

# AVENIDA LIFE



### SHARE THE EXCITEMENT

Spread the word, enjoy the reward! Refer a friend or family member to our community and you'll receive a special referral reward if they place a deposit during the month of October: a \$1,500 rent credit.

### RESIDENT BIRTHDAYS

- |                  |                   |
|------------------|-------------------|
| Marian D'Andrea  | Becky Peterson    |
| Carol Ryan       | Bernardette Flor  |
| Ed Gubanich      | Susan Boot        |
| Vicki Skiles     | Marianne Sinkovic |
| Jan Justice      | Cathy Asmar       |
| Sheri Lockett    | Becki Sharp       |
| Michael Benewich | Penny Ranum       |

### NEW RESIDENT ORIENTATION

Join Sadie in the Theater on Tuesday, October 13<sup>th</sup> at 11:00 AM. Learn how we can help you make the most of your new home.



### ACTIVE AGING WEEK 2020

Started in 2003 by the International Council on Active Aging, Active Aging Week celebrates aging and active living each year. Host organizations engage older adults in their local communities with wellness activities and events provided in a safe, friendly, and fun atmosphere. Active aging is about much more than just exercise. It's about broader engagement—physically, socially, cognitively, spiritually, professionally, and civically. Active aging is about engaging with family, friends, and/or community, learning and trying new things, volunteering, mentoring, pursuing further professional development or entrepreneurial endeavors, traveling, maintaining an active spiritual/religious life, and leading a healthy lifestyle with good nutrition, exercise, mindfulness and other forms of stress-management.

Started by ICAA in 2003 as a grassroots initiative to celebrate, promote and support healthy aging at the hometown level, Active Aging Week has grown into a global movement that recognizes the social, economic, and personal/public health dynamics that come with changes in age demographics.

Responding to an unprecedented reality, Active Aging Week 2020, presented by Humana and spanning Oct. 5-11, expands this year to include virtual, as well as in-person, events and activities to celebrate older-adult health and wellness, and those who support an engaged lifestyle. As Presenting Sponsor, Humana helps make this year's Active Aging Week possible. "COVID-19 and social distancing are presenting many challenges, yet they also highlight the importance of an active lifestyle and social connections to health and well-being. We applaud Active Aging Week for adapting and offering creative solutions to keep people moving and safe."

Avenida Partners encourages you to stay informed of programs and events happening in your community. Join us and participate in this year's Active Aging Week as we highlight a different dimension of wellness each day starting on Monday, October 5th.

## YOUR AVENIDA TEAM



- |   |  |  |  |   |  |  |  |
|---|--|--|--|---|--|--|--|
| <b>Trudy Stephens</b><br><i>Executive Director</i><br>Ext. 1001 | <b>Shelly Stewart-Girton</b><br><i>Sales &amp; Marketing Director</i><br>Ext. 1002 | <b>Stephanie Marshall</b><br><i>Residency Counselor</i><br>Ext. 1003 | <b>Linda Richter</b><br><i>Business Office Director</i><br>Ext. 1004 | <b>Sadie Kice</b><br><i>Resident Enrichment Director</i><br>Ext. 1005 | <b>Juan Flores</b><br><i>Maintenance Director</i><br>Ext. 1006 | <b>Laura Stafford</b><br><i>Concierge</i><br>Ext. 1000 | <b>Colleen McGlocklin</b><br><i>Concierge</i><br>Ext. 1000 |
|---|--|--|--|---|--|--|--|

## FOOD TRUCK VISITS

**Saturday, October 3<sup>rd</sup> | 11:00 AM – 1:00 PM**

Denver Taco Truck

**Tuesday, October 6<sup>th</sup> | 5:30 PM – 7:30 PM**

Rolling Dough Pizza Truck

**Thursday, October 8<sup>th</sup> | 4:30 PM – 6:30 PM**

Wrap Runner Food Truck

**Thursday, October 8<sup>th</sup> | 4:30 PM – 6:30 PM**

The Dessert Stand

## WREATHS & WINE \$10ea | RSVP REQUIRED

Join Sadie in the Creative Arts Room for a fall wreath making class, company of friends and a glass of wine! RSVP through Sagely or Sadie.

## PUMPKIN PAINTING CONTEST

**Thursday, Oct. 29<sup>th</sup> | 3:00 PM & 4:30 PM**

Let's get creative! Fall is here and what better way to kick off October than with pumpkin painting. RSVP and join us in the Great Room to paint pumpkins to decorate your doorways. We will have 5 in. foam pumpkins available or you may purchase and bring your own pumpkin.

## HAPPY HOUR THEMES

**Wednesday 10/7 | RSVP Required**

Salami & Cheese Packs

**Wednesday 10/14 | RSVP Required**

Wine & Chocolate Pairing

**Wednesday 10/28 | RSVP Required**

Costume & Cocktails

## MUSICAL ENTERTAINMENT & BYOB

**Thursday, October 8<sup>th</sup> | 3:00 – 5:00 PM**

Dixieland Quintet in the Courtyards

**Thursday, October 22<sup>nd</sup> | 3:00 – 5:00 PM**

Oktoberfest Trio in the Great Room | RSVP Required



## NEW FITNESS CLASSES

**Mondays and Fridays | 11:00 AM**

Chair Exercise in the Great Room

**Mondays and Fridays | 2:00 PM**

Resistance Band Training in the Yoga Room

**Thursdays | 5:00 PM**

Chair Yoga in the Great Room

## MIMOSAS AND PAINTING

**Saturday, October 10<sup>th</sup> | 11:00 AM**

Join instructor, Kris for an afternoon of art instruction, company of friends and mimosas! RSVP through Sagely or Sadie.



## ACTIVE AGING WEEK OCT. 5<sup>TH</sup> – OCT. 11<sup>TH</sup>

At Avenida Lakewood we embrace aging and promote active, healthy, and engaged living every day through our Five to Thrive Resident Enrichment Program. In recognition of AAW, (October 5 – 11) we will be hosting events that highlight the five dimensions of life. Join us October 5 – 11 in all 5 events and participate in the community walking challenge and you will be entered for our grand prize. You will be required to sign in at each event. We will have two grand prize winners!

## ALL WEEK WALKING CHALLENGE

This year, we are encouraging residents to track the time they spend walking. This is intentional time each resident is actively engaged to take a walk. Turn in your time sheet to the front desk by 3:00 PM on Sunday, October 11<sup>th</sup>. We will have a 1<sup>st</sup> and 2<sup>nd</sup> place winner.

## MONDAY, OCT. 5<sup>TH</sup> | LIVE CONFIDENTLY

We will be showing a short video from the United States Department of Justice on Scams & Identity Theft on Older Adults in our Theater at 10:00 AM and 1:00 PM.

Cary Johnson, Director of Crime Prevention from the 1<sup>st</sup> Judicial District Attorney's Office in Golden, CO will be here doing an in-person seminar on ID Theft Prevention focused on Older Adults. Join us in the Great Room at 4:30 PM

## TUESDAY, OCT. 6<sup>TH</sup> | LIVE & LEARN

Join Sadie in the theater at 10:00 AM and 11:30 AM as she shares how to use One Day University both in our community and in the comfort of your own apartment home. Each session will also review a brief two-minute excerpt from a current lecture in the video library.

Join Talia Adler, Registered Dietitian with Nourished Roots in the Great Room at 1:00 PM for a nutrition demo on the importance of hydration. You will also receive a sample with the corresponding recipe.



## WEDNESDAY, OCT. 7<sup>TH</sup> | LIVE LIFE

Join us for our Fall Resident Art Show during Happy Hour! From 3:00 PM – 5:30 PM, we will be exhibiting up to 50 pieces of art in a variety of mediums including sculpture, painting, stained glass, embroider and much more! Drinks and appetizers will be provided.

## THURSDAY, OCT 8<sup>TH</sup> | LIVE IN MOTION

Join Kim Woodruff for a 20-minute intro to Tai Chi virtually in our Great Room. Kim was introduced to Tai Chi through her experiences at Columbine High School. To obtain inner-peace, she has been teaching/practicing Tai Chi for 20 years. Whether it's your first class or twenty-first, we welcome you to join us for this socially distanced Tai Chi experience. Kim will be teaching a class at 12:00 PM, 1:00 PM and 2:00 PM.

## FRIDAY, OCT 9<sup>TH</sup> | LIVE CONNECTED

Avenida Lakewood is filled with clubs and organizations that run by all our residents. We have brainstormed ways to bring these programs back safely, following CDC guidelines for our resident's enjoyment. Join us in the Great Room for a *Get Connected at Avenida Expo* from 3:30 PM – 4:30 PM. Residents who lead these clubs and organizations will be sharing more about their offerings and where and when they meet. If you would like to start a new club or organization, let us know! We would love to help you get your club off the ground at this event.

*"Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar."*

-Delia Owens,

*Where the Crawdads Sing*

## GROUPS AND CLUBS AT AVENIDA

### Moments in Time Writing Group

2<sup>nd</sup> Tuesday at 10:00 AM

A writing group focused on memories and sharing poems.

### Avenida Bar Trivia

2<sup>nd</sup> and 4<sup>th</sup>

Avenida trivia is twice a month in the Great Room.

### Interfaith Conversations

3<sup>rd</sup> Thursday at 6:00 PM

Join neighbor Nancy, as she leads a discussion on

### Happy Crafters

3<sup>rd</sup> Friday at 1:30 PM

Join us to make monthly holiday crafts!

### Men's Poker

Tuesdays at 7:00 PM

See Herm Trabbic for more info

### Coed Poker

Fridays at 7:00 PM

### Mahjong

Tuesdays at 7:00 PM & Thursdays at 11:00 AM & Sundays at 2:00 PM

See Pat Trabbic for more info

### Book Club

4<sup>th</sup> Thursday at 3:00 PM

Join residents for a monthly book club!

### Sip & Knit

3<sup>rd</sup> Saturday at 1:00 PM

Join neighbor Sue for a knitting group.

## GROUPS AND CLUBS COMING IN NOVEMBER

### Armchair Traveler

Good Morning Sunshine Walking Group

Getting Organized Group

My Story/My Legacy: Autobiography

Teatime and Talk

Do you want to start a new group or club?

See Sadie to discuss starting one today.



## STAFF SPOTLIGHT

### Sales & Marketing Director – Shelly Stewart-Girton

Interview by Joe Hall

Back in the spring of 2018 construction was underway at Avenida Lakewood, and this 55+ community's parent corporation decided it was time to start recruiting key personnel to market the community and finalize plans to bring all aspects of an active senior living community into fruition. One of the first people the organization reached out to and the first to be brought on staff was Sales & Marketing Director, Shelly Stewart-Girton. Shelly has an extensive background in Real Estate and Nursing. Shelly came in June of 2018 and soon resumed a professional relationship with Executive Director, Trudy Stephens. These two set up shop in the modular building across 15<sup>th</sup> Place and became the first two members of what is now called "The Trailer Gang."

Shelly and her family reside in Arvada. When she and her husband, Tim, joined hands some five years ago, both brought a son to the new family. Both of "our sons" are now teenagers that get along great.

In response to the question, "what are your favorite things?" Shelly said she loves to read, watch movies, go fishing, and cook for her boys. She also loves to be around the residents here. When asked what residents could do to make her life a little easier, she responded not a thing, except she would like for more residents to go on-line and create a Google Review, so people know what it is like to live at Avenida Lakewood! It's as simple as searching Avenida Lakewood on Google and then clicking on "Write a Review."

Shelly loves life, both the professional and personal side. She loves home and family, and "I love what I do!"


### COLLAGE ART CLASS | RSVP REQUIRED

Thursdays | 1:00 PM

Join neighbor, Susan in the Creative Arts Room for a new art class building creating collages with a story! You will learn how to use different mediums such as paint and wallpaper to create different collages!



# October 2020 Program Calendar

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>AVENIDA</b> <i>Lakewood</i></p> <p><b>Location Keys</b></p> <ul style="list-style-type: none"> <li>Club Room CR</li> <li>Creative Arts Room CAR</li> <li>East Courtyard EC</li> <li>Great Room GR</li> <li>Living Room LR</li> <li>Pool Courtyard P</li> <li>Theater T</li> <li>Web Based Application WEB</li> <li>West Courtyard WC</li> <li>Yoga Room YR</li> </ul>						<p>8:00 Grab and Go Continental Breakfast [GR] <b>1</b></p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Language Study: Spanish   RSVP Required [CAR]</p> <p>11:00 Mahjong [GR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>5:00 Chair Yoga   RSVP Required [GR]</p> <p>7:30 Longmont Museum: Virtual Dia de los Muertos [WEB]</p>	<p>8:00 Grab and Go Continental Breakfast [GR] <b>2</b></p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>11:00 Chair Aerobics   RSVP Required [GR]</p> <p>2:00 Resistance Band Training   RSVP Required [YR]</p> <p>3:30 Drawing   RSVP Required [CAR]</p> <p>4:00 Classic Matinee Movie: Man of the West   RSVP Required [T]</p> <p>7:00 Coed Poker [CR]</p>	<p>8-1 Golden Farmer's Market <b>3</b></p> <p>9:00 Colorado Dragon Boat Festival Virtual Experience [WEB]</p> <p>9:00 Grab and Go Continental Breakfast [GR]</p> <p>11-1 Denver Taco Truck \$</p> <p>2:00 Core and Balance Class w/ YMCA [WEB]</p>
		<p>4:00 Home Sweet Home Concert Series [WEB] <b>4</b></p> <p>11:30 Vinyasa Chair Yoga [WEB]</p> <p>2:00 Mahjong [GR]</p>	<p><b>Active Aging Week</b> <b>5</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>10:00 AAWeek: Scams and Identity Theft on Older Adults   RSVP Required [T]</p> <p>11:00 Chair Aerobics   RSVP Required [GR]</p> <p>1:00 AAWeek: Scams and Identity Theft on Older Adults   RSVP Required [T]</p> <p>1-3 Six-Week Watercolor   RSVP Required [CAR]</p> <p>2:00 Seated Resistance Band Training   RSVP Required [YR]</p> <p>4:30 AAWeek: Crime Prevention Series: ID Theft Prevention   RSVP Required [GR]</p>	<p><b>Active Aging Week</b> <b>6</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 AAWeek: One Day University   RSVP Required [T]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>11:30 AAWeek: One Day University   RSVP Required [T]</p> <p>1:00 AAWeek Nutrition Workshop: Hydration   RSVP Required [T]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>3:00 Virtual Resident Forum [WEB]</p> <p>5:30-7 Rolling Dough Pizza Truck \$</p> <p>7:00 Mahjong [GR]</p> <p>7:00 Men's Poker [CR]</p>	<p><b>Active Aging Week</b> <b>7</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>10:30 Full Body Workout   RSVP Required [YR]</p> <p>11:30 Corn Hole [WC]</p> <p>1:00 Matinee Movie: Hamilton   RSVP Required [T]</p> <p>1:00 Observational Drawing   RSVP Required [CAR]</p> <p>3-5:30 AAWeek: Fall Resident Art Show</p> <p>3:00 Happy Hour   RSVP Required [GR]</p> <p>3:30 Happy Hour   RSVP Required [GR]</p> <p>4:00 Happy Hour   RSVP Required [GR]</p> <p>4:30 Happy Hour   RSVP Required [GR]</p> <p>5:00 Happy Hour   RSVP Required [GR]</p>	<p><b>Active Aging Week</b> <b>8</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Language Study: Spanish   RSVP Required [CAR]</p> <p>11:00 Safe Senior Seminar   RSVP Required [GR]</p> <p>12:00 AAWeek: Tai Chi via Zoom   RSVP Required [GR]</p> <p>1:00 AAWeek: Tai Chi via Zoom   RSVP Required [GR]</p> <p>1:00 Collage Art Class   RSVP Required [CAR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>2:00 AAWeek: Tai Chi via Zoom   RSVP Required [GR]</p> <p>3:00 Musical Entertainment: Dixieland Quintet [WC]</p> <p>3:30 Musical Entertainment: Dixieland Quintet [P]</p> <p>4:00 Musical Entertainment: Dixieland Quintet [EC]</p> <p>4:30 Wrap Runner Truck &amp; Dessert Stand Truck \$</p> <p>5:00 Chair Yoga   RSVP Required [GR]</p>	<p><b>Active Aging Week</b> <b>9</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>10:00 Meditation   RSVP Required [CAR]</p> <p>11:00 Chair Aerobics   RSVP Reserved [GR]</p> <p>2:00 Resistance Band Training   RSVP Required [YR]</p> <p>3:30 AAWeek: Get Connected at Avenida Expo [GR]</p> <p>3:30 Drawing   RSVP Required [CAR]</p> <p>4:00 Classic Matinee Movie: Random Harvest   RSVP Required [T]</p> <p>7:00 Coed Poker [CR]</p>	<p><b>Active Aging Week</b> <b>10</b></p> <p>9:00 Grab and Go Continental Breakfast [GR]</p> <p>10-2 Mobile Small Animal Clinic   Sign Up Required</p> <p>11-1 Mimosas &amp; Painting   RSVP Required [CAR]</p> <p>2:00 Core and Balance Class w/ YMCA [WEB]</p>
		<p><b>Active Aging Week</b> <b>11</b></p> <p>11:00 Sunday Football</p> <p>11:30 Vinyasa Chair Yoga [WEB]</p> <p>2:00 Mahjong [GR]</p>	<p><b>Columbus Day</b> <b>12</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>11:00 Chair Aerobics   RSVP Required [GR]</p> <p>1-3 Six-Week Beginner Watercolor   RSVP Required [CAR]</p> <p>2:00 Seated Resistance Band Training   RSVP Required [YR]</p> <p>3:00 Tai Chi via Zoom [WEB]</p> <p>4:30 Crime Prevention Series: The 5 Red Flags of Scams   RSVP Required [GR]</p>	<p><b>13</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Moments in Time Writing Group   RSVP Required [CR]</p> <p>11:00 New Resident Orientation [T]</p> <p>1:00 Five to Thrive Programming Meeting   RSVP Required [GR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>3:30 Matinee Movie: The Guernsey Literary and Potato Peel Pie Society   RSVP Required [T]</p> <p>4:00 Avenida Bar Trivia   RSVP Required [GR]</p> <p>7:00 Mahjong [GR]</p> <p>7:00 Men's Poker [CR]</p>	<p><b>14</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>10:30 Full Body Workout   RSVP Required [YR]</p> <p>11:00 One Day University: Brain Aging   RSVP Required [T]</p> <p>11:30 Corn Hole [WC]</p> <p>3:00 Wine &amp; Chocolate Tasting   RSVP Required [GR]</p> <p>3:30 Wine &amp; Chocolate Tasting   RSVP Required [GR]</p> <p>4:00 Wine &amp; Chocolate Tasting   RSVP Required [GR]</p> <p>4:30 Wine &amp; Chocolate Tasting   RSVP Required [GR]</p> <p>5:00 Wine &amp; Chocolate Tasting   RSVP Required [GR]</p>	<p><b>15</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Language Study: Spanish   RSVP Required [CAR]</p> <p>11:00 Mahjong [GR]</p> <p>11:30 DMNS: Wolves in Colorado [WEB]</p> <p>1:00 Collage Art Class   RSVP Required [CAR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>5:00 Chair Yoga   RSVP Required [GR]</p> <p>6:00 Interfaith Conversations: Healing   RSVP Required [LR]</p>	<p><b>16</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>10:00 Meditation   RSVP Required [CAR]</p> <p>11:00 Chair Aerobics   RSVP Reserved [GR]</p> <p>1:00 Happy Crafters \$5ea   RSVP Required [CAR]</p> <p>2:00 Resistance Band Training   RSVP Required [YR]</p> <p>3:30 Drawing   RSVP Required [CAR]</p> <p>4:00 Classic Matinee Movie: Shadow of a Doubt   RSVP Required [T]</p> <p>7:00 Coed Poker [CR]</p>	<p><b>17</b></p> <p>9:00 Grab and Go Continental Breakfast [GR]</p> <p>1:00 Sip and Knit [GR]</p> <p>2:00 Core and Balance Class w/ YMCA [WEB]</p>
		<p>11:30 Vinyasa Chair Yoga [WEB] <b>18</b></p> <p>2:00 Mahjong [GR]</p> <p>2:05 Sunday Football</p>	<p><b>19</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>11:00 Chair Aerobics   RSVP Required [GR]</p> <p>1-3 Six-Week Beginner Watercolor   RSVP Required [CAR]</p> <p>2:00 Seated Resistance Band Training   RSVP Required [YR]</p> <p>3:00 Tai Chi via Zoom [WEB]</p> <p>4:30 Crime Prevention Series: Elder Abuse   RSVP Required [GR]</p>	<p><b>20</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>11:00 One Day University: The Science of Happiness   RSVP Required [T]</p> <p>12:00 Ladies Corner Lunch \$12   RSVP Required [GR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>3:30 Matinee Movie: My Octopus Teacher   RSVP Required [T]</p> <p>7:00 Mahjong [GR]</p> <p>7:00 Men's Poker [CR]</p>	<p><b>21</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>10:30 Full Body Workout   RSVP Required [YR]</p> <p>11:00 One Day University: Four Memorable Musicals that changed Broadway   RSVP Required [T]</p> <p>11:30 Corn Hole [WC]</p> <p>1:00 Matinee Movie: Hamilton   RSVP Required [T]</p>	<p><b>22</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Language Study: Spanish   RSVP Required [CAR]</p> <p>11:00 Mahjong [GR]</p> <p>11:30 DMNS: Wolves in Colorado [WEB]</p> <p>1:00 Collage Art Class   RSVP Required [CAR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>3:00 Book Club   RSVP Required [CR]</p> <p>3:00 Musical Entertainment &amp; BYOB: Oktoberfest Trio   RSVP Required [GR]</p> <p>4:15 Musical Entertainment &amp; BYOB: Oktoberfest Trio   RSVP Required [GR]</p> <p>4:30 Wreaths &amp; Wine \$10ea   RSVP Required [GR]</p> <p>5:00 Chair Yoga   RSVP Required [GR]</p>	<p><b>23</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>10:00 Meditation   RSVP Required [CAR]</p> <p>11:00 Chair Aerobics   RSVP Reserved [GR]</p> <p>2:00 Resistance Band Training   RSVP Required [YR]</p> <p>3:30 Drawing   RSVP Required [CAR]</p> <p>4:00 Classic Matinee Movie: Double Indemnity   RSVP Required [T]</p> <p>7:00 Coed Poker [CR]</p>	<p><b>24</b></p> <p>9:00 Grab and Go Continental Breakfast [GR]</p> <p>10:30 Beginner Painting   RSVP Required [CAR]</p> <p>1:15 Advanced Painting   RSVP Required [CAR]</p> <p>2:00 Core and Balance Class w/ YMCA [WEB]</p>
	<p>11:30 Vinyasa Chair Yoga [WEB] <b>25</b></p> <p>2:00 Mahjong [GR]</p> <p>2:25 Sunday Football</p>	<p><b>26</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>11:00 Chair Aerobics   RSVP Required [GR]</p> <p>1-3 Six-Week Beginner Watercolor   RSVP Required [CAR]</p> <p>2:00 Seated Resistance Band Training   RSVP Required [YR]</p> <p>3:00 Boomers' Social Media Tutor: Facebook 101   RSVP Required [GR]</p> <p>3:00 Tai Chi via Zoom [WEB]</p>	<p><b>27</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>11:00 One Day University: A Tour of Italy   RSVP Required [T]</p> <p>12:00 Men's Corner Lunch \$12   RSVP Required [GR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>3:30 Matinee Movie: Corpse Bride   RSVP Required [T]</p> <p>4:00 Avenida Bar Trivia   RSVP Required [GR]</p> <p>7:00 Mahjong [GR]</p> <p>7:00 Men's Poker [CR]</p>	<p><b>28</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>10:30 Full Body Workout   RSVP Required [YR]</p> <p>11:00 One Day University: Everything You Ever Wanted to Know About Chocolate   RSVP Required [T]</p> <p>11:30 Corn Hole [WC]</p> <p>3:00 Costumes &amp; Cocktails   RSVP Required [GR]</p> <p>3:30 Costumes &amp; Cocktails   RSVP Required [GR]</p> <p>4:00 Costumes &amp; Cocktails   RSVP Required [GR]</p> <p>4:30 Costumes &amp; Cocktails   RSVP Required [GR]</p> <p>5:00 Costumes &amp; Cocktails   RSVP Required [GR]</p>	<p><b>29</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>8:30 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Cardio Conditioning   RSVP Required [YR]</p> <p>10:00 Language Study: Spanish   RSVP Required [CAR]</p> <p>11:00 Mahjong [GR]</p> <p>1:00 Collage Art Class   RSVP Required [CAR]</p> <p>1:00 Stretch Class   RSVP Required [YR]</p> <p>3:00 Pumpkin Painting Contest   RSVP Required [GR]</p> <p>4:30 Pumpkin Painting Contest   RSVP Required [GR]</p>	<p><b>30</b></p> <p>8:00 Grab and Go Continental Breakfast [GR]</p> <p>9:00 Stretch Class   RSVP Required [YR]</p> <p>10:00 Meditation   RSVP Required [CAR]</p> <p>11:00 Chair Aerobics   RSVP Reserved [GR]</p> <p>2:00 Resistance Band Training   RSVP Required [YR]</p> <p>3:30 Drawing   RSVP Required [CAR]</p> <p>4:00 Classic Matinee Movie: Out of Africa   RSVP Required [T]</p> <p>4:00 Dog Costume Parade [GR]</p> <p>7:00 Coed Poker [CR]</p>	<p><b>Halloween</b> <b>31</b></p> <p>9:00 Grab and Go Continental Breakfast [GR]</p> <p>2:00 Core and Balance Class w/ YMCA [WEB]</p>	



Live Life  
Live Confidently  
Live in Motion  
Live & Learn  
Live Connected