick T	21 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Open Art Studio with Heidi & Janet C 1:00 Table Games B 2:00 Bingo and Snacks C 3:00 "Physical" Games B 6:00 Evening Movie T

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 9:30 Daily Chronicle S 10:00 Church Service with Randy Carson C 10:00 SpectraFit: Flexercise S 10:45 Marvelous Minds S 1:00 SpectraMoments: Book Club L 2:00 Sunday Concert in the Theater T 3:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	23 9:30 Daily Chronicles S 10:00 SpectraFit: Flexercise S 10:30 B3 Smoothies S 10:45 Marvelous Minds S 1:00 Bible Study with Landon-C 2:00 Bingo C 3:00 Bus Ride LOB 6:00 Evening Movie T	24 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise C 11:30 J.U.L.I.E.T. Luncheon C 1:30 Kinect Wheel of Fortune B 2:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	25 9:45 Daily Chronicles C 10:15 SpectraFit: Yoga with Beth C 11:00 B3 Smoothies C 11:00 Wednesday Crossword Puzzle C 2:00 Bingo C 2:45 October Birthday Party B 3:30 Chicken Soup Stories B 6:00 Evening Movie T	26 9:45 Daily Chronicle B 10:00 SpectraFit: Exercise with My Rehab & Wellness C 10:30 Classical Music Indy B 1:00 Manicures C 3:00 Bunco B 4:30 Dinner Music with Jennifer D 4:30 Dinner in Color D 6:00 Evening Movie T	27 10:00 SpectraFit: Theraband Exercises S 10:30 Daily Chronicle S 10:45 B3 Smoothies S 11:00 Marvelous Minds S 1:00 Resident Council and Food Council C 2:00 Bingo C 3:00 FUN Friday Happy Hour with Jerri Williamson D 6:00 Friday Night Flick T	28 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Activity Grab Bag S 1:00 Table Games B 2:00 Bingo and Snacks C 3:00 "Physical" Games B 6:00 Evening Movie T
29 9:30 Daily Chronicle S 10:00 SpectraFit: Flexercise S 10:45 Marvelous Minds S 1:15 SpectraMoments: Sunday Record Spin B 2:00 Arm Chair Naturalist T 3:15 SpectraFun: Kinect Bowling League B 6:00 Evening Movie T	30 9:30 Daily Chronicles S 10:00 SpectraFit: Flexercise S 10:30 B3 Smoothies S 10:45 Marvelous Minds S 1:00 Bible Study with Landon-C 2:00 Bingo C 3:00 Live It Again B 6:00 Evening Movie T	31 Halloween 9:30 Daily Chronicle C 10:00 SpectraFit: Exercise C 10:45 Dem Bones Game C 1:30 Kinect Wheel of Fortune B 2:15 SpectraFun: Kinect Bowling League B 4:30 Music with Nicole - D 6:00 Trick or Treating 6:00 Evening Movie T	Room Key: B: Bistro C: Community Room D: Dining Room FP: Front Patio L: Library LOB: Lobby RP: Rear Patio S: Sky Lounge T: Theater W: Wellness	*ALL ACTIVITIES AND APPOINTMENTS ARE SUBJECT TO CHANGE	Medical Transportation is available Tuesdays and Thursdays 9am-3pm. Please see concierge for available time slots. Requests must be 24 hours prior to appointment	