

Life Enrichment – Eastpointe Blue Side					October 2025
Monday	Tuesday	Wednesday	Thursday	Friday	
Paparazzi Jewelry Friday October 3 rd AVON LADY Monday October 6 th & Tuesday October 21 st LC & DC Vendors: Tuesday October 7 th <u>Welcome week:</u> Monday October 6 th -Friday October 10 th	<u>HOS-M Survey Days</u> Wednesday 1 st & 15 th Tuesday 7 th & 21 st <u>Marcus Beauty/Barbershop:</u> Monday October 6 th & Thursday October 23 rd	1 10:00 Current Events 10:30 Spiritual wellness 10:45 Silver Sneakers 11:00 Calendar Review 1:00 Soft Rock music hour	2 10:00 Coffee & conversation 10:30 Spiritual wellness 10:45 Olympic Practice 11:00 Bowling outing 1:00 Calendar Review	3 10:00 Conversation & coffee 10:30 Spiritual wellness 10:45 Olympic Practice 1:00 Mind Games	
6 <u>Wear PINK for Breast Cancer</u> 10:00 Conversation & coffee 10:30 Spiritual wellness 10:45 Olympic Practice 11:00 Hobby Lobby outing 1:00 Pink Bingo	7 <u>Wear PINK for Breast Cancer</u> 10:00 Coffee & Conservation 10:30 Spiritual wellness 10:45 Olympic Practice (FINAL DAY) 11:00 Hobby Lobby Outing 1:00 Pink Bingo	8 <u>EPT'S OLYMPIC'S PEP RALLY</u> 10:00 Coffee & conversation 10:30 Spiritual Wellness 10:45 Calendar Review 11:00 This or That?! 1:00 PEP RALLY TIME!!!!	9 Senior Olympics 10:00 Conversation & coffee 10:30 Spiritual wellness 10:45 Fall Décor of Choice 11:00 Calendar Review 1:00 Mind Games	10 10:00 Meditation & coffee 10:30 Spiritual wellness 10:45 Spa/Nail days 1:00 Jazz Music	
13 10:00 Conversation & coffee 10:30 Spiritual wellness 10:45 Halloween Movie 1:00 Bingo	14 10:00 Coffee & conversation 10:30 Spiritual wellness 10:45 Moving & grooving 11:00 Fall Crafts of choice 1:00 Jazz Music hour	15 10:00 conversation & coffee 10:30 Spiritual wellness 10:45 Silver Sneakers 11:00 Leisure activity of choice 1:00 Fall Bingo	16 10:00 Conversation & coffee 10:30 Spiritual wellness 10:45 Apple Orchard outing 11:00 This or That?! 1:00 80's R&B music hour	17 10:00 Conversation & coffee 10:30 Spiritual wellness 10:45 Apple Orchard outing 11:00 1:00	
20 Michigan VS MSU WEEK 10:00 Coffee & conversation 10:30 Spiritual wellness 10:45 Game Day 1:00 Michigan Bingo	21 Michigan VS MSU WEEK 10:00 Current Events 10:30 Spiritual wellness 10:45 Game Day 1:00 Music selection hour	22 Michigan VS MSU WEEK 10:00 Coffee & conversation 10:30 Spiritual wellness 10:45 Silver Sneakers Pom Pom 11:00 Game Day 1:00 Michigan Trivia	23 Michigan VS MSU WEEK 10:00 Current Events 10:30 Spiritual wellness 10:45 Game Day Predictions 11:00 Game Day 1:00 Michigan Raffle	24 Michigan VS MSU WEEK 10:00 Coffee Conversation 10:30 Spiritual wellness 10:45 Bingo 11:00 Game Day 1:00 A minute to win it raffle game	
27 10:00 Current Events 10:30 Spiritual wellness 10:45 Monday Movie: Nightmare before Christmas 1:00 Fall Craft of your choice	28 10:00 Current events 10:30 Spiritual wellness 10:45 MJ's thriller Exercise 11:00 Jeopardy Halloween Edition 1:00 What am I feeling? Game	29 10:00 Current Events 10:30 Spiritual wellness 10:45 Silver Sneakers 11:00 Halloween painting with a twist 1:00 Bingo	30 Happy Halloween!? 10:00 Coffee & conversation 10:30 Spiritual wellness 10:45 Costume Party? 11:00 Crafts and conversation 1:00 Monster Mash Party	31 Happy Halloween!? 10:00 coffee & conversations 10:30 Spiritual wellness 10:45 Costume Party? 11:00 Crafts and conversations 1:00 Monster Mash Party	

*ACTIVITIES ARE SUBJECT TO

		Life Enrichment Therapist: Keisha Howard (248)-520-3763 Life Enrichment Assistants: Deborah Bentley, Melkia Huey, Martha Dickerson, Felicia Perkins		
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