

# October 2020 Wellness Calendar - Weeks 1 & 2



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Key for Rooms:</b>                      LC = Lakeshore Chapel                      AS = Art Studio MT = Movie Theater                      V = <i>The View</i> GR = Game Room                      LL = Lakeshore Library                      FR = Fitness Room                      DR = Dining Room Café = Lakeshore Café                      DP = Dining Room Outside Patio                      RED = BUS TRIP (BT)                      BLUE = Fitness Classes</p>						
<p style="text-align: center;"><b>Lakeshore Senior Living</b>                      28801 Jefferson Ave, Saint Clair Shores, MI 48081                      586-218-6228</p> <p style="text-align: center;">Please check the bulletin board next to the mailboxes and Touchtown regularly for any changes to the wellness calendar.</p>						
<p>10:00 AM Mass on TV (MT)                      11:00 AM Independent Activity Cart (V)                      1:00 PM Sunday Matinee (MT)                      3:00 PM Independent Sunshine Walk (Café)</p>	<p>10:00 AM Upper Body Dumbbell Exercise Class (FR)                      1:00 PM Educational Video Series (MT)                      2:00 PM Movie (MT)                      2:30 PM Lakeshore's Family Feud (V)                      3:30 PM Horse Races (V)                      7:00 PM Monday Night Movie (MT)</p> <p style="text-align: center;">BINGO with a Twist = All Day (GR)</p>	<p>10:30 AM Rosary (LC)                      10:45 AM Fall Walking Club with Lisa (Café)                      11:00 AM Art &amp; Culture Feature (MT)                      2:00 PM Movie (MT)                      2:45 PM Drum Beat Fitness (FR)                      3:00 PM Tech Help with Rae (GR)</p>	<p>10:00 AM Chair Dancing (FR)                      10:30 AM KUPONK!! (V)                      10:30 AM Virtual Bible Study (MT)                      11:00 AM Card Bingo (V)                      1:00 PM Osteoporosis 101 Class via Zoom (GR)                      2:00 PM Friendly Competition (V)                      3:00 PM Entertainment on the Porch: Tom B.                      7:00 PM Movie (MT)                      Trip to Target = Sign up at front desk to reserve your spot on the bus (10AM or 1:30PM)                      BINGO with a Twist = All Day (GR)                      The View Open 3PM – 6PM</p>	<p>10:45 AM Functional Fitness (FR)                      11:00 AM Banking Trips (BT)                      1:00 PM BUNCO (V)                      2:00 PM Movie (MT)                      2:45 PM Fall Prevention Fitness (FR)                      3 PM – 5 PM Create and Sip (V)                      3 PM Bridge (2<sup>nd</sup> Floor Lounge)</p> <p style="text-align: center;">The View Open 3PM – 7:30PM</p>	<p>10:00 AM Sitting Exercise (FR)                      10:30 AM Trivia (FR)                      1:00 PM Gardening Club (V)                      2:00 PM Movie (MT)                      3:00 PM Happy Hour (V)                      3:30 PM Entertainment on the Porch: Bobby                      7:00 PM Movie Night (MT)                      BINGO with a Twist = All Day (GR)                      The View Open 3PM – 7:30PM</p>	<p>10:00 AM Exercise Class (FR)                      10:30 AM Brain Games (FR)                      1:00 PM Gourmet Apples (V)                      2:00 PM Comedy Hour (MT)                      3:00 PM Virtual Concert (MT)                      4:00 PM Religious Movie (MT)</p>
<p>10:00 AM Mass on TV (MT)                      11:00 AM Independent Activity Cart (V)                      1:00 PM Sunday Matinee (MT)                      3:00 PM Independent Sunshine Walk (Café)</p>	<p>10:00 AM Sitting Exercise (FR)                      10:30 AM Trivia (FR)                      1:00 PM Scaredy Pot Décor (V)                      2:00 PM Movie (MT)                      3:00 PM Happy Hour (V)                      3:00 PM Door-to-Door Cart: Angel Food Cake                      7:00 PM Movie Night (MT)</p> <p style="text-align: center;">BINGO with a Twist = All Day (GR)                      The View Open 3PM – 7:30PM</p>	<p>10:00 AM Exercise Class (FR)                      10:30 AM Brain Games (FR)                      1:00 PM Faux Pumpkin Decorating (V)                      2:00 PM Comedy Hour (MT)                      3:00 PM Virtual Concert (MT)                      4:00 PM Religious Movie (MT)</p>				

### Special Notes to Take on Wellness Plans:

- All month we will be fundraising for Breast Cancer Awareness by selling pink ribbons at the front desk and then on Oct. 16<sup>th</sup> we will **PINK DAY** to do different pink-related activities throughout the day.
- Belson Hearing is taken off the calendar until vendors are allowed back into the building.
- Free Blood Pressure Checks by Balanced Home Care has been added to the schedule again. Arrive to The View at 10 AM.
- *The View* Featured Drink Specials of the Week: Sept. 20<sup>th</sup>-Oct. 4<sup>th</sup> "Cuba Libre" and Oct. 7<sup>th</sup>- Oct. 11<sup>th</sup> "Apple Cider Michigan Mule"
- Be sure to pick up your "BINGO with a Twist" card for the week on Monday in the Game Room. Remember if you get a BINGO on your card stop by the Wellness Office on the 3<sup>rd</sup> floor across from *The View* for your prize! We will continue with this form of BINGO until we can resume our original style of BINGO in the dining room.
- Entertainment Hour Note: With the weather changing, and us still having our entertainment outside, please dress appropriately for the weather. We will be serving a warm beverage to enjoy throughout!
- Osteoporosis 101 Class – Presented by Advancing Science Liaisons – Watch a live stream of an educational presentation on Osteoporosis. It will be like they are here in person!
- **Shopping Trips** = We will be continuing some shopping trips to some local stores this month. Due to the restrictions of how many people can be on the bus at a time we will do multiple trips of an hour trip at a time. We will do departures at the set times listed. You must sign up at the front desk prior to if you plan on attending. Please only attend these shopping trips if it is essential for you.
- Prepare yourself for upcoming Halloween plans – we will be holding a costume contest for all staff and residents on Oct. 30<sup>th</sup>!!

