

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>G</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events</p>	<p><b>1</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Fall Wreath- HCAR <b>K</b> 12:00 News Update- ALDR, HCDR <b>CC</b> 2:00 Soft Pretzels- ALAR <b>L</b> 3:00 Oktoberfest- HCAR <b>S</b> 6:00 Bingo Night - HCAR</p>	<p><b>2</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>GG</b> 10:00 Book Club-ALAR <b>MM</b> 10:30 Activity Cart- Room to Room <b>K</b> 12:00 Jokin' Around- ALDR, HCDR <b>O</b> 2:00 Winery- Outing \$</p>	<p><b>3</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>K</b> 10:30 Travel Experiences-HCAR <b>K</b> 12:00 Health Tips- ALDR, HCDR <b>L</b> 2:00 Star of the Month-HCAR</p>	<p><b>4</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>K</b> 10:30 Jeopardy- HCAR <b>O</b> 11:00 Chick-Fil-A- Outing \$ <b>K</b> 12:00 Trivia- ALDR, HCDR <b>K</b> 2:00 1950's Quiz- HCAR <b>G</b> 2:30 Warm Outside Gathering</p>	<p><b>5</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Step by Step Paint-HCAR <b>K</b> 12:00 On This Day Facts-ALDR, HCDR <b>S</b> 2:30 Happy Hour - HCDR <b>K</b> 3:30 Creative Leisure-HCAR</p>	<p><b>6</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>L</b> 10:30 UNO- HCAR <b>M</b> 2:00 Sing-A-Long- HCAR <b>CC</b> 3:00 Ice Cream Social-HCAR</p>
<p><b>7</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>I</b> 10:00 Hymn Sing And Devotions-HCAR <b>M</b> 2:00 50's Music- HCAR <b>K</b> 3:00 October IQ- HCAR</p>	<p><b>8 Columbus Day</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Puffy Pumpkins- HCAR <b>K</b> 12:00 News Update- ALDR, HCDR <b>G</b> 2:00 Love on a Leash- HCAR <b>L</b> 2:00 Library Book Nook-ALAR</p>	<p><b>9</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>GG</b> 10:00 Book Club-ALAR <b>MM</b> 10:30 Activity Cart- Room to Room <b>K</b> 12:00 Jokin' Around- ALDR, HCDR <b>M</b> 2:00 Karaoke- HCAR</p>	<p><b>10</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>K</b> 10:30 Curious About Cricket-HCAR <b>O</b> 11:00 IHOP- Outing \$ <b>K</b> 12:00 Health Tips- ALDR, HCDR <b>K</b> 2:00 Calendar Planning-</p>	<p><b>11</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:15 Trilogy Fit-HCAR <b>I</b> 10:00 Bible Study w/ Pastor Mike <b>K</b> 12:00 Trivia- ALDR, HCDR <b>O</b> 2:00 Walmart- Outing \$ <b>L</b> 2:00 Wacky Wordies- HCAR <b>GG</b> 3:00 Price is Right- HCAR</p>	<p><b>12</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Ceramics- HCAR <b>K</b> 12:00 On This Day Facts-ALDR, HCDR <b>S</b> 2:30 Happy Hour - HCDR <b>K</b> 3:30 Creative Leisure-HCAR</p>	<p><b>13</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>L</b> 10:30 Dominoes- HCAR <b>M</b> 2:00 Frank Sinatra- HCAR <b>CC</b> 3:00 Brownie Social-HCAR</p>
<p><b>14</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>S</b> 11:00 Brunch <b>S</b> 12:15 Brunch <b>I</b> 3:00 Hymn Sing and Service w/Pastor Ellen - ALAR</p>	<p><b>15</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Fall Signs- HCAR <b>K</b> 12:00 News Update- ALDR, HCDR <b>CC</b> 2:00 Caramel Apple Bar-ALAR <b>L</b> 3:00 Rick Steves</p>	<p><b>16</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>O</b> 10:00 Cider Mill- Outing <b>GG</b> 10:00 Book Club-ALAR <b>MM</b> 10:30 Activity Cart- Room to Room <b>K</b> 12:00 Jokin' Around- ALDR, HCDR</p>	<p><b>17</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>K</b> 10:30 Travel Experiences-HCAR <b>K</b> 12:00 Health Tips- ALDR, HCDR <b>K</b> 2:00 Wacky Wordies- HCAR <b>L</b> 2:30 Scrabble- HCAR</p>	<p><b>18</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:15 Trilogy Fit-HCAR <b>M</b> 10:00 Music Therapy with Julie- HCAR <b>K</b> 12:00 Trivia- ALDR, HCDR <b>O</b> 2:00 Coffee Shop- Outing \$ <b>L</b> 2:00 What Am I- HCAR <b>A</b> 3:00 Tree of Gratitude-</p>	<p><b>19</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Fleece Craft- HCAR <b>K</b> 12:00 On This Day Facts-ALDR, HCDR <b>S</b> 2:30 Happy Hour - HCDR <b>K</b> 3:30 Creative Leisure-HCAR</p>	<p><b>20</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>L</b> 10:30 Big Boggle- HCAR <b>M</b> 2:00 Sounds of Elvis- HCAR <b>CC</b> 3:00 Ice Cream Social-HCAR</p>
<p><b>21</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>I</b> 10:00 Hymn Sing And Devotions-HCAR <b>M</b> 2:00 Beauty and The Beast Soundtrack- HCAR <b>K</b> 3:00 Fairy Tale Talk- HCAR</p>	<p><b>22</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Mrs. Potts and Chip Paint- HCAR <b>K</b> 12:00 News Update- ALDR, HCDR <b>L</b> 2:00 Library Book Nook-ALAR</p>	<p><b>23</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>GG</b> 10:00 Book Club-ALAR <b>MM</b> 10:30 Activity Cart- Room to Room <b>K</b> 12:00 Jokin' Around- ALDR, HCDR <b>O</b> 2:00 Pumpkin Patch- Outing</p>	<p><b>24</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>K</b> 10:30 United Nations Day-HCAR <b>K</b> 12:00 Health Tips- ALDR, HCDR <b>S</b> 2:00 Beauty and The Beast Movie- HCAR</p>	<p><b>25</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:15 Trilogy Fit-HCAR <b>O</b> 10:00 Fall Drive- Outing <b>I</b> 10:00 Bible Study w/ Pastor Mike-HCAR <b>K</b> 12:00 Trivia- ALDR, HCDR <b>K</b> 2:00 Bingo - HCAR <b>S</b> 5:00 Beauty and The Beast</p>	<p><b>26</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Pumpkin Mason Jars-HCAR <b>K</b> 12:00 On This Day Facts-ALDR, HCDR <b>S</b> 2:30 Happy Hour - HCDR <b>S</b> 2:30 Birthday Club -HCAR</p>	<p><b>27</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>L</b> 10:30 Penny Ante- HCAR <b>M</b> 2:00 John Denver Hits- HCAR <b>CC</b> 3:00 Cookie Social-HCAR</p>
<p><b>28</b> <b>V</b> 9:30 Trilogy Fit-HCAR <b>I</b> 10:00 Hymn Sing &amp; Service with Pastor Mike - HCAR <b>M</b> 2:00 60's Music- HCAR <b>K</b> 3:00 Junk Drawer Detective-HCAR</p>	<p><b>29</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>A</b> 10:30 Pumpkin Paint and Carve- HCAR <b>K</b> 12:00 News Update- ALDR, HCDR <b>CC</b> 2:00 Apple Pie Bites- ALAR <b>L</b> 3:00 Picture It- HCAR</p>	<p><b>30</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>GG</b> 10:00 Book Club-ALAR <b>MM</b> 10:30 Activity Cart- Room to Room <b>K</b> 12:00 Jokin' Around- ALDR, HCDR <b>O</b> 2:00 Meijer- Outing \$</p>	<p><b>31 Halloween</b> <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR <b>V</b> 9:30 Trilogy Fit-HCAR <b>K</b> 10:30 Halloween Hang Man-HCAR <b>K</b> 12:00 Health Tips- ALDR, HCDR <b>G</b> 2:00 Halloween Social- HCAR <b>G</b> 2:30 Pumpkin Contest</p>	<p>Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!</p>	<p>Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm</p>	<p>Sunday Brunch is the 2nd Sunday of every month please make reservations to Life Enrichment.</p>

The Willows at Okemos Health Center Calendar

# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>A</b> - Artisans  <b>CC</b> - Creative Cooking  <b>G</b> - Gathering of Friends  <b>GG</b> - Group Games  <b>I</b> - Inspirations  <b>K</b> - Keeping it Sharp/Reminisce  <b>L</b> - Lifelong Learning  <b>MM</b> - Mindful Moments  <b>M</b> - Music to My Ears  <b>O</b> - Out &amp; About  <b>S</b> - Signature Events</p>	<p><b>1</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Fall Wreath- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 News Update- ALDR, HCDR  <b>CC</b> 2:00 Soft Pretzels- ALAR</p>	<p><b>2</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>GG</b> 10:00 Book Club-ALAR  <b>MM</b> 10:30 Activity Cart- Room to Room  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Jokin' Around- ALDR,</p>	<p><b>3</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>K</b> 10:30 Travel Experiences-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Health Tips- ALDR, HCDR</p>	<p><b>4</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>K</b> 10:30 Jeopardy- HCAR  <b>O</b> 11:00 Chick-Fil-A- Outing \$  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Trivia- ALDR, HCDR  <b>K</b> 2:00 1950's Quiz- HCAR</p>	<p><b>5</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Step by Step Paint-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 On This Day Facts-ALDR, HCDR</p>	<p><b>6</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>L</b> 10:30 UNO- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 Sing-A-Long- HCAR  <b>CC</b> 3:00 Ice Cream Social-HCAR</p>
<p><b>7</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>I</b> 10:00 Hymn Sing And Devotions-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 50's Music- HCAR  <b>K</b> 3:00 October IQ- HCAR</p>	<p><b>8 Columbus Day</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Puffy Pumpkins- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 News Update- ALDR, HCDR  <b>G</b> 2:00 Love on a Leash- HCAR</p>	<p><b>9</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>GG</b> 10:00 Book Club-ALAR  <b>MM</b> 10:30 Activity Cart- Room to Room  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Jokin' Around- ALDR,</p>	<p><b>10</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>K</b> 10:30 Curious About Cricket-HCAR  <b>O</b> 11:00 IHOP- Outing \$  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Health Tips- ALDR,</p>	<p><b>11</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:15 Trilogy Fit-HCAR  <b>I</b> 10:00 Bible Study w/ Pastor Mike  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Trivia- ALDR, HCDR  <b>O</b> 2:00 Walmart- Outing \$</p>	<p><b>12</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Ceramics- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 On This Day Facts-ALDR, HCDR  <b>S</b> 2:30 Happy Hour - HCDR</p>	<p><b>13</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>L</b> 10:30 Dominoes- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 Frank Sinatra- HCAR  <b>CC</b> 3:00 Brownie Social-HCAR</p>
<p><b>14</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>S</b> 11:00 Brunch  <b>S</b> 12:15 Brunch  <b>I</b> 3:00 Hymn Sing and Service w/Pastor Ellen - ALAR</p>	<p><b>15</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Fall Signs- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 News Update- ALDR, HCDR  <b>CC</b> 2:00 Caramel Apple Bar-</p>	<p><b>16</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>O</b> 10:00 Cider Mill- Outing  <b>GG</b> 10:00 Book Club-ALAR  <b>MM</b> 10:30 Activity Cart- Room to Room  <b>MM</b> 11:30 Mindful Moments-HCAR</p>	<p><b>17</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>K</b> 10:30 Travel Experiences-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Health Tips- ALDR, HCDR</p>	<p><b>18</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:15 Trilogy Fit-HCAR  <b>M</b> 10:00 Music Therapy with Julie- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Trivia- ALDR, HCDR  <b>O</b> 2:00 Coffee Shop- Outing \$</p>	<p><b>19</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Fleece Craft- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 On This Day Facts-ALDR, HCDR  <b>S</b> 2:30 Happy Hour - HCDR</p>	<p><b>20</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>L</b> 10:30 Big Boggle- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 Sounds of Elvis- HCAR  <b>CC</b> 3:00 Ice Cream Social-HCAR</p>
<p><b>21</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>I</b> 10:00 Hymn Sing And Devotions-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 Beauty and The Beast Soundtrack- HCAR  <b>K</b> 3:00 Fairy Tale Talk- HCAR</p>	<p><b>22</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Mrs. Potts and Chip Paint- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 News Update- ALDR, HCDR</p>	<p><b>23</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>GG</b> 10:00 Book Club-ALAR  <b>MM</b> 10:30 Activity Cart- Room to Room  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Jokin' Around- ALDR,</p>	<p><b>24</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>K</b> 10:30 United Nations Day-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Health Tips- ALDR, HCDR</p>	<p><b>25</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:15 Trilogy Fit-HCAR  <b>O</b> 10:00 Fall Drive- Outing  <b>I</b> 10:00 Bible Study w/ Pastor Mike-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Trivia- ALDR, HCDR</p>	<p><b>26</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Pumpkin Mason Jars-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 On This Day Facts-ALDR, HCDR</p>	<p><b>27</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>L</b> 10:30 Penny Ante- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 John Denver Hits- HCAR  <b>CC</b> 3:00 Cookie Social-HCAR</p>
<p><b>28</b>  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>I</b> 10:00 Hymn Sing &amp; Service with Pastor Mike - HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>M</b> 2:00 60's Music- HCAR  <b>K</b> 3:00 Junk Drawer Detective-HCAR</p>	<p><b>29</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>A</b> 10:30 Pumpkin Paint and Carve- HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 News Update- ALDR, HCDR</p>	<p><b>30</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>GG</b> 10:00 Book Club-ALAR  <b>MM</b> 10:30 Activity Cart- Room to Room  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Jokin' Around- ALDR,</p>	<p><b>31 Halloween</b>  <b>MM</b> 8:15 Morning Mashup-HCDR, ALDR  <b>V</b> 9:30 Trilogy Fit-HCAR  <b>K</b> 10:30 Halloween Hang Man-HCAR  <b>MM</b> 11:30 Mindful Moments-HCAR  <b>K</b> 12:00 Health Tips- ALDR, HCDR</p>	<p>Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!</p>	<p>Location Key:          ALAR- Asst Liv Act Rm          ALDR- Asst Liv Dining Rm          ALFR- Asst Liv Fam Rm          CY- Courtyard          DR- Dining Rm          HCAR- Health Ctr Act Rm</p>	<p>Reservations for Sunday Brunch can be made by contacting Life Enrichment.</p>