

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2021

Key: Craft Room = (CR) Dining Room = (DR) Fitness Classes W/ Anasha = Fit Camp = (FC) Game Room = (GR) Ground Floor = (GF) Library South = (LS) Lounge = (L) Resident Led = Sign Up Required = Theatre = (T) Bistro = (B)

1 9:00am-12:00pm Argosy Casino Sign Up
 9:30am HUR Fitness W/Anasha (FC)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Color Me Calm (CR)
 11:00am Chair Yoga (GF)
 1:00pm Rosary (T)
 1:30pm Mindful Movement W/Anasha (GF)
 3:00pm Wine Time /Mix & Mingle Sponsored by Lakeview Village (L)
 6:30pm Game Night (L)

2 Fit Camp Open
 1:00pm Mexican Train Dominoes (L)
 2:00pm Pictionary Game (GR)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 5:30pm Shanghai Game (GR)
 6:10pm Royals vs Twins (T)

3 Fit Camp Open
 10:30am Church Services with Reverend Dr. Hylton M. Turner (T)
 12:00pm Chiefs vs Eagles on CBS (T)
 2:10pm Royals vs Twins (L)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 4:00pm Card Games (L)

4 9:30am Energizing Yoga W/Anasha (GF)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Coffee/Cocoa & Current Events (CR)
 11:00am Rock 'n Band W/Anasha (GF)
 11:00am Shopping at Walmart Sign Up
 1:00pm Rosary (T)
 1:30pm Pilates Fusion W/Anasha (GF)
 3:00pm BINGO (L)
 3:00pm Hallmark Channel Resident Choice (T)
 6:30pm Game Night (L)

5 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Trivia Tuesday (CR)
 10:45am JULIET Lunch @ J Alexander's Sign Up (GF)
 11:00am Bodyweight Balance & Core W/Anasha (GF)
 1:00pm UNO (GR)
 1:00pm Rosary (T)
 1:30pm Senior Strong W/Anasha (GF)
 2:00pm Balance Event W/Anasha (FC)
 2:15pm Chair Volleyball (GF)
 6:30pm Bridge (GR)
 6:30pm Mexican Train Dominoes (L)

6 9:30am HUR Fitness W/Anasha (WC)
 9:30am Hallway Exercise 1st FL South
 9:30am Walkin' & Rollin' meet in lobby
 10:00am Hallway Exercise 2nd FL North
 10:00am Brain Games (GR)
 11:00am Chair Cardio kickboxing W/Anasha (GF)
 1:00pm Hangman (GR)
 1:00pm Resident Activity Meeting (L)
 1:00pm Rosary (T)
 1:30pm Chair Yoga (GF)
 3:00pm BINGO Sponsored by ArchWell Health (L)
 4:15pm Resident Led Happy Hour BYOB (L)
 6:00pm Disney Plus Movie/ Residents Choice (T)
 6:30pm Game Night (GR)

7 9:30am Hallway Exercise 1st FL South
 9:30-11:30am Craft Time (CR)
 10:00am Hallway Exercise 2nd FL North
 11:00am HUR Fitness W/Anasha (FC)
 12:30pm BINGO (GR)
 1:00pm Rosary (T)
 1:30pm Bodyweight Balance & Core W/Anasha (GF)
 2:00pm Netflix Movie Resident Choice (T)
 2:15pm Chair Volleyball (GF)
 2:30pm Welstone Men's Pub Club Sign Up (B)
 3:00pm Scrabble (GR)
 6:30pm Bible Study (L)
 6:30pm Joker (GR)
 7:00pm Movie Night Resident Choice (T)

8 9:30am HUR Fitness W/Anasha (FC)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Color Me Calm (CR)
 11:00am Chair Yoga (GF)
 1:00pm Rosary (T)
 1:30pm Mindful Movement W/Anasha (GF)
 3:00pm Wine Time /Mix & Mingle/ October Birthdays Sponsored by Right At Home (L)
 6:30pm Game Night (L)

9 Fit Camp Open
 1:00pm Mexican Train Dominoes (L)
 2:00pm Pictionary Game (GR)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 5:30pm Shanghai Game (GR)

10 Fit Camp Open
 10:30am Church Services with Reverend Dr. Hylton M. Turner (T)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 4:00pm Card Games (GR)
 7:20pm Chiefs vs Bills on NBC (T)

11 9:30am Energizing Yoga W/Anasha (GF)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Coffee/Cocoa & Current Events (CR)
 11:00am Rock 'n Band W/Anasha (GF)
 11:00am Making Blankets with Friends (CR)
 1:00pm Rosary (T)
 1:30pm Pilates Fusion W/Anasha (GF)
 3:00pm BINGO Sponsored by Traditions Health (L)
 3:00pm Hallmark Channel Resident Choice (T)
 6:30pm Game Night (L)
 Columbus Day (US)
 Indigenous Peoples' Day
 Thanksgiving (Canada)

12 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Trivia Tuesday (CR)
 11:00am Making Blankets with Friends (CR)
 11:00am Bodyweight Balance & Core W/Anasha (GF)
 11:00am Shopping at Trader Joe's Sign Up
 1:00pm UNO (GR)
 1:00pm Resident Led Book Club (2nd Fl LS)
 1:00pm Rosary (T)
 1:30pm Senior Strong W/Anasha (GF)
 2:15pm Chair Volleyball (GF)
 2:30 Ladies Tea Sign Up (L)
 3:30pm Jenga Game (GR)
 6:30pm Bridge (GR)
 6:30pm Mexican Train Dominoes (L)

13 Last Day to Sign up For Pumpkin Decorating Contest
 9:30am HUR Fitness W/Anasha (WC)
 9:30am Hallway Exercise 1st FL South
 9:30am Walkin' & Rollin' meet in lobby
 10:00am Hallway Exercise 2nd FL North
 10:00am Brain Games (GR)
 11:00am Chair Cardio kickboxing W/Anasha (GF)
 1:00pm Travelogue Fred Hartman presents "Venice and the Venetian Lagoon" Sign Up (L)
 1:00pm Hangman (GR)
 1:00pm Rosary (T)
 1:30pm Chair Yoga (GF)
 3:00pm BINGO (L)
 4:15pm Resident Led Happy Hour BYOB (L)
 6:00pm Disney Plus Movie/ Residents Choice (T)
 6:30pm Game Night (GR)

14 9:30am Hallway Exercise 1st FL South
 9:30am Craft Time/ Make Decorated Mask for Wacky Wednesday (CR)
 10:00am Hallway Exercise 2nd FL North
 10:00am Knott's Club (CR)
 10:45am ROMEO Lunch @ TBD Sign Up
 11:00am HUR Fitness W/Anasha (FC)
 12:30pm BINGO (GR)
 1:00pm Rosary (T)
 1:30pm Bodyweight Balance & Core W/Anasha (GF)
 2:15pm Chair Volleyball (GF)
 3:00pm Show & Tell Apron collection by Fellow Resident Joyce DeHaven Sister Donna (L)
 6:30pm Bible Study (L)
 6:30pm Joker (GR)
 7:00pm Movie Night Resident Choice (T)

15 Name Tag Day Activity
 9:30am HUR Fitness W/Anasha (FC)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Right at Home Blood Pressure Clinic (L)
 10:00am Color Me Calm (CR)
 10:30am Lunch @ Yard House Sign Up
 11:00am Chair Yoga (GF)
 1:00pm Rosary (T)
 1:30pm Mindful Movement W/Anasha (GF)
 3:00pm Wine Time /Mix & Mingle (L)
 6:30pm Game Night (L)

16 Fit Camp Open
 1:00pm Mexican Train Dominoes (L)
 2:00pm Pictionary Game (GR)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 5:30pm Shanghai Game (GR)

17 Fit Camp Open
 10:30am Church Services with Reverend Dr. Hylton M. Turner (T)
 12:00pm Chiefs vs Washington on CBS (T)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 4:00pm Card Games (GR)

18 9:30am Energizing Yoga W/Anasha (GF)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Coffee/Cocoa & Current Events (CR)
 10:30am Pick Up Pumpkins for Decorating Contest (L)
 11:00am Rock 'n Band W/Anasha (GF)
 11:00am Shopping at Jo-Ann Fabrics Sign Up
 1:00pm Rosary (T)
 1:00pm Painted Clover Sign Up (L)
 1:30pm Pilates Fusion W/Anasha (GF)
 3:00pm BINGO (L)
 3:00pm Hallmark Channel Resident Choice (T)
 6:30pm Game Night (L)

19 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Trivia Tuesday (CR)
 11:00am Bodyweight Balance & Core W/Anasha (GF)
 11:00am Shopping at HyVee Sign Up
 1:00pm UNO (GR)
 1:00pm Rosary (T)
 1:30pm Senior Strong W/Anasha (GF)
 2:00pm Town Hall Meeting (DR)
 2:15pm Chair Volleyball (GF)
 3:30pm Jenga Game (GR)
 6:30pm Bridge (GR)
 6:30pm Mexican Train Dominoes (L)

20 Wacky Wednesday/Wear A Decorated Halloween Mask
 9:30am HUR Fitness W/Anasha (WC)
 9:30am Hallway Exercise 1st FL South
 9:30am Walkin' & Rollin' meet in lobby
 10:00am Hallway Exercise 2nd FL North
 10:00am Brain Games (GR)
 11:00am Chair Cardio kickboxing W/Anasha (GF)
 12:00pm Mystery Trip Only No Lunch Sign Up
 1:00pm Hangman (GR)
 1:00pm Rosary (T)
 1:30pm Chair Yoga (GF)
 3:00pm BINGO (GR)
 4:15pm Resident Led Happy Hour BYOB (L)
 6:00pm Disney Plus Movie/ Residents Choice (T)
 6:30pm Game Night (GR)

21 9:30am Hallway Exercise 1st FL South
 9:30-11:30am Craft Time (CR)
 10:00am Knott's Club (CR)
 10:00am Hallway Exercise 2nd FL North
 11:00am HUR Fitness W/Anasha (FC)
 12:30pm BINGO (L)
 1:00pm Rosary (T)
 1:30pm Bodyweight Balance & Core W/Anasha (GF)
 2:00pm New Resident Dining Meeting (B)
 2:00pm Netflix Movie Resident Choice (T)
 2:15pm Chair Volleyball (GF)
 3:00pm Scrabble (GR)
 5:00pm Open House Trick or Treat Event w/ Entertainment by Just The Two Of Us (L)
 6:30pm Bible Study (L)
 6:30pm Joker (GR)
 7:00pm Movie Night Resident Choice (T)

22 9:30am HUR Fitness W/Anasha (FC)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Color Me Calm (CR)
 11:00am Chair Yoga (GF)
 1:00pm Rosary (T)
 1:30pm Mindful Movement W/Anasha (GF)
 3:00pm Wine Time /Mix & Mingle Sponsored by Lakeview Village (L)
 6:30pm Game Night (L)

23 Fit Camp Open
 1:00pm Mexican Train Dominoes (L)
 2:00pm Pictionary Game (GR)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 5:30pm Shanghai Game (GR)

24 Fit Camp Open
 10:30am Church Services with Reverend Dr. Hylton M. Turner (T)
 12:00pm Chiefs vs Titans on CBS (T)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 4:00pm Card Games (GR)

25 Deadline to Enter Pumpkin Decorating Contest Voting Begins (L)
 9:30am Energizing Yoga W/Anasha (GF)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Coffee/Cocoa & Current Events (CR)
 11:00am Rock 'n Band W/Anasha (GF)
 11:00am Shopping at Walmart Sign Up
 11:00am Making Blankets with Friends (CR)
 1:00pm Rosary (T)
 1:30pm Pilates Fusion W/Anasha (GF)
 3:00pm BINGO (L)
 3:00pm Hallmark Channel Resident Choice (T)
 6:30pm Game Night (L)

26 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Trivia Tuesday (CR)
 11:00am Bodyweight Balance & Core W/Anasha (GF)
 1:00pm UNO (GR)
 1:00pm Rosary (T)
 1:30pm Senior Strong W/Anasha (GF)
 2:15pm Chair Volleyball (GF)
 3:00pm Jenga Game (GR)
 3:00pm Taste of Tuesday/ Wine Tasting with Fellow Resident Loren Griffith's son Jeff Sign Up (L)
 6:30pm Bridge (GR)
 6:30pm Mexican Train Dominoes (L)

27 Wacky Wednesday/ Wear Something Orange & Black
 9:30am HUR Fitness W/Anasha (WC)
 9:30am Hallway Exercise 1st FL South
 9:30am Walkin' & Rollin' meet in lobby
 10:00am Hallway Exercise 2nd FL North
 10:00am KC Streetcar Ride from Union Station to City Market w/ Lunch and Shopping Sign Up
 10:00am Brain Games (GR)
 11:00am Chair Cardio kickboxing W/Anasha (GF)
 1:00pm Hangman (GR)
 1:00pm Rosary (T)
 1:30pm Chair Yoga (GF)
 3:00pm BINGO (L)
 4:15pm Resident Led Happy Hour BYOB (L)
 6:00pm Disney Plus Movie/ Residents Choice (T)
 6:30pm Game Night (GR)

28 Pumpkin Decorating Contest Voting Ends
 9:30am Hallway Exercise 1st FL South
 9:30-11:30am Craft Time (CR)
 10:00am Knott's Club (CR)
 10:00am Hallway Exercise 2nd FL North
 11:00am HUR Fitness W/Anasha (FC)
 12:30pm BINGO (L)
 1:00pm Rosary (T)
 1:30pm Bodyweight Balance & Core W/Anasha (GF)
 2:00pm Netflix Movie Resident Choice (T)
 2:15pm Chair Volleyball (GF)
 3:00pm Scrabble (GR)
 6:30pm Bible Study (L)
 6:30pm Joker (GR)
 7:00pm Movie Night Resident Choice (T)

29 9:30am HUR Fitness W/Anasha (FC)
 9:30am Hallway Exercise 1st FL South
 10:00am Hallway Exercise 2nd FL North
 10:00am Right at Home Blood Pressure Clinic (L)
 10:00am Color Me Calm (CR)
 10:30am Lunch @ Blue Moose Sign Up
 11:00am Chair Yoga (GF)
 1:00pm Rosary (T)
 1:30pm Mindful Movement W/Anasha (GF)
 3:00pm Wine Time Mix & Mingle/ Halloween Party/ Wear Costume/ Prizes Will Be Awarded for Best Costume and Best Decorated Pumpkin (L)
 6:30pm Game Night (L)

30 Fit Camp Open
 1:00pm Mexican Train Dominoes (L)
 2:00pm Pictionary Game (GR)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 5:30pm Shanghai Game (GR)

31 Fit Camp Open
 10:30am Church Services with Reverend Dr. Hylton M. Turner (T)
 3:00pm Alive Fit & Free Exercise Video (Channel 1851)
 4:00pm Card Games (GR)

October Birthdays (Employees*)
 Aurora Romero 3rd Dorothy Murphy 3rd Ralph Dirksen 3rd *Sara Thompson 4th Martha Hoffman 5th Faye Vowell 6th Nadine Jones 10th Carol Turecek 11th Betty Bradbury 11th Sue Dishon 12th Mary Blattman 14th Karen Oyer 16th *Isabelle Simmonds 17th *Sam Barnett 18th *Kevin Tyrell 19th Mary Parisoff 26th Donna Ward 28th Jancy Liggett 29th

The Community reserves the right to modify the contents of this activity calendar at any time without notice.

Halloween