

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																		
<p><b>MONTHLY HIGHLIGHT</b></p> <table border="0"> <tr> <td>1 Seated Vball</td> <td>22 B.P. Happy Hour</td> </tr> <tr> <td>1 B.P. Happy Hour</td> <td>24 Treat Bags for Kids</td> </tr> <tr> <td>2 WEAR PURPLE DAY</td> <td>24 Bon Voyage Social</td> </tr> <tr> <td>3 OFA</td> <td>25 Villians &amp; Monsters</td> </tr> <tr> <td>5 S'mores</td> <td>25 Fairy Tale Europe Doc</td> </tr> <tr> <td>5 Resident Services Chat</td> <td>25 German Beer Flight</td> </tr> <tr> <td>6 Betty W Retirement</td> <td>26 Pumpkin Day</td> </tr> <tr> <td>7 MagMart</td> <td>26 Crafts: Ginger Heart</td> </tr> <tr> <td>7 BC Health Chat</td> <td>26 News/Cal Folding</td> </tr> <tr> <td>7 Dennis Glander</td> <td>26 Guest Speaker</td> </tr> <tr> <td>8 Drive w/ Hot Chocolate</td> <td>27 Leiderhausen Day</td> </tr> <tr> <td>8 Seated Line Dance</td> <td>27 Brotzeit: Snack</td> </tr> <tr> <td>8 LE Chat</td> <td>27 Themed Food Day</td> </tr> <tr> <td>8 B.P. Happy Hour</td> <td>28 Through the Decades</td> </tr> <tr> <td>12 Movie Selection</td> <td>28 Hollywood V The</td> </tr> <tr> <td>13 Triominos</td> <td>28 German Trivia &amp; Drinks</td> </tr> <tr> <td>15 Seated Vball</td> <td>29 Seated Vball</td> </tr> <tr> <td>15 Jazz Elements</td> <td>29 Costume Parade</td> </tr> <tr> <td>15 B.P. Happy Hour</td> <td>29 Liederkrantz Choir</td> </tr> <tr> <td>17 Snack &amp; Chat</td> <td>29 B.P. Happy Hour</td> </tr> <tr> <td>19 Indy Opera</td> <td>29 Nosferatu w/ Popcorn</td> </tr> <tr> <td>21 Staff Chili Cook Off</td> <td>30 Hear Clear</td> </tr> <tr> <td>21 Chat w/ Jenny</td> <td>30 KnowThyNeighbor</td> </tr> <tr> <td>22 Drive w/ Hot Chocolate</td> <td></td> </tr> <tr> <td>22 Resident Council</td> <td></td> </tr> </table>			1 Seated Vball	22 B.P. Happy Hour	1 B.P. Happy Hour	24 Treat Bags for Kids	2 WEAR PURPLE DAY	24 Bon Voyage Social	3 OFA	25 Villians & Monsters	5 S'mores	25 Fairy Tale Europe Doc	5 Resident Services Chat	25 German Beer Flight	6 Betty W Retirement	26 Pumpkin Day	7 MagMart	26 Crafts: Ginger Heart	7 BC Health Chat	26 News/Cal Folding	7 Dennis Glander	26 Guest Speaker	8 Drive w/ Hot Chocolate	27 Leiderhausen Day	8 Seated Line Dance	27 Brotzeit: Snack	8 LE Chat	27 Themed Food Day	8 B.P. Happy Hour	28 Through the Decades	12 Movie Selection	28 Hollywood V The	13 Triominos	28 German Trivia & Drinks	15 Seated Vball	29 Seated Vball	15 Jazz Elements	29 Costume Parade	15 B.P. Happy Hour	29 Liederkrantz Choir	17 Snack & Chat	29 B.P. Happy Hour	19 Indy Opera	29 Nosferatu w/ Popcorn	21 Staff Chili Cook Off	30 Hear Clear	21 Chat w/ Jenny	30 KnowThyNeighbor	22 Drive w/ Hot Chocolate		22 Resident Council		<p><b>Spiritual Wellness</b></p> <p>Spiritual well-being is defined as an "ability to experience and integrate meaning and purpose in life through a person's connectedness with self, others art, music, literature, nature, or a power greater than oneself."</p> <p>How does spiritual or religious beliefs affect one's overall wellness? Religious or spiritual beliefs can lend meaning to one's life and aid in recovery from illnesses, grief and depression. Drawing on prayer, meditation or nature can increase one's religious or spiritual health.</p> <p><i>Continued on back</i></p>		<p><b>1</b></p> <p>10:00 (FSR) Exercise</p> <p>10:30 (ML) Seated Vball</p> <p>1:00 (FSR) Kings in the Corner</p> <p>2:00 (T) The Keepers DocuSeries</p> <p>2:00 (FSR) Uno</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (BP) B.P. Happy Hour</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p><b>2</b></p> <p>8:00 - 5:00 WEAR PURPLE DAY</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) Human World Within</p> <p>1:00 (T) 90 Minute Movie</p> <p>1:30 (ML) Giant Kerplunk</p> <p>2:00 (BAL) Apple Cider Social</p> <p>2:00 (FSR) RL Euchre</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (T) STA5G</p> <p>7:00 (T) Movie</p>
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<b>24</b> <b>9:30 (ML)</b> Walk & Talk <b>10:00 (T)</b> Communion <b>10:30 (T)</b> Streamed Mass <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:30 (RK)</b> <b>Treat Bags for Kids</b> <b>2:00 - 3:00 (DR)</b> <b>Bon Voyage Social</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (BP)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>25</b> <b>8:00 - 5:00</b> <b>Villians &amp; Monsters</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>1:00 (T)</b> <b>Fairy Tale Europe Doc</b> <b>2:00 (FSR)</b> Blackjack <b>2:00 (T)</b> TV Series <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> <b>German Beer Flight</b> <b>7:00 (T)</b> Movie w/ Popcorn	<b>26</b> <b>8:00 - 5:00</b> <b>Pumpkin Day</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> <b>Crafts: Ginger Heart</b> <b>1:00 (T)</b> St Marks Rosary <b>1:30 (RK)</b> <b>News/Cal Folding</b> <b>2:00 (DR)</b> <b>Guest Speaker</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> Jeopardy! <b>6:00 (BAL)</b> RL Sunset Social <b>7:00 (T)</b> Movie	<b>27</b> <b>8:00 - 5:00</b> <b>Leiderhausen Day</b> <b>9:00 - 10:30 (LV1)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (RK)</b> <b>Brotzeit: Snack</b> <b>11:30 - 6:30 (DR)</b> <b>Themed Food Day</b> <b>1:00 (FSR)</b> Triominos <b>2:00 (T)</b> Dr. Brent BBS <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<b>28</b> <b>8:00 - 5:00</b> <b>Through the Decades</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> Charles Stanley <b>10:40 (BAL)</b> Balcony Fishing <b>1:00 - 1:30</b> MagMart <b>2:00</b> <b>Hollywood V The Grimms</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> <b>German Trivia &amp; Drinks</b> <b>7:00 (T)</b> Movie	<b>29</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> <b>Seated Vball</b> <b>12:00 (DR)</b> <b>Costume Parade</b> <b>1:00 (FSR)</b> Kings in the Corner <b>2:00 (DR)</b> <b>Liederkrantz Choir</b> <b>2:00 (T)</b> The Keepers DocuSeries <b>3:00 (FSR)</b> Bingo <b>4:00 (BP)</b> <b>B.P. Happy Hour</b> <b>7:00 (T)</b> <b>Nosferatu w/ Popcorn</b>	<b>30</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (HC)</b> <b>Hear Clear</b> <b>10:30 (T)</b> Human World Within <b>1:00 (T)</b> 90 Minute Movie <b>1:30 (ML)</b> Giant Kerplunk <b>2:00 (BAL)</b> <b>KnowThyNeighbor PROST!</b> <b>2:00 (FSR)</b> RL Euchre <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie

<b>31</b> <b>9:30 (ML)</b> Walk & Talk <b>10:00 (T)</b> Communion <b>10:30 (T)</b> Streamed Mass <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:30 (DR)</b> <b>Halloween Social</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (BP)</b> Chain Reaction <b>7:00 (T)</b> Movie
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**SMALL CHANGES CAN MAKE A BIG DIFFERENCE IN YOUR SPIRITUAL JOURNEY.** A few suggestions to becoming more spiritual are:

- Learn to forgive.
- Practice patience.
- Laugh often.
- Be open to new experiences.
- Learn to love yourself.

Similar to the other dimensions of wellness, there is no "one size fits all" approach. When developing your spiritual wellness it is best to find the approach that works for you! Wherever you are on your spiritual journey, spread love wherever you go...

**HAPPY BIRTHDAY!**

10/6 Amy S.  
 10/7 Mildred D.  
 10/9 Fr. Francis B.  
 10/18 Evelyn K.  
 10/18 Julia L.  
 10/20 Isabel D.

**ACTIVITY KEY**

<b>S</b> 1st Floor Sun-room	<b>HC</b> Health Club
<b>LV2</b> 2nd Floor Living Room	<b>L</b> Library
<b>2SW</b> 2nd Floor Sun-room West	<b>LV1</b> Living Room First Floor
<b>50D</b> 50's Diner	<b>ML</b> Main Lobby
<b>BP</b> Back Patio	<b>MW</b> Memory Way
<b>BAL</b> Balcony	<b>O</b> Outing
<b>BR</b> Bar	<b>PDR</b> Private Dining Room
<b>BIS</b> Bistro	<b>RK</b> Resident Kitchen
<b>BC</b> Business Center	<b>SC</b> Spiritual Center
<b>DR</b> Dining Room	<b>T</b> Theater
<b>FSR</b> Four Seasons Room	

