

Life Enrichment — Eastpointe		Green Room		November	
2025					
Monday	Tuesday	Wednesday	Thursday	Friday	
3 10:00 Morning Sip & chat 10:30 Spiritual Wellness 10:45 Morning Stretches 11:00 Brain Games 1:00 Smooth Jazz Hour	4 Election Day \$ 10:00 Morning Sip & chat 10:30 Spiritual Wellness/Cal.Review 10:45 Moving + Grooving 11:00 Pace Riddles 1:00 Election Bingo CHINESE TAKE OUT	5 AVON LADY \$ 10:00 Morning Sip + Chat 10:30 Spiritual Wellness 10:45 Moving + Grooving 11:00 Trivia 1:00 Independent Leisure CHINESE TAKE OUT	6 Purple Day / Palliative Care 10:00 Morning Sip + Chat 10:30 Spiritual Wellness 10:45 Moving + Grooving 11:00 Purple Crafts 1:00 Purple Bingo WEAR PURPLE ON THIS DAY!!!	7 Palliative Care Day/Memorial 10:00 Morning Sip+Chat 10:30 Memorial Service 1:00 Smooth Jazz Music WEAR PURPLE ON THIS DAY!!!	
10 LC & DC Vendors \$ 10:00 Coffee + Conversation 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Participant Rights Edu 1:00 Music Time	11 Veteran's Day 10:00 Crossword + Coffee 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Veterans Program 1:00 Veteran Bingo	12 DAY HEALTH CENTER CLOSE	13 Remember the Time 10:00 News + Coffee 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Remember When? 1:00 Memory Lane Music	14 10:00 News + Coffee 10:30 Spiritual Wellness 10:45 PomPom Exercise 11:00 Independent Leisure 1:00 80s + 90s Musician	
17 Movie Monday 10:00 Morning Sip+ Chat 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Movie 1:00 Bingo Monday	18 AVON LADY + Picture Day 10:00 Coffee+ Conversation 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Smile For The Camera 1:00 Crafts — (Picture Frames) \$	19 Elderific Salon /Favorite TV Show Day 10:00 Coffee + Conversation 10:30 Spiritual Wellness 10:45 Chair Exercise 11:00 Name That Thyme Song 1:00 Old School Music	20 10:00 Coffee + Conversation 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Crafts 1:00 DJ IB Cool	21 Picture Day 10:00 Coffee + Conversation 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Smile For The Camera 1:00 Crafts — Picture Frames	
24 Movie Monday 10:00 Coffee + Thankfulness 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Movie Time 1:00 Grocery Bingo	25 10:00 Coffee + Conversation 10:30 Spiritual Wellness 10:45 Silver Sneakers 11:00 Thanksgiving Trivia 1:00 Grocery Bingo	26 Thankful + Grateful 10:00 Coffee+ Thankfulness 10:30 Spiritual Wellness 10:45 The Jive Turkey Exercise 11:00 Thanksgiving Trivia 1:00 Grocery Bingo	27 	28 Chill Out Day 10:00 Coffee + Conversation 10:30 Thankful + Grateful 10:45 Silver Sneakers 11:00 Movie Time 1:00 Movement to The Music	



Life Enrichment Therapist: Keisha Howard (248)-520-3763

Life Enrichment Assistants: Deborah Bentley, Melkia Huey, Martha Dickerson, Felicia Perkins

