
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:30 Café Central in St. George's Room</p> <p>11:00 Strength Training in Wellness Center</p> <p>12:30 AAW Outing to Top Golf in Auburn Hills</p> <p>2:00 "Special" Channel 3 Movie "To Catch a Thief"</p> <p>3:00-4:30 Chair Massage in Wellness Center</p> <p>5:00 Resident Potluck in The Pub</p> <p>6:30 Shuffleboard League</p>	<p>2</p> <p>8:45 No Swim Therapy Today</p> <p>9:00 Waterford Library Run</p> <p>9:00 AAW Outing to Dow Gardens Canopy Walk</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Cardio Combo in Wellness Center</p> <p>11:45 Meditation in Wellness</p> <p>1:15 News and Views in Chaucer</p> <p>2:30 Scripture Study w/Glenn in St. George's Room</p> <p>3:00 Mystery Activity with Liz</p> <p>6:30 Canterbury Putter League</p>	<p>3</p> <p>Shopping Shuttle 10am & 1pm</p> <p>11:00 AAW Outing to OATS Horseback Riding in Clarkston</p> <p>1:00 Aging Brain Health Seminar w/Kristie Back Rehab Director in Wellness Center</p> <p>2:00 Crafts with Amy in St. George's Room</p> <p>2:00 Channel 3 Movie "Rear Window"</p> <p>3:00 Walker Line Dancing in Wellness Center</p> <p>4:00 Happy Hour in Trillium Rm</p>	<p>4</p> <p>9:30 Scavenger Hunt Ends in Wellness Center</p> <p>10:00 Creative Writing in St. George's Room</p> <p>11:00 Nutrition for Strength & Energy Taste Test w/Gloria from Harmony Healing in Wellness Center</p> <p>11:00 1:1 Technology Lessons</p> <p>1:30 Chef Demo Roasted Squash Sampling & Apple Testing in Iris Room</p> <p>4:15 Outing to Waterford Golden Age Spaghetti Dinner</p> <p>7:00 Southminster Movie Night- "Les Miserables (2012)" in Wellness Center</p>	<p>5</p> <p>10:00 Sit & Chat in Pub</p> <p>2:00 Euchre & Pinochle Club in Chaucer Room</p> <p>7:00 Bingo in Wellness Center</p>
<p>6 </p> <p>2:00 Sunday Service in St. Luke's Chapel</p> <p>7:00 Channel 3 Movie "Rear Window"</p>	<p>7</p> <p>TBA MASSAGE THERAPY W/ERIKA Shopping Shuttle 10am & 1pm</p> <p>8:30 Rise and Shine in Wellness Center</p> <p>9:30 Line Dancing in Wellness</p> <p>10:00 Art w/Janet in Leas Art Studio</p> <p>10:00 Calendar & Canterbury Tales Reading in Travel Hub</p> <p>11:00 Core & Balance Wellness</p> <p>2:00 Catholic Mass in St. Luke's</p> <p>2:00 Virtual Bowling Wellness</p> <p>3:00 Activities Planning Meeting in Chippendale Room</p> <p>6:00 FINAL Outdoor Bocce League</p>	<p>8</p> <p>TBA MASSAGE THERAPY W/ERIKA</p> <p>9:30 Café Central in St. George's Room</p> <p>10:00 Outing to Firekeepers Casino</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>1:00 Line Dancing in Wellness Center</p> <p>2:00 "Special" Channel 3 Movie "Psycho"</p> <p>2:30 Walking Club meet in Wellness Center</p> <p>6:30 FINAL Shuffleboard League</p>	<p>9 <i>Yom Kippur</i></p> <p>8:45 Swim Therapy at WMHS</p> <p>9:00 Waterford Library Run</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Cardio Combo in Wellness</p> <p>11:45 Meditation in Wellness</p> <p>1:15 News and Views in Chaucer</p> <p>2:30 Scripture Study w/Glenn in St. George's Room</p> <p>3:00 Wellness Seminar "Urinary Health" in Wellness</p> <p>4:30 Octoberfest BBQ with Rhinelanders Entertainment</p> <p>6:30 FINAL Canterbury Putters League</p>	<p>10</p> <p>Shopping Shuttle 10am & 1pm</p> <p>11:00 Cardio Drumming in Wellness Center</p> <p>2:00 Crafts with Amy in St. George's Room</p> <p>2:00 Channel 3 Movie "Murder on the Orient Express"</p> <p>2:30 Walking Club meet in Wellness Center</p> <p>3:30 Puzzle on Patio</p> <p>4:00 Happy Hour in Trillium Room with D&A Duo Entertainment</p> <p>6:00 Line Dancing in Wellness</p>	<p>11</p> <p>11:00 Muscles in Motion in Wellness Center</p> <p>11:00 1:1 Technology Lessons</p> <p>1:30 Southminster Culinary Meeting in Iris Room</p> <p>2:30 Wellness Seminar—"Phone, E-Mail, and E-Scams" in St. Luke's Chapel</p> <p>3:30 Music Bingo with Amy in Wellness Center</p> <p>7:00 Southminster Movie Night "We Bought a Zoo" in Wellness Center</p>	<p>12 </p> <p>10:00 Sit & Chat in Pub</p> <p>2:00 Euchre & Pinochle Club in Chaucer Room</p> <p>7:00 Bingo in Wellness Center</p>
<p>13 </p> <p>2:00 Sunday Service in St. Luke's Chapel</p> <p>7:00 Channel 3 Movie "Murder on the Orient Express"</p> <p></p>	<p>14 <i>Columbus Day</i></p> <p>Shopping Shuttle 10am & 1pm</p> <p>8:30 Rise and Shine in Wellness</p> <p>9:30 Line Dancing in Wellness Center</p> <p>10:00 Art w/Janet in Leas Art Studio</p> <p>10:00 Calendar & Canterbury Tales Reading in Travel Hub</p> <p>11:00 Core & Balance in Wellness Center</p> <p>2:00 Catholic Mass in St. Luke's Chapel</p> <p>2:00 Virtual Bowling League in Wellness Center</p> <p>6:30 Ball Toss in Wellness</p>	<p>15</p> <p>9:30 Café Central in St. George's Room</p> <p>10:30 Mystery Lunch Outing</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>1:00 Line Dancing in Wellness</p> <p>2:00 "Special" Channel 3 Movie "Notorious"</p> <p>2:30 Walking Club meet in Wellness Center</p> <p>6:00 Table Games in St. George's Room</p> <p>6:30 Virtual Bowling in Wellness</p>	<p>16 </p> <p>8:45 Swim Therapy at WMHS</p> <p>9:00 Waterford Library Run</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Cardio Combo in Wellness Center</p> <p>11:45-12:00 Meditation in Wellness Center</p> <p>12:30 Outing to Meadowbrook Theatre in Rochester for "Murder on the Orient Express"</p> <p>1:15 News and Views in Chaucer Room</p> <p>2:30 Scripture Study w/Glenn in St. George's Room</p> <p>6:30 Bean Bag Toss in Wellness Center</p>	<p>17</p> <p>Shopping Shuttle 10am & 1pm</p> <p>11:00 Cardio Drumming in Wellness Center</p> <p>1:30 NEIGHBORHOOD BLOCK PARTIES</p> <p>2:00 Channel 3 Movie "The Birds"</p> <p>3:00 Loss Support Group in St. Luke's Chapel</p> <p>3:15 Walking Club meet in Wellness Center</p> <p>4:00 Happy Hour in Trillium Room</p> <p>6:00 Line Dancing in Wellness Center</p> <p>7:00 Bean Bag Toss in Wellness</p>	<p>18</p> <p>11:00 Muscles in Motion in Wellness Center</p> <p>11:00 1:1 Technology Lessons in St. George's Room</p> <p>1:00 Painting w/Nina in Leas Art Studio</p> <p>2:30 October Birthday Party in St. George's Room</p> <p>7:00 Southminster Movie Night "First Wives Club"</p>	<p>19 </p> <p>10:00 Sit & Chat in Pub</p> <p>2:00 Euchre & Pinochle Club in Chaucer</p> <p>7:00 Bingo in Wellness Center</p> <p><i>All activities, outings and events that are held outside are weather permitting!</i></p> <p></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>2:00 Sunday Service in St. Luke's Chapel</p> <p>7:00 Channel 3 Movie "The Birds"</p> 	<p>21</p> <p>Shopping Shuttle 10am & 1pm TBA MASSAGE THERAPY W/ERIKA</p> <p>8:30 Rise and Shine in Wellness Center</p> <p>9:30 Line Dancing in Wellness Center</p> <p>10:00 Art Class w/Janet in Leas Art Studio</p> <p>10:00 Calendar & Canterbury Tales Reading in Travel Hub</p> <p>11:00 Core & Balance in Wellness Center</p> <p>2:00 Catholic Mass in St. Luke's Chapel</p> <p>2:00 Virtual Bowling in Wellness Center</p> <p>6:30 Ball Toss in Wellness Center</p>	<p>22</p> <p>TBA MASSAGE THERAPY W/ERIKA</p> <p>9:30 Café Central in St. George's Room</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>8:45 Outing to Michigan Princess Fall Color Boat Cruise & Lunch</p> <p>1:00 Line Dancing in Wellness Center</p> <p>2:00 "Special" Channel 3 Movie "Creature from the Black Lagoon"</p> <p>2:30 Walking Club meet in the Wellness</p> <p>6:00 Fine Lines & Wine in St. George's Room</p> <p>6:30 Virtual Bowling in Wellness Center</p>	<p>23</p> <p>8:45 Swim Therapy at WMHS</p> <p>9:00 Waterford Library Run</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Cardio Combo in Wellness Center</p> <p>11:45-12:00 Calming Stress Meditation in Wellness Center</p> <p>1:15 News and Views in Chaucer Room</p> <p>2:30 Scripture Study w/Glenn in St. George's Room</p> <p>6:30 Bean Bag Toss in Wellness Center</p>	<p>24 <i>United Nations Day</i></p> <p>Shopping Shuttle 10am & 1pm</p> <p>11:00 Cardio Drumming in Wellness Center</p> <p>11:00 Southminster Book Club in St. George's Room</p> <p>2:00 Crafts with Amy in St. George's Room</p> <p>2:00 Channel 3 Movie "The Birds"</p> <p>2:30 Walking Club meet in Wellness Center</p> <p>4:00 Happy Hour in Trillium Room</p> <p>6:00 Line Dancing in Wellness Center</p> <p>7:00 Bean Bag Toss in Wellness Center</p>	<p>25</p> <p>11:00 Muscles in Motion in Wellness Center</p> <p>11:00 1:1 Technology Lessons</p> <p>1:00 Painting w/Nina in Leas Art Studio</p> <p>2:30 Bingo Bonanza in Wellness Center</p> <p>7:00 Southminster Movie Night "Sabrina" (1954) in Wellness Center</p> 	<p>26</p> <p>10:00 Sit & Chat in the Pub</p> <p>2:00 Euchre & Pinochle Club in Chaucer</p> <p>7:00 Bingo in Wellness Center</p> 
<p>27</p> <p>2:00 Sunday Service in St. Luke's Chapel</p> <p>7:00 Channel 3 Movie "Strangers on a Train"</p>  	<p>28</p> <p>Shopping Shuttle 10am & 1pm</p> <p>8:30 Rise and Shine in Wellness Center</p> <p>9:30 Line Dancing in Wellness Center</p> <p>10:00 Art Class w/Janet in Leas Art Studio</p> <p>10:00 Calendar & Canterbury Tales Reading in Travel Hub</p> <p>11:00 Core & Balance in Wellness Center</p> <p>2:00 Catholic Mass in St. Luke's Chapel</p> <p>2:00 Virtual Bowling in Wellness Center</p> <p>6:30 Ball Toss in Wellness Center</p>	<p>29</p> <p>9:30 Café Central in St. George's Room</p> <p>10:45 Outing to "Tribute to the Stars" at OPC in Rochester</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>1:00 Line Dancing in Wellness Center</p> <p>2:00 "Special" Channel 3 Movie "Dial M for Murder"</p> <p>2:30 Walking Club meet in the Wellness</p> <p>6:30 Virtual Bowling in Wellness Center</p> 	<p>30</p> <p>8:45 Swim Therapy at WMHS</p> <p>9:00 Waterford Library Run</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Cardio Combo in Wellness Center</p> <p>11:45-12:00 Calming Stress Meditation in Wellness Center</p> <p>1:15 News and Views in Chaucer Room</p> <p>2:30 Pumpkin Carving and Candy Bag Filling in St. George's Room</p> <p>2:30 Scripture Study w/Glenn in Chaucer Room</p> <p>6:30 Bean Bag Toss in Wellness Center</p> 	<p>31 <i>Halloween</i></p> <p>Shopping Shuttle 10am & 1pm</p> <p>10:30-11:30 Community-Wide Trick-or-Treat No Exercise Classes this AM No Crafts Today</p> <p>2:00 Channel 3 Movie "The Birds"</p> <p>2:00 Monster Mash Workout in Wellness Center</p> <p>3:30 Halloween Happy Hour in Trillium Room</p> <p>6:00 Line Dancing in Wellness Center</p> 