

Life Enrichment – Sterling Heights				October 2025
Monday	Tuesday	Wednesday	Thursday	Friday
	Book Club: Tuesday, Oct. 7 th Bible Study on Thursdays Men's Empowerment Group (MEG): Tuesday, Oct. 14 th	1 Gospel Day 10:00 Morning Gratitude 10:30 Seafoam Art w/ Kim 10:45 Gospel Singalong 11:30 Calendar Review 1:00 Scarecrow Craft	2 Wear <i>Pink</i> for Breast Cancer 10:00 Hand Care/Spa Day 10:30 Seafoam Art w/ Kim 10:45 Pink Party 11:30 Calendar Review 1:00 Olympics/Scarecrow	3 Wear <i>Pink</i> for Breast Cancer 10:00 Hand Care/Spa Day 10:30 Cornhole 10:45 Pink Party 11:30 Survivor Spotlight 1:00 Heart of the Hills Players
6 Cider Mill Outing/AVON 10:00 Music & Mingle 10:30 Football Touchdown 11:00 Tai Chi /Jewelry Making 11:30 Relax & Chat 1:00 Caramel Apple Bar	7 10:00 Daily Wordle 10:30 Chair Yoga 10:45 Jewelry Making 11:30 Name That Tune 1:00 Olympics /Car. Apple Bar	8 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 Olympics Pep Rally 11:30 Conversation Starters 1:00 Cardio Drumming/Euchre	9 Senior Olympics 10:00 This Day in History 10:30 Morning Stretches 10:45 Spooky Ceramics 11:30 Activity Planning 1:00 Bingo	10 Peaches & Greens/Salon 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Spooky Ceramics 11:30 Activity Planning 1:00 Bingo
13 Pop Up Shop 10:00 Daily Wordle 10:30 Walk 'n' Roll 10:45 IN2L/Group Games 11:30 Name That Tune 1:00 Painting w/ Lia GR	14 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 IN2L/Group Games/ MEG 11:30 HOS-M Surveys 1:00 Painting w/ Lia BR	15 10:00 This Day in History 10:30 Basketball 10:45 Family Feud 11:30 Chat with your Neighbor 1:00 Pumpkin Painting	16 AVON/Elderific Salon 10:00 Morning Gratitude 10:30 Movement to Music 10:45 Sweetest Day Social 11:30 Pumpkin Painting 1:00 Jimmy Allen Music	17 Golden Corral Outing 10:00 Music & Mingle 10:30 Morning Stretches 10:45 Sweetest Day Social 11:30 855 Education 1:00 Dynamic Duo/Bingo
20 Health Fair  1:00 Paper Bag Ghosts	21 Health Fair  1:00 Paper Bag Ghosts	22 10:00 Morning Gratitude 10:30 Chair Aerobics 10:45 Cider & Donuts 11:30 HOS-M Surveys 1:00 Bingo/ Euchre	23 Cider Mill Outing 10:00 Music & Mingle 10:30 Cornhole 10:45 Cider & Donuts 11:30 855 Education 1:00 Witch Hat Craft	24 Michigan vs. MSU Pride 10:00 Daily Wordle 10:30 Movement to Music 11:00 Tai Chi 11:30 Football Squares 1:00 Witch Hat Craft
27 10:00 This Day in History 10:30 Morning Stretches 10:45 Trick 'r' Treat Bags 11:30 Football Squares Results 1:00 October Jeopardy	28 Walmart Outing 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 Trick 'r' Treat Bags 11:30 Nov. Outing Signup 1:00 Ind. Leisure/ Craft Club	29 10:00 Music & Mingle 10:30 Walk 'n' Roll 10:45 Halloween Movie 11:30 Nov. Outing Signup 1:00 Independent Leisure	30 Happy Halloween! 10:00 Daily Wordle 10:30 Chair Aerobics 10:45 Costume Party 11:30 Trick 'r' Treating 1:00 Dynamic Duo/Bingo	31 Happy Halloween! 10:00 Coffee & Conversation 10:30 Chair Yoga 10:45 Costume Party/Contest 11:30 Trick 'r' Treating 1:00 Deblon/Bingo

Life Enrichment Therapists: Chelsea Roginski, CTRS (248) 763-4611
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