



































































































































































































































October 2019 Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS  Physical  Spiritual  Motor Skills  Intellectual  Nutritional  Cognitive  Environmental  Social  Health  Entertainment		1  10:30am Weight & Conditioning, <i>MP</i>  11:30am Kroger Shopping, <i>LB</i>  1:00pm "Preventing the Flu" With MPL, <i>MP</i>  2:00pm History Hub, <i>MP</i>  3:00pm Card Games, <i>FR</i>  7:00pm Nickel Dice Game, <i>FR</i>	2  9:15am Meijers & Kohls Shopping Trip, <i>LB</i>  11:00am Strength & Balance Exercise Class, <i>MP</i>  11:00am Outing - Lunch at POLKA Polish Restaurant & Market, <i>LB</i>  1:00pm Euchre Card Players, <i>FR</i>  2:00pm Library Bookmobile Visits, <i>LB</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  5:00pm Communion, <i>MP</i>  7:00pm Poker Night, <i>FR</i>	3  10:00am Hearing Aid Center Visits, <i>FR</i>  11:00am Tai Chi Exercise Class, <i>MP</i>  1:00pm Book Club, <i>3F</i>  2:00pm Card Players, <i>FR</i>  3:00pm Social Hour with Entertainment, <i>BI</i>  7:00pm Domino & Rummikub Players, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	4  10:00am Beat Your Neighbor Card Game, <i>FR</i>  11:00am Super Fit Exercise Class, <i>MP</i>  11:30am Shopping to Target Plaza, <i>LB</i>  2:00pm Resident Rosary, <i>CH</i>  3:00pm Horse Races, <i>MP</i>  3:00pm October Signature Dinner: Fall Harvest, <i>MDR</i>  7:30pm Musical Signature Event: Janelle Reichman, Jazz Saxophone & Clarinet, <i>MP</i>	5  10:30am Stretch & Balance Exercise Class, <i>MP</i>  11:45am Current Events, <i>MP</i>  12:30pm Matinee Movie, <i>MP</i>  1:30pm Card Games, <i>FR</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  6:30pm Evening Outing - DSO Concert at Orchestra Hall, <i>LB</i>  7:30pm Michigan State Vs Ohio State on the Big Screen, <i>MP</i>
6  10:30am Early Bird Matinee Movie, <i>MP</i>  11:00am Sunday Brunch, <i>MDR</i>  3:00pm Card Games, <i>FR</i>  4:00pm Mingle Hour, <i>BI</i>  5:00pm Berliner Philharmoniker Performance, <i>MP</i>  7:30pm Movie Night, <i>MP</i>	7  10:00am Sneak Peek, <i>MDR</i>  10:30am Yoga Exercise Class, <i>MP</i>  11:30am Silvertones Choir Rehearsal, <i>FR</i>  1:00pm Coupon Clipping, <i>FR</i>  1:00pm Knitting & Crochet Group, <i>3F</i>  2:00pm Bridge Players, <i>FR</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:30pm Netflix Monday's, <i>MP</i>	8  10:00am Flu Shot Clinic Day 1, <i>MBDR</i>  10:30am Weight & Conditioning, <i>MP</i>  11:30am Kroger Shopping, <i>LB</i>  1:00pm Fun & Games, <i>FR</i>  2:00pm History Hub, <i>MP</i>  3:00pm Card Games, <i>FR</i>  7:00pm Nickel Dice Game, <i>FR</i>	9  9:15am Meijers & Kohls Shopping Trip, <i>LB</i>  11:00am Strength & Balance Exercise Class, <i>MP</i>  1:00pm "Parkinson's & MS" Informational Session with Kavita Suryavanshi, <i>MP</i>  1:00pm Euchre Card Players, <i>FR</i>  2:00pm Library Bookmobile Visits, <i>LB</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  5:00pm Communion, <i>MP</i>  7:00pm Poker Night, <i>FR</i>	10  10:00am Crafts with Judy: TBD, <i>CR</i>  11:00am Tai Chi Exercise Class, <i>MP</i>  12:15pm Birmingham Musicales Outing, <i>LB</i>  2:00pm Hangman, <i>FR</i>  3:00pm Social Hour with Entertainment, <i>BI</i>  7:00pm Domino & Rummikub Players, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	11  10:00am Beat Your Neighbor Card Game, <i>FR</i>  11:00am Super Fit Exercise Class, <i>MP</i>  12:00pm Music Therapy with Dr. Butler, <i>MP</i>  1:00pm Pinochle Card Players, <i>FR</i>  3:00pm Horse Races, <i>MP</i>  7:30pm Performance by Henrik Karpetyan, Violinist, <i>MP</i>	12  10:30am Stretch & Balance Exercise Class, <i>MP</i>  11:45am Current Events, <i>MP</i>  12:30pm Matinee Movie, <i>MP</i>  1:30pm Card Games, <i>FR</i>  2:00pm Billiards, <i>BIL</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:00pm Berliner Philharmoniker Performance, <i>MP</i>
13  10:30am Early Bird Matinee Movie, <i>MP</i>  11:00am Sunday Brunch, <i>MDR</i>  3:00pm Afternoon Movie, <i>MP</i>  4:00pm Mingle Hour, <i>BI</i>  4:30pm Card Games, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	14  10:00am Sneak Peek, <i>MDR</i>  10:30am Yoga Exercise Class, <i>MP</i>  11:30am Silvertones Choir Rehearsal, <i>FR</i>  12:00pm Flu Shot Clinic Day 2, <i>MBDR</i>  1:00pm Coupon Clipping, <i>FR</i>  1:00pm Knitting & Crochet Group, <i>3F</i>  2:00pm Bridge Players, <i>FR</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:30pm Netflix Monday's, <i>MP</i>	15  10:30am Weight & Conditioning, <i>MP</i>  11:30am Kroger Shopping, <i>LB</i>  1:00pm History Hub, <i>MP</i>  2:00pm Community Disaster Preparedness with Exec. Director Nolan, <i>MP</i>  3:00pm Card Games, <i>FR</i>  3:30pm Mind Games, <i>MP</i>  7:00pm Nickel Dice Game, <i>FR</i>	16  9:15am Meijers & Kohls Shopping Trip, <i>LB</i>  10:30am Fall Color Tour & Lunch at White Horse Inn, <i>LB</i>  11:00am Strength & Balance Exercise Class, <i>MP</i>  1:00pm Euchre Card Players, <i>FR</i>  2:00pm Library Bookmobile Visits, <i>LB</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  5:00pm Communion, <i>MP</i>  7:00pm Poker Night, <i>FR</i>	17  11:00am Tai Chi Exercise Class, <i>MP</i>  12:30pm Book Club, <i>3F</i>  2:00pm Card Games, <i>FR</i>  3:00pm Social Hour with Entertainment, <i>BI</i>  7:00pm Domino & Rummikub Players, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	18  10:00am Beat Your Neighbor Card Game, <i>FR</i>  11:00am Zumba Gold Exercise Class, <i>MP</i>  1:00pm Pinochle Card Players, <i>FR</i>  3:00pm Horse Races, <i>MP</i>  6:30pm Was it Designed? with Todd Martins, <i>MP</i>  7:30pm Performance by Billy McAllister, Sinatra Impersonator, <i>MP</i>	19  10:30am Stretch & Balance Exercise Class, <i>MP</i>  11:45am Current Events, <i>MP</i>  12:30pm Matinee Movie, <i>MP</i>  1:30pm Card Games, <i>FR</i>  2:00pm Billiards, <i>BIL</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:00pm Berliner Philharmoniker Performance, <i>MP</i>
20  10:30am Early Bird Matinee Movie, <i>MP</i>  11:00am Sunday Brunch, <i>MDR</i>  3:00pm Afternoon Movie, <i>MP</i>  4:00pm Mingle Hour, <i>BI</i>  4:30pm Card Games, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	21  10:00am Sneak Peek, <i>MDR</i>  10:30am Pilates Exercise Class, <i>MP</i>  11:30am Silvertones Choir Rehearsal, <i>FR</i>  1:00pm Knitting & Crochet Group, <i>3F</i>  2:00pm New Resident Welcome Reception, <i>BI</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:30pm Netflix Monday's, <i>MP</i>	22  10:30am Weight & Conditioning, <i>MP</i>  11:30am Kroger Shopping, <i>LB</i>  1:00pm "Michigan's Most Haunted" Lecture with Jon Milan & Gail Offen, <i>MP</i>  2:00pm History Hub, <i>MP</i>  3:00pm Card Games, <i>FR</i>  3:30pm Mind Games, <i>MP</i>  7:00pm Nickel Dice Game, <i>FR</i>	23  9:15am Meijers & Kohls Shopping Trip, <i>LB</i>  10:20am Guided Tour of Yates Cider Mill, <i>LB</i>  11:00am Strength & Balance Exercise Class, <i>MP</i>  1:00pm Euchre Card Players, <i>FR</i>  2:00pm Library Bookmobile Visits, <i>LB</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  5:00pm Communion, <i>MP</i>  7:00pm Poker Night, <i>FR</i>	24  11:00am Tai Chi Exercise Class, <i>MP</i>  12:30pm Book Club, <i>3F</i>  1:30pm Culinary Demo: Apple Jack Chicken, <i>MDR</i>  3:00pm Social Hour with Entertainment, <i>BI</i>  7:00pm Domino & Rummikub Players, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	25  10:00am Beat Your Neighbor Card Game, <i>FR</i>  11:00am Super Fit Exercise Class, <i>MP</i>  1:00pm Music Therapy with Dr. Butler, <i>MP</i>  1:00pm Pinochle Card Players, <i>FR</i>  1:00pm Pumpkin Decorating Contest, <i>FR</i>  3:00pm Horse Races, <i>MP</i>  6:30pm Was it Designed? with Todd Martins, <i>MP</i>  7:30pm Movie Night, <i>MP</i>	26  10:30am Stretch & Balance Exercise Class, <i>MP</i>  11:45am Current Events, <i>MP</i>  12:30pm Matinee Movie, <i>MP</i>  1:30pm Card Games, <i>FR</i>  2:00pm Billiards, <i>BIL</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:00pm Berliner Philharmoniker Performance, <i>MP</i>
27  10:30am Early Bird Matinee Movie, <i>MP</i>  11:00am Sunday Brunch, <i>MDR</i>  3:00pm Performance by Guitarist Greg Greer, <i>MP</i>  4:00pm Mingle Hour, <i>BI</i>  4:30pm Card Games, <i>FR</i>  7:30pm Movie Night, <i>MP</i>	28  10:00am Sneak Peek, <i>MDR</i>  10:30am Pilates Exercise Class, <i>MP</i>  11:30am Silvertones Choir Rehearsal, <i>FR</i>  1:30pm Resident Lecture "Lime Quarry with Duane", <i>PT</i>  2:00pm Dr. Anna McKerracher Visits for Hearing Aid Tests, <i>FR</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  7:30pm Netflix Monday's, <i>MP</i>	29  10:30am Weight & Conditioning, <i>MBDR</i>  11:30am Kroger Shopping, <i>LB</i>  1:00pm Fun & Games, <i>FR</i>  2:30pm Card Games, <i>FR</i>  3:30pm Mind Games, <i>MP</i>  7:00pm Nickel Dice Game, <i>FR</i>	30  9:15am Meijers & Kohls Shopping Trip, <i>LB</i>  10:30am Outing - Motor City Casino, <i>LB</i>  11:00am Strength & Balance Exercise Class, <i>MP</i>  1:00pm Resident Lecture "Leon Hesser's Life Story & Publications", <i>MP</i>  1:00pm Euchre Card Players, <i>FR</i>  2:00pm Library Bookmobile Visits, <i>LB</i>  3:00pm Resident Chosen Games, <i>MBDR</i>  5:00pm Communion, <i>MP</i>  7:00pm Poker Night, <i>FR</i>	31  10:00am Domino & Rummikub Players, <i>FR</i>  11:00am Tai Chi Exercise Class, <i>MP</i>  1:00pm Halloween Feast, <i>MDR</i>  6:00pm All Seasons Resident Halloween Party, <i>MDR</i>  7:30pm Movie Night, <i>MP</i>	MEETING PLACES MP - Multi-Purpose Room LB - Lobby FR - Family Room MBDR - Meadow Brook Dining Room 3F - 3rd Floor Sitting Room PT - Patio BI - Bistro CH - Chapel MDR - Main Dining Room CR - Craft Room BIL - Billiard Room	