

Life Enrichment – Southfield

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 Spiritual Wellness: Mon, Thurs, Fri @ 10:30 Bible Study: Wed @ 11:15 in Orange Room Choir Practice: Mondays at 11:00		1 Sweet Fruit \$ 10:15 Animal Safety & Protection Month 10:45 Olympic Practice 11:00 Oktoberfest ink & Drink 12:00 Calendar Request/ Review/ HOSM 1:00 Vanessa Carr 🎵	2 10:15 Animal Safety & Protection Month 10:45 Olympic Practice 11:00 Oktoberfest ink & Drink 12:00 Calendar Request/ Review/ HOSM 1:00 All About Oktoberfest	3 10:15 Animal Safety & Protection Month 10:45 Olympic Practice 11:00 Fitness Bingo 12:00 October Trivia 1:30 In2L Participant Choice
6 Wear Pink / Sweet Fruit \$ 10:15 Breast Cancer Month 10:45 Olympic Practice 11:00 Pink Jewelry making 12:00 Breast Cancer Learning 1:30 Pink Bingo	7 Wear Pink / Paparazzi Jewelry \$ 10:15 Breast Cancer Month 10:45 Olympic Practice 11:00 Pink Jewelry Making 12:00 Breast Cancer Learning 1:30 Pink Bingo	8 Avon \$/ Jenny Salon \$ 10:15 Breast Cancer Month 10:45 Move & Groove 11:00 Spa Day 12:00 HOSM/ IN2L Fun! 1:30 Pokeno	9 Senior Olympics 🚌 10:15 Breast Cancer Month 10:45 Move & Groove 11:00 Dance W/ DJ Choklit 12:00 Name 5/ HOSM 1:30 Name that Tune	10 Hands of Grace \$ 10:15 Breast Cancer Month 10:45 Move & Groove 11:00 Auction 12:00 Scattergories 1:30 Bingo
13 Sweet Fruit \$ 10:15 Blindness Awareness Month 10:45 Senior Stretches 11:00 Word Search Challenge 12:00 Nat'l M&M day activity 1:30 Bingo	14 Avon \$ / Art Club 🎨 10:15 Blindness Awareness Month 10:45 Senior Stretches 11:00 Auction 12:00 855/ HOSM 1:15 Birthday Party 🎵	15 African Clothing \$ 10:15 Blindness Awareness Month 10:45 Senior Stretches 11:00 Prize Bingo 12:00 This or That 1:00 Birthday Party 🎵	16 Wear Pink or Red/Sew Blessed \$ 10:15 Blindness Awareness Month 10:45 Senior Stretches 11:00 Sweetest Day Party 🎵 12:00 Sweetest Day Trivia 1:30 Fleece and Thank you!	17 Wear Pink or Red! 10:15 Blindness Awareness Month 10:45 Senior Stretches 11:00 Sweetest Day Party 🎵 12:00 Sweetest Day Memories 1:30 Fleece and Thank you!/ HOSM
20 Cider Mill Carryout \$ 10:15 Nat'l Crime Prevention Month 10:45 Line Dancing 11:00 Spa Day 12:00 855/ HOSM 1:30 Table Top Games	21 Art Club 🎨 10:15 Nat'l Crime Prevention Month 10:45 Line Dancing 11:00 Spa Day 12:00 Karaoke 1:30 Bingo	22 60s Day- Dress Up ☺ 10:15 Nat'l Crime Prevention Month 10:45 60s Marching 11:00 Sock Tie Dying 12:00 Name 5 1:15 60s Jam w/ DJ Mike 🎵	23 Value World Outing 🚌 Devine Cre8tions \$ 10:15 Nat'l Crime Prevention Month 10:45 Get Up & Move 11:00 Healthy Living for Brain & Body 12:00 HOSM/ Trivia 1:30 Bingo	24 Michigan vs. MSU 10:15 Nat'l Crime Prevention Month 10:45 Touchdown Exercise 11:00 Football Crafts 12:00 Football Trivia 1:30 Football Bingo
27 10:15 Nat'l Depression Awareness Month 10:45 Get up & Move 11:00 Participant Town Hall 12:00 Halloween Trivia/ HOSM 1:30 Halloween Houses Craft	28 Cider Mill Carryout \$ 10:15 Nat'l Depression Awareness Month 10:45 Chair Stretches 11:00 Participant Town Hall 12:00 Halloween Lunch Movie 1:30 Halloween Mask Decorating/ HOSM	29 Detroit Historical Society 🚌 10:15 Nat'l Depression Awareness Month 10:45 Chair Stretches 11:00 Halloween Canvas Painting 12:00 Halloween Jeopardy 1:30 Halloween Hangman	30 Wear Your Costume! 10:15 Nat'l Depression Awareness Month 10:45 Pom Pom Fitness 11:00 Halloween Party 🎵 12:00 Costume Contest 1:30 Halloween Jewelry Making	31 Wear Your Costume! 10:15 Nat'l Depression Awareness Month 10:45 Pom Pom Fitness 11:00 Halloween Party 🎵 12:00 Costume Contest 1:30 Halloween Bingo



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