Life Enrichment – Eastpointe

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Thankful Thursday 10:00 Coffee & Crossword 10:30 Spiritual wellness 11:00 Move & Groove Getting to know you 1:00 Bingo	2 World Smile Day 10:00 Coffee & Smile 10:30 Spiritual wellness 11:00 Senior chair exercise /Getting to know you 1:00 Fun Friday Music time
5 2nd annual Breast Cancer Walk 10:00 Coffee & Daily Bread 10:30 Spiritual wellness 11:00 Breast Cancer Walk 1:00 Movie Monday	6 2nd annual Breast Cancer Walk 10:00 Coffee & Conversation 10:30 Spiritual wellness 11:00 Olympic Practice/Breast Cancer Walk 1:00 Tuesday music time	7 *HOS Survey Reminder* 10:00 Coffee & music 10:30 Spiritual wellness 11:00 Olympic Practice/ Senior Sneakers 1:00 Music Time	8 MARCUS BEAUTY SHOP 10:00 Coffee & Gospel 10:30 Spiritual wellness Chair Movement/Olympic Practice 1:00 Music Time	9 10:00 Coffee & Motown 10:30 Spiritual wellness 11:00 Moving to the Oldies! / Olympic Practice 1:00 Bingo
12 Movie Monday 10:00 Coffee & conversation 10:30 Spiritual wellness/Hands of Grace Store 11:00 Olympic Practice 1:00 Movie Monday	13 *HOS Survey Reminder* 10:00 Coffee & Morning Jazz 10:30 Spiritual wellness 11:00 Exercise Thriller /Would you Rather? (Halloween Edit) 1:00 Bingo	14 EPT OLYMPICS PEP RALLY! 10:00 Coffee & Conversation 10:30 Spiritual wellness 11:00 Seniors Sneakers/ Senior Olympic Pep Rally 1:00 Ghost Buster Punch Game/Dance	15 SENIOR OLYMPICS 10:00 Coffee & Crosswords 10:30 Spiritual wellness 11:00 Sweetest Day social 1:00 Music Thursdays	16 Sweetest Day 10:00 Coffee & Love Songs 10:30 Spiritual wellness 11:00 Olympic practice/Moving to the oldies 1:00 Bingo Wear RED & PINK!
19 MOVIE MONDAY 10:00 Coffee & Conversation 10:30 Spiritual wellness 11:00 Halloween Movie 1:00 Move & Groove music	20 10:00 Coffee & Conversation 10:30 Spiritual wellness 11:00 Ghost strengths Exercise /Halloween Crafts 1:00 Halloween Karaoke	21 *HOS Survey Reminder* 10:00 Coffee & Music 10:30 Spiritual wellness 11:00 Monster Brew Exercise/Halloween story Telling 1:00 Haunted Hot chocolate Bar	22 Thankful Thursday 10:00 Coffee & music 10:30 Spiritual wellness 11:00 Morning Music Stretches 1:00 Halloween Storytelling/Haunted Hot chocolate bar	23 10:00 Coffee & R&B 10:30 Spiritual wellness 11:00 Move & Groove Exercise Friday 1:00 Halloween Trivia
26 MOVIE MONDAY 10:00 Coffee & Wordsearch 10:30 Spiritual wellness 11:00 Halloween Movie 1:00 What's your Favorite Halloween Memory?	27 HOS Survey Reminder 10:00 Spiritual wellness 10:30 Spiritual wellness 11:00 Halloween stretches / stretch Charades 1:00 Halloween Bingo	28 MARCUS BEAUTY SHOP 10:00 Coffee & Wordsearches 10:30 Spiritual wellness 11:00 Halloween stretch/crafts 1:00 Music Time	29 Happy Halloween! 10:00 Coffee & Music 10:30 Spiritual wellness 11:00 Monster Mash Exercise 1:00 Monster Mash Bash	30 Happy Halloween! 10:00 Coffee & Music 10:30 Spiritual Wellness 11:00 Monster Mash Exercise 1:00 Monster Mash Bash

Please note: Activities may be subject to change!

Life Enrichment therapist Keisha: 248-526-3763
Life Enrichment Assistants: Deborah Bentley, Melkia Huey, Felicia Perkins

PACE SOUTHEAST MICHIGAN

HOS-M Survey x2 (not consecutive days)

Michigan vs. MSU Pride – In November?

