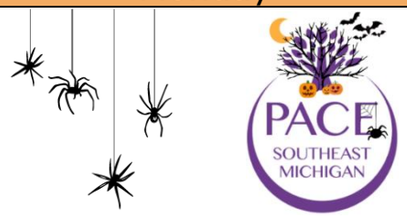
Life Enrichment – Westland — October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	**Aisha's Salon: First Thursday & Every Friday, Sign Up $** **Tone the Barber: Every other Monday $**	***activities are subject to change**	**1** 10:15 Monthly Gazette 10:45 **Bible Study** 11:00 Art Hour 1:00 Pool Noodle Exercise 1:30 Calendar Rev./Req.	**2 Avon $** 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Painting 1:00 Spiritual Wellness 1:30 Calendar Rev./Req.
5 Wear Pink for Breast Cancer 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Pink Jewelry Making 1:00 Spiritual Wellness 1:30 Pink Bingo	**6 Joy of Choc. $** 10:15 Morning Music 10:45 Table Top Drumming 11:00 Ind. Leisure/Olympic Practice 1:00 Spiritual Wellness 1:30 Movie & Treat	**7 Enjoi Desserts $** 10:15 Coffee & Converse 10:45 **Bible Study** 11:00 Craft 1:00 Chair Zumba 1:30 **Lavance Entertainment**	**8 Princess Cruise Outing $** 10:15 TV & Tunes 10:45 **Bible Study** 11:00 Card/Board Games 1:00 Pom Pom Exercise 1:30 **Shake it w/ Sheri**	**9 Sweet Fruit $** 10:15 Daily Chronicle 10:45 Pool Noodle Exercise 11:00 Art Hour 1:00 Spiritual Wellness 1:30 Senior Olympic Practice
12 Avon $ 10:15 Daily Chronicle 10:45 Pool Noodle Exercise 11:00 Ind. Leisure/Olympic Practice 1:00 Spiritual Wellness 1:30 Bingo	**13 Red Robin Outing $** 10:15 Sip & Socialize 10:45 Senior Stretches 11:00 Craft 1:00 Spiritual Wellness 1:30 IN2L	**14** 10:15 Morning Music 10:45 **Bible Study** 11:00 You Choose Activity 1:00 Table Top Drumming 1:30 Senior Olympic Practice	**15 Senior Olympics** 10:15 Coffee & Converse 10:45 **Bible Study** 11:00 Painting 1:00 Chair Zumba 1:30 Bingo	**16 Wear Red & Pink** 10:15 TV & Tunes 10:45 Sweetheart Stretches 11:00 Jewelry Making 1:00 Spiritual Wellness 1:30 **Sweetest Day w/ DJ Mike**
19 10:15 TV & Tunes 10:45 Pom Pom Exercise 11:00 Manicure/Ind. Leisure 1:00 Spiritual Wellness 1:30 **Amando Entertainment**	**20 Meijer Outing $** 10:15 Daily Chronicle 11:00 Pool Noodle Exercise 12:00 Manicure/Ind. Leisure 1:00 Spiritual Wellness 1:30 Bingo	**21** 10:15 Sip & Socialize 10:45 **Bible Study** 11:00 Word Puzzle Hour 1:00 Senior Stretches 1:30 **IBCool DJ**	**22 Enjoi Dessert $** 10:15 Morning Music 10:45 **Bible Study** 11:00 Craft 1:00 Table Top Drumming 1:30 **Auction**	**23** 10:15 Coffee & Converse 10:45 Chair Zumba 11:00 You Choose Activity 1:00 Spiritual Wellness 1:30 **Auction**
26 10:15 Coffee & Converse 10:45 Chair Zumba 11:00 Painting 1:00 Spiritual Wellness 1:30 IN2L	**27** 10:15 TV & Tunes 10:45 Pom Pom Exercise 11:00 Independent Leisure 1:00 Spiritual Wellness 1:30 **Monthly Birthday Party**	**28** 10:15 Daily Chronicle 10:45 **Bible Study** 11:00 Closet Cleanout Craft 1:00 Pool Noodle Exercise 1:30 Bingo	**29 Happy Halloween!** 10:15 Halloween Music 10:45 **Bible Study** 11:00 Halloween Craft 1:00 Frankenstein Fitness 1:30 **Halloween Party w/ Sheri**	**30 Happy Halloween!** 10:15 Halloween Music 10:45 Spooky Stretches 11:00 **Monster Mash w/ Mike** 1:00 Spiritual Wellness 1:30 **Trick or Treating**

Life Enrichment Therapist: Julia Toma, CTRS (313) 500-2032
Life Enrichment Assistants: Alberta & Jean
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