Life Enrichment – Southfield Center — October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			**1** 10:15 Morning News 10:45 Light Fitness 11:00 Movie+ Popcorn 12:00 Calendar Review 1:30 This or That	**2** 10:15 Coffee+ Conversations 10:45 Simon Says Workout 11:00 Conversation starters 12:00 Calendar Review 1:30 Higher or Lower
5 10:15 Morning Gratitude 10:45 Light stretches 11:00 Spa Day 12:00 Calendar Planning 1:30 Name That Tune	**6** 10:15 Moring News & tunes 10:45 Simon Says Workout 11:00 Spa Day 12:00 Calendar Planning 1:30 Snack Bingo	**7** ***Avon / Dj Mike*** 10:15 Breakfast and Jam 10:45 Wednesday Fitness 11:00 DJ/Trivia 12:00 855-EDU 1:30 Higher or Lower	**8** ***New Strategy*** 10:15 Morning Gratitude 10:45 Thursday Fitness 11:00 Fall Jewelry Making 12:00 Name 5 1:30 21- Questions	**9** 10:15 Rise + Shine 10:45 Light stretches 11:00 Movie + Popcorn 12:00 Would You Rather 1:30 Family Feud
12 Fall Choir Concert 10:15 Coffee+ Conversations 10:45 Math Gym 11:00 Fall Choir Concert 12:00 Flu Prevention 1:30 Bingo	**13 Elderific Salon / Avon/ Julie.B/TaiChi** 10:15 Breakfast and Jam 10:45 Math Gym 11:00 Tai-Chi 12:00 Flu Prevention 1:30 Higher or Lower	**14 Jewelry and Things/Vannessa Carr** 10:00 Morning News 10:45 Olympics Practice 11:00 Olympics Pep Rally 12:00 Olympic Trivia 1:30 Tabletop Games	**15** ***Senior Olympics/*** **Sweetest Day** 10:15 Rise + Shine 10:45 Simon Says Workout 11:00 Sip-Decorate Bags 12:00 Conversation starters 1:30 Bucket Pour Game	**16 Sweetest Day Social/ AMANDO** 10:15 Morning Gratitude 10:45 Light stretches 11:00 Sip-Decorate Bags 12:00 Name That Tune 1:30 Pictionary
19 10:15 Breakfast and Jam 10:45 Big Clap Exercise 11:00 Ceramic Painting 12:00 Name 1:30 Higher or Lower	**20** 10:15 Morning Gratitude 10:45 Light Fitness 11:00 Craft Club/Fall wreaths 12:00 Name That Tune 1:30 Primary Care EDU	**21** ***Wear Pink for Breast Cancer/ Julie B*** 10:15 Moring News+ tunes 10:45 Big Clap Exercise 11:00 Pink Party 12:00 Simon Says Workout 1:30 Bingo	**22** ***Wear Pink for Breast Cancer*** 10:15 Coffee+ Conversations 10:45 Light stretches 11:00 Pink Party 12:00 You Be the Judge 1:30 21- questions	**23** 10:15 Rise + Shine 10:45 Math Gym 11:00 Button Art 12:00 Name 5 1:30 Price is Right
26 Jewelry and Things 10:15 Morning News 10:45 Light stretches 11:00 Halloween House / Craft Club 12:00 855-EDU 1:30 Table Top Games	**27** 10:15 Breakfast and Jam 10:45 Simon Says Workout 11:00 Movie + Popcorn 12:00 Would You Rather 1:30 Participants Rights	**28** 10:15 Coffee+ Conversations 10:45 Math Gym 11:00 Prize Ball Activity 12:00 Name 5 1:30 Participants Rights	**29 Angila /Dj Mike** 10:15 Moring News+ tunes 10:45 Casper Says Workout 11:00 **Halloween Carnival** 12:00 Costume Contest 1:30 Halloween Triva	**30 Happy Halloween! /Tai Chi** 10:15 Morning Gratitude 10:45 Casper Says Workout 11:00 **Halloween Carnival** 12:00 Costume Contest 1:30 Halloween Triva

Life Enrichment Therapists: Trevon Green (ADC) 248-532-8221

-Activities are subject to change-

PACE SOUTHEAST MICHIGAN