

# Christian Corner

## I Love You.

Romans 8:38-39. "For I am convinced [and continue to be convinced—beyond any doubt] that neither death, nor life, nor angels, nor principalities, nor things present and threatening, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the [unlimited] love of God, which is in Christ Jesus our Lord" (Amplified Bible).

I love you. Those three words are the ones that all of us long to hear. They are the words that make or break a relationship. The words that can drive us to do crazy things. An "I love you" from someone can turn a horrible day around. We crave love. We need love. And that is a beautiful thing! The love we give and receive to and from others is one of God's most amazing gifts to us. But even the purest and deepest love we experience with other people; whether it be with a spouse, a child, a friend, a parent, etc, will never compare with the overwhelming, consuming love that God has for us. The Creator of the Universe loves you and me deeply. He sees you and me, knows us and loves us more than we will ever be able to understand. There is nothing—not even death—that can separate us from the love that

God has for us. Think about that for a moment. Let it sink deep into your soul. Our perfect, holy, gracious God loves us. He is for us, delighting in us and always on our side. Paul prays for the Ephesian church in Ephesians 3:17-19 that they will be rooted and established in this love, and that they will begin to comprehend just how deep and wide and long and high it truly is. That is my prayer for us today too. May we continue to be convinced-beyond any doubt-that God loves us more than we could ever imagine or comprehend.

*Pray today that God will open your heart to live in and experience His love.*

### Religious Activities throughout the month

**Sundays** Stream services from Presbyterian & St. Joseph's Churches

**Mondays** Rosary

**Wednesdays** Church service for all

**Friday** Bible Study

## Around the Pointe



### Notes from:

## Melinda, Executive Director

Thank you everyone for joining us for our Annual Grandparents Day and Assisted Living week Celebration. A great time was had by everyone who joined, and how could we not with baby animals, great food, even better desserts, bouncy house and the Caricaturist was so talented!

We have a couple new features we are working on at SP. One, we replaced the television in the lobby. Katey, our Life Enrichment Director, will now display daily activities as well as photos from recent activities!

Keep in mind that Fall and Winter are some pretty busy months with Halloween and Christmas celebrations. Remember to invite your families, we love seeing familiar faces!

I have to say I've been very proud of our staff during our last Covid encounter. We were able to isolate quickly BUT also, our culinary team had to switch how they served food in a moment's time. Although there may have been a couple of bumps along the way, overall they went from serving food in our dining rooms to getting meals to each apartment across Summit Pointe's long hallways!

The Life Enrichment team made it a point to visit every apartment daily, making sure tenants got their exercise and some form of "fun" every day. All while sanitizing hallways after each interaction.

Nursing made sure proper protocol was used and we were able to contain any spread of Covid quickly and efficiently.

The Environmental staff made sure extra cleaning and sanitizing took place and that Summit Pointe had more than enough supplies to protect tenants and staff. **Way to go Team!**



### Notes from Kayla in:

## marketing

Halloween falls on a Tuesday this year, so we debated having it over the weekend or the actual day of Halloween and decided on **Halloween Night**. Marion allows trick or treating to take place until 8pm. We will invite trick or treaters into Summit Pointe **from 6-8pm**. Summit Pointe will line up in chairs in the lobby, fireside lounge and dining room.

Summit Pointe will supply some candy, you are more than welcome to pick up candy when joining the Life Enrichment team weekly on their grocery trips.

This year, I am asking tenants who are interested in joining us in giving candy to trick or treaters to please sign up in the activity book. You CAN always join us even if you didn't sign up, this will just give me an idea of how many tenants to set up chairs for.



## Open House

I would also like to host another open house experience for the community. If you would like to help me show off what a great place Summit Pointe is to live by allowing us to tour your apartments, PLEASE sign up in the activity binder. If you would like more information, contact Kayla!





## Celebrations!

### Tenant Birthdays

#### OCTOBER 1

Norma Miller

#### OCTOBER 9

John Woodhouse

#### OCTOBER 15

Dixie Miller

#### OCTOBER 16

Rosemary Schultz

#### OCTOBER 19

Diane Svoboda

#### OCTOBER 21

Karen Knies

#### OCTOBER 22

Mary Newton

#### OCTOBER 26

Richard Stumpff

#### OCTOBER 29

Alberta Parker

#### OCTOBER 30

Theresa Kula

Sharon Alderson

Penny Gilchrist

### Staff Birthdays

#### OCTOBER 5

Dana Marolf

#### OCTOBER 6

Ashley Pierce

#### OCTOBER 7

Kayla Howk-Erwin

#### OCTOBER 8

Dustin Rouse

### Staff Anniversaries

#### OCTOBER 14

Amanda Kacena – 1 year

#### OCTOBER 17

Abby Ritchie – 10 years

# Life

## ENRICHMENT WITH KATEY AND STAFF!

This month is filled with new activity opportunities, Suz, Ben, Frankie and I can't wait to see you there!

### Fridays at 1:00pm • Join Elayne in our Loop Yarn Project!

Too much yarn? You clearly Yarn-derestimate my power. Those who participate will be making warm shoulder covers for our Memory Care tenants to use! All skill levels are encouraged to join!!

### October Spook-a-ton! • Sundays at 6:00pm

During the month of October, we have Halloween themed movies! Join us in the Fireside Lounge!

October 1 – The Addams Family

October 22 – Hocus Pocus

October 8 – The Sixth Sense

October 29 – Practical Magic

October 15 – Frankenstein

### 1:1 Visits

If you or anyone you know would like or need a 1:1 visit, let a Life Enrichment team member know. You could also sign up for one at the front desk.

### Mondays:

**9:00am** • Bring a mug to Memory Care and enjoy conversations and some delicious coffee!

**10:30am** • Positive Psychology: Each week we will be doing an ice breaker or game that not only helps us get to know our neighbors but ourselves! They will be fun and informative – so try it out and join the fun!

**1:30pm** • Our new Musical & Movement group – Combines two very important things! The combination of cognitive stimulation, social engagement and physical activity is ideal for reducing the risk of dementia. Movement is key for healthy aging, maintaining mobility and quality of life. The good music is also a bonus!

**2:30pm** • Meet TEA Family – Tenants as well as family members are invited to our afternoon tea! We will have some fun, new table topics as well as a different dessert made by our very own Culinary department! Sip-Sip-Hooray, can't wait to see you there!

### Tuesday Mornings Strength Training:

If performed regularly, strength training specifically in older adults has been shown to:

Increase muscle mass	Improve strength	Increase bone density
Improve quality of life	Improve functional abilities	Increase levels independence
Improve sleep quality	Decrease levels of depression and anxiety	
Reduce the risk of a number of age-related diseases (osteoporosis, heart disease, arthritis, type 2 diabetes)		

The list goes on and on! Join Life Enrichment as we focus on strength training by doing exercises with resistance bands!



### Notes from Carla in: Maintenance

Randall and I want to thank you all for your patience BUT more so thank you for utilizing our WorX Hub program. IF YOU ARE NOT FAMILIAR, if you need work done in your apartment you can call or go to the front desk. The receptionist will put in a “work order” that describes what and where the requested work needs to be done.

Here's some friendly reminders on what we can do to keep our building running smoothly.

- 1 Remember there really is NO SUCH THING as flushable wipes. If you use wipes please throw them in the trash.
- 2 When walking your pets make sure to pick up the mess, you are more than welcome to empty the mess in our outdoor garbage bins, we have no problem with keeping the poo poo outside.
- 3 When using power strips in your apartment remember they need to be power surge and a metal casing.
- 4 Tie up your garbage when using the garbage shoots, this will help make sure the building doesn't start smelling like the garbage room.

### Notes from Dustin in: CULINARY

Make sure you check out the calendar and join me for Dishing up with Dustin!

Also, **Chef Chat with Dustin** is an opportunity for you to join me and find out what's cooking in the kitchen. This is also an opportunity for you to let me know; what you are enjoying in the dining room, what you would like to see change, likes/dislikes about the menu. I'd love to hear what you all have to say, Join me this month!

### Notes from Randy in: Transportation

How does everyone like the new van? I know Randy enjoys driving it!

As a reminder, the bus will be used Monday, Wednesday and Fridays. The van will be utilized Tuesday and Thursdays.

### Notes from Randy in: Housekeeping

Let housekeeping know if you need help contacting family for more laundry soap or garbage bags.

### Notes from Mary McDaniel in: Nursing

Hello Summit Pointe tenants, October is National Breast Cancer Awareness month, in 2021 over 287,850 new cases of invasive breast cancer were diagnosed. Breast cancer can affect senior women AND men. It is crucial to remember the importance of checking yourself for lumps and bumps. Although it's recommended to examine yourself monthly, it's not a bad idea to examine yourself every time you shower. Read this month's article on Breast Cancer Awareness and Seniors.

I would also like to take a minute and offer some observations I have made a little closer to home. I know as begin this subject that it is a repetitive topic and I have brought it to the newsletter several times. Summit Pointe offers high quality, professionally lead exercise classes on Monday, Wednesday and Thursdays. Fridays classes are lead by a licensed physical therapist. My hope is that you, each of you would participate in this class at the very least once a week. Twice a week would be more beneficial and three or more times would be amazing for your health. Participating in these groups would help eliminate falls, build strength, encourage heart health, help with balance AND exercise is known to help your body release feel good endorphins which help ease depression and stress. So please get to an exercise class this week!

### Notes from the: Front Desk

Our receptionists are doing a great job getting tenants' messages to their appropriate contact, if you need to get ahold of a nurse, maintenance, life enrichment, marketing, housekeeping or culinary, the front desk can pass that message on to the appropriate staff member. Departments will get back to you in between the next business day.



## Breast Cancer Awareness: SENIOR BREAST CANCER RISKS AND CARE



October is Breast Cancer Awareness Month, a time to learn about the symptoms, risks and treatment of this all-too-common disease.

Breast cancer is the second most common cancer among American women. Most breast cancers are found in women 50 years old or older.

Men make up less than one percent of breast cancer diagnosis, but often are diagnosed later and therefore have a relatively higher mortality rate.

### Breast cancer and senior women

Breast cancer occurs when cancer cells form in the tissues of the breast. Doctors diagnose nearly 275,000 new cases of breast cancer every year. That means about one in eight women in the United States will develop breast cancer in her lifetime. Half of the newly diagnosed breast cancer occurs in women over age 60. About 20 percent come from women over 70. After age 80, the chances of developing breast cancer begin to decrease.

### Other breast cancer risk factors

While there are factors that can increase a woman's chance of having breast cancer, it is important to know that most women who are diagnosed have no family history of the disease and no known risk factors.

There are many genetic, environmental and demographic risk factors that can contribute to the likelihood of a woman developing breast cancer.

Some of these include:

- Being over age 60.
- White women are a little more likely than African-American women to develop breast cancer, although that gap has been closing in recent years.
- Women who go through menopause

after age 55 have a slightly higher risk of breast cancer.

- Having a first-degree relative (mother, sister, or daughter) with breast cancer almost doubles a woman's risk. Two first-degree relatives increase her risk by about three-fold.

### Screening for breast cancer

According to the National Breast Cancer Foundation, Inc., about 62 percent of breast cancer cases are diagnosed at a localized stage, which has a 99 percent five-year survival rate.

Although screenings do not prevent breast cancer, early detection is critical to successful treatment.

Mammograms are the best way to find breast cancer early – often before a woman notices any changes or symptoms. Annual mammograms help track changes in breast tissue.

A physical examination, by a healthcare professional or self-exam by the woman, is another way to find changes in the breasts that can indicate cancer.

Ultrasounds and MRIs are used to get deeper and more detailed images of the breast and areas of concern.

If suspicious tissues are found, a biopsy examines a sample of the tissues in a laboratory. A biopsy is typically the last step in confirming a breast cancer diagnosis. It can determine the type of cancer found and guides the health care team in charting a course of treatment.

### Breast cancer treatment for seniors

Treating older patients with breast cancer can be challenging.

Treatment plans depend on the type of cancer, the size of the tumor, if it has spread and many other factors.

Seniors need extra attention because they are more likely to have chronic conditions that can be triggered or exacerbated by certain drugs or treatments. As the population ages, there is more research being conducted to offer seniors more successful breast cancer outcomes.

**MASTECTOMY:** This is a surgery that removes the whole breast and, in some cases, surrounding tissues that are affected by cancer.

**LUMPECTOMY:** Lumpectomy is the surgical removal of some breast tissue when issues are caught early or when a patient is diagnosed with a less-invasive form of breast cancer. The goal is to remove all cancerous tissue while leaving the breast intact.

**CHEMOTHERAPY:** Chemotherapy drugs and treatments are administered intravenously, with a pill, through an injection, with a cream and other methods. Side effects can include nausea, fatigue, vomiting and hair loss.

**RADIATION:** Radiation uses high-energy to attack areas where the cancer cells are present. Side effects include coughing and shortness of breath.

**HORMONE THERAPY:** In some breast cancer cases, high levels of hormones help cancer spread. Hormone therapy blocks the hormone receptors on cancer cells to help stop them from growing.

If a senior loved one notices symptoms of breast cancer, have them visit the doctor as soon as possible. When making the appointment, note the symptoms they have experienced.

### Tuesday Shopping:

**October 3, 9am** • Hobby Lobby

**October 10, 9am** Walmart & 1:30pm Lindale Mall

**October 10, 3pm** Marion Shops

**October 17, 9am** Fareway & 1:30pm Salvation Army

**October 24, 9am** Aldi

**October 31, 9am** Dollar General & 1:30 pm Goodwill

### Culinary Events:

**Chef Chat:** Tuesday, October 3, 1:30pm

**Dishing with Dustin:** Thursday, October 12, 1:30pm

### Vital Signs Clinic:

Vital Signs Clinic will be held in the Private Dining Room with Johanna - **Wednesday, October 11, 1:00pm**

### Podiatrist Announcement

Dr. Parker will be here on **Tuesday, October 3, 1:00pm** instead of the 4th due to a podiatry conference.

### Wednesday Game Show Hour! Wednesdays, 2:00pm

We have some fun Game Show themed games for both tenants and staff! Each game the winning team gets a fun prize!

**October 4 - Jeopardy:** Quiz competition that reverses the traditional question-and-answer format of many quiz shows. Rather than being given questions, contestants are instead given general knowledge clues in the form of answers, and they must identify the person, place, thing, or idea that the clue describes, phrasing each response in the form of a question.

**October 11 - Minute to Win It:** it's a 60-second game using items typically found around the house. Participants attempt to see who can finish a challenge first or who can complete a task the most times in under a minute!

### October 18 - Win, Lose, Or Draw:

Be the first team to make 8 correct guesses from sketched picture clues

**October 25 - Family Feud:** Throughout the game, players will try to match their answers with the most popular survey answers

### Life Long Learning!

Each Wednesday Life Enrichment will do a presentation and teach these topics in October:

**October 4 - Destination:** New Mexico: we learn about a new place, find answers to some of our questions, and have a whole lot of fun along the way

**October 11 - Fortunes & Facts:** Explore the mysteries of astrology and prophecy with a look at well-known predictions that have and have not come true

**October 18 - Tech Talk:** Learn how to use your devices with Ben

**October 25 - Star of the Month, Penny Marshall:** Actress, director, producer, and author Penny Marshall was a naturally gifted comedian who utilized her unique flair for getting to the heart of a situation to build a long and successful career both in front of and behind the camera. Come learn about her life!

### Holy Walkamolies

Our walking group will be on the **10th, 17th, and the 31st at 1:30pm!** We will meet in the Back Patio, walk our Summit Pointe trail, and ending in the garden with some stretches

### Short Story Read Aloud Group

Each session will feature a new short story to enjoy along with some popcorn for our popcorn read! Come to the Fireside Lounge and see what interesting stories we have, with a discussion to follow.

### Meet & Eat:

Love going out to eat? We will be going to Olive Garden and Barrell House this month!

### October Birthday Party

Come celebrate the first Friday of the month!

### Scenic Drives:

**Thursday, October 5, 3pm:** We will be taking a scenic drive to admire the beautiful leaves! Not only will we have nice views, we will enjoy some nice, warm apple cider and some yummy snacks!

**Thursday, October 19, 3pm:** We will a couple local parks then after we will go to Your Pie Pizza for supertime!

**Thursday, October 26, 3pm:** We will go to Stone City while playing fun Roadtrip games!

### Friday Morning Pampering

Friday mornings we will be doing shoulder and back massages as well as manicures and hand massages! Sign up in the Activity Binder!

## SPORTS

Get ready as our beloved Hawkeyes return for another football season, how do you think they'll play this year? Join us in the Fireside Lounge for Saturday Games and a little tailgating.

10/7 Purdue vs Iowa 2:30pm

10/14 Iowa vs Wisconsin TBD

10/21 Minnesota vs Iowa TBD





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>1</div> <div>9:00 AM Presbyterian Church Service – FL</div> <div>10:30 AM St Joseph's Mass – FL</div> <div>1:30 PM Bingo – FL</div> <div>6:00 PM Sunday Cinema: The Addams Family – FL</div>	<div>2</div> <div>9:00 AM Rosary – PDR</div> <div>9:00 AM Lug a Mug – Memory Care</div> <div>10:30 AM Positive Psychology: Colored Candy go Round – FL</div> <div>1:30 PM Musical &amp; Movement: Drum Circle – FL</div> <div>2:00 PM Dominoes – CH</div> <div>2:30 PM Meet TEA Family – FL</div> <div>3:30 PM M.A.C. Fitness – FL</div>	<div>3</div> <div>9:00 AM Hobby Lobby</div> <div>9:00 AM Resistance Band Exercise with Life Enrichment – FL</div> <div>10:30 AM “Yes, I Have” Game – FL</div> <div>1-3 PM Podiatrist</div> <div>1:30 PM Chef Chat – FL</div> <div>3:00 PM Bingo – FL</div>	<div>4</div> <div>9:30 AM Church Service – FL</div> <div>10:30 AM Life Long Learning: Destination New Mexico – FL</div> <div>1:30 PM Catholic Communion – L</div> <div>2:00 PM Tenant/Staff Jeopardy – FL</div> <div>2:00 PM Dominoes – CH</div> <div>3:30 PM M.A.C. Fitness – FL</div> <div>6:00 PM Synphonettes – FL</div>	<div>5</div> <div>9:30 AM Short Story Read Along: Riding with Murphy – FL</div> <div>10:30 AM M.A.C. Fitness – FL</div> <div>11:00 PM Meet &amp; Eat: Olive Garden</div> <div>1:30 PM Make Spooky Pops for kids – FL</div> <div>3:30 PM Scenic Drive: See Fall Leaves!</div> <div>6:15 PM Bingo – FL</div>	<div>6</div> <div>9:30 AM Bible Biographies – L</div> <div>9:30 AM Shoulder &amp; Back Massages – FL</div> <div>10:30 AM Millennium Therapy – FL</div> <div>1:00 PM Loop Yarn with Elayne – FL</div> <div>2:00 PM Happy Hour October Birthday Party with Entertainment by Lena Adams – DR</div>	<div>7</div> <div>10:00 AM Crafting Club – L</div> <div>1:00 PM Halloween Wreaths with Sue (Kermit's Daughter) – L</div> <div>2:30PM Hawkeyes vs Purdue Tailgate -FL</div> <div>2:00 PM Dominoes – CH</div>	
<div>8</div> <div>9:00 AM Presbyterian Church Service – FL</div> <div>10:30 AM St Joseph's Mass – FL</div> <div>1:30 PM Bingo – FL</div> <div>6:00 PM Sunday Cinema: The Sixth Sense – FL</div>	<div>9</div> <div>9:00 AM Rosary – PDR</div> <div>9:00 AM Lug a Mug – Memory Care</div> <div>10:30 AM Positive Psychology: Personality Tests – FL</div> <div>1:30 PM Musical &amp; Movement: Dancercise: Line Dance – FL</div> <div>2:00 PM Dominoes – CH</div> <div>2:30 PM Meet TEA Family – FL</div> <div>3:30 PM M.A.C. Fitness – FL</div> <div>6:30 PM Community Concert: Folk Legacy Trio</div>	<div>10</div> <div>9:30 AM Walmart</div> <div>9:00 AM Resistance Band Exercise with Life Enrichment – FL</div> <div>10:30 AM Hitchcock Scavenger Hunt – FL</div> <div>1:30 PM Lindale Mall</div> <div>1:30 PM Holy Walkamolies: On the Trail</div> <div>3:00 PM Bingo – FL</div>	<div>11</div> <div>9:30 AM Church Service – FL</div> <div>10:30 AM Life Long Learning: Fortunes &amp; Facts – FL</div> <div>1:00 PM Vital Signs Clinic – PDR</div> <div>1:30 PM Catholic Communion – L</div> <div>2:00 PM Tenant/Staff Minute to Win it! – FL</div> <div>2:00 PM Dominoes – CH</div> <div>3:30 PM M.A.C. Fitness – FL</div> <div>6:00 PM Synphonettes – FL</div>	<div>12</div> <div>9:30 AM Short Story Read Along: Make Room for Ryder – FL</div> <div>10:30 AM M.A.C. Fitness – FL</div> <div>1:30 PM Dishing with Dustin – FL</div> <div>3:00 PM Marion Square Shopping</div> <div>6:15 PM Bingo – FL</div>	<div>13</div> <div>9:30 AM Bible Biographies – L</div> <div>9:30 AM Manicures &amp; Hand Massages – FL</div> <div>10:30 AM Millennium Therapy – FL</div> <div>1:00 PM Loop Yarn with Elayne – FL</div> <div>2:00 PM Happy Hour and Entertainment by Gary Holub – DR</div>	<div>14</div> <div>10:00 AM Crafting Club – L</div> <div>2:00 PM Dominoes – CH</div>	
<div>15</div> <div>9:00 AM Presbyterian Church Service – FL</div> <div>10:30 AM St Joseph's Mass – FL</div> <div>1:30 PM Bingo – FL</div> <div>6:00 PM Sunday Cinema: Frankenstein – FL</div>	<div>16</div> <div>9:00 AM Rosary – PDR</div> <div>9:00 AM Lug a Mug – Memory Care</div> <div>10:30 AM Positive Psychology: Two Extremes – FL</div> <div>1:30 PM Musical &amp; Movement: Ribbon Dancing – FL</div> <div>2:00 PM Dominoes – CH</div> <div>2:30 PM Meet TEA Family – FL</div> <div>3:30 PM M.A.C. Fitness – FL</div>	<div>17</div> <div>9:30 AM Fareway</div> <div>9:00 AM Resistance Band Exercise with Life Enrichment – FL</div> <div>10:30 AM October Adult Coloring – FL</div> <div>1:30 PM Salvation Army</div> <div>1:30 PM Holy Walkamolies: On the Trail</div> <div>3:00 PM Bingo – FL</div>	<div>18</div> <div>9:30 AM Church Service – FL</div> <div>10:30 AM Life Long Learning: Tech Talk – FL</div> <div>1:30 PM Catholic Communion – L</div> <div>2:00 PM Tenant/Staff Win, Lose, or Draw! – FL</div> <div>2:00 PM Dominoes – CH</div> <div>3:30 PM M.A.C. Fitness – FL</div> <div>6:00 PM Synphonettes – FL</div> <div>6:30 PM Community Concert: Yesterday Once More</div>	<div>19</div> <div>9:30 AM Marion Library</div> <div>10:30 AM M.A.C. Fitness – FL</div> <div>11:00 PM Meet &amp; Eat: Barrell House</div> <div>1:30 PM Bonnie &amp; Mike – FL</div> <div>3:00 PM Scenic Drive then Your Pie</div> <div>6:15 PM Bingo – FL</div>	<div>20</div> <div>9:30 AM Bible Biographies – L</div> <div>9:30 AM Shoulder &amp; Back Massages – FL</div> <div>10:30 AM Millennium Therapy – FL</div> <div>1:00 PM Loop Yarn with Elayne – FL</div> <div>2:00 PM Happy Hour and Entertainment by Janet Lieb – DR</div>	<div>21</div> <div>10:00 AM Crafting Club – L</div> <div>TBD Hawkeyes vs Minnesota Tailgate -FL</div> <div>2:00 PM Dominoes – CH</div>	
<div>22</div> <div>9:00 AM Presbyterian Church Service – FL</div> <div>10:30 AM St Joseph's Mass – FL</div> <div>1:30 PM Bingo – FL</div> <div>6:00 PM Sunday Cinema: Hocus Pocus – FL</div>	<div>23</div> <div>9:00 AM Rosary – PDR</div> <div>9:00 AM Lug a Mug – Memory Care</div> <div>10:30 AM Positive Psychology: What's in the Box? – FL</div> <div>1:30 PM Musical &amp; Movement: Beginners Boxing to Music – FL</div> <div>2:00 PM Dominoes – CH</div> <div>2:30 PM Meet TEA Family – FL</div> <div>3:30 PM M.A.C. Fitness – FL</div>	<div>24</div> <div>9:30 AM Aldi</div> <div>9:00 AM Resistance Band Exercise with Life Enrichment – FL</div> <div>10:30 AM Magic Eye: Paint by Number – FL</div> <div>1:00 PM LaLa Ladies – FL</div> <div>3:00 PM Bingo – FL</div>	<div>25</div> <div>9:30 AM Church Service – FL</div> <div>10:30 AM Life Long Learning: Star of The Month: Penny Marshall – FL</div> <div>1:30 PM Catholic Communion – L</div> <div>2:00 PM Tenant/Staff Family Feud – L</div> <div>2:00 PM Dominoes – CH</div> <div>3:30 PM M.A.C. Fitness – FL</div> <div>6:00 PM Synphonettes – FL</div>	<div>26</div> <div>9:30 AM Short Story Read Along: November Dawn – FL</div> <div>10:30 AM M.A.C. Fitness – FL</div> <div>1:00 PM Tenant Council – FL</div> <div>3:00 PM Scenic Drive: Stone City</div> <div>5:00 PM Family Matters – FL</div> <div>6:15 PM Bingo – FL</div>	<div>27</div> <div>9:30 AM Bible Biographies – L</div> <div>9:30 AM Manicures &amp; Hand Massages – FL</div> <div>10:30 AM Millennium Therapy – FL</div> <div>1:00 PM Loop Yarn with Elayne – FL</div> <div>2:00 PM Happy Hour and Entertainment by Terry McCauley – DR</div>	<div>28</div> <div>10:00 AM Crafting Club – L</div> <div>1:30 PM Scenic Drive</div> <div>2:00 PM Dominoes – CH</div>	
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