













HAMLET

— AT CHAGRIN FALLS —

Week ONE Life Enrichment Calendar October 2024

Tuesday, October 1st















- 9:00 Daily Chronicle - Atrium 
- 9:30 Stretching in the Atrium 
- 10 - 10:30 Quarter Bingo - Atrium 
- 10:30 Stretching - Clubhouse 
- 11:00 Top Songs - 1950 - Atrium 
- 1:00 Tai Chi with Legacy
Therapy - Outside Clbse** 
- 1:00 Hydration St. - Atrium Apts 
- 2:00 Bridge - Atrium Library 
- 2:00 Old Time Radio
in the Atrium** 
- 3:00 - 4:00 Happy Hr - Atrium** 
- 4:00 Puzzles & Uno - Atrium 
- 6:00 Brain Games in the Atrium 

(***) Call Phil at 330-998-1417
for a seat 48 hours in advance

Wednesday, October 2nd

- 9:00 Daily Chronicle - Atrium 
- 9:30 Exercise in the Atrium 
- 10:00 Trip to Drug Mart (***)** 
- 10:00 Walking Club - Atrium 
- 10:15 Exercise in the Clubhouse 
- 10:30 Crafts - Multipurpose Rm** 
- 1:00 Knitting Together - Mu. Rm 
- 1:00 Meditation with Peggy
in the Clubhouse** 
- 1:00 Hydration St. - Atrium Apts 
- 1:00 Trip to Village (***)** 
- 2:00 Music with Steppin Out
in the Atrium** 
- 3:15 Volleyball in the Atrium 
- 3:30 Puzzles & LRC - Atrium 
- 6:00 - 6:30 Bingo in the Atrium 















Thursday, October 3rd

- 9:00 Daily Chronicle - Atrium 
- 9:15 - 9:50 St. Joan of Arc
Catholic Co. & Ros. - Mu. Rm** 
- 9:30 Chair Yoga in the Atrium** 
- 10:00 Bible Study - Mult. Rm** 
- 10:00 - 10:30 Bingo - Atrium 
- 10:00 - 11:30 CWRU - 2nd Class
- Michelangelo - Clbse** 
- 11:00 Name That Tune - Atrium 
- 1:00 Hydration St. - Atrium Apts 
- 1:00 Ch. Yoga w/Mary - Clbse** 
- 2:30 - 3:00 Ice Cream - Atrium 
- 3:00 Women's Group - Clbse** 
- 3:00 Scrabble - 3rd Flr Act. Ar 
- 3:30 Puzz. & Games - Atrium 
- 5:00 Movie - Finding
Forrester - Clubhouse** 
- 5:15 Baking & Coff. - Mul. Rm** 

Friday, October 4th
















- 9:00 Daily Chronicle - Atrium 
- 9:15 Depart for the Cleveland
Orchestra at Severance
Hall (***)** 
- 9:30 Exercise in the Atrium 
- 10:15 Spa Day - Multip. Rm 
- 10:15 Exercise in the Clubhouse 
- 10:30 Pet Visit w/Layla - Atrium** 
- 11:00 Trivia in the Atrium 
- 1:00 Hydration St. - Atrium Apts
- 2:00 Music with Mike & Molly
in the Atrium** 
- 3 - 4:00 Happy Hr - Clubhouse** 
- 3:00 Cookies in the Atrium** 
- 3:30 Puzzles & Boggle - Atrium 
- 4:00 YouTube A & E Biography
"Merv Griffin" - Multi. Rm 

Saturday, October 5th














- 9:00 Daily Chronicle - Atrium 
- 9:30 Trip to Chagrin Library** 
- 9:30 Exercise Video - Atrium 
- 9:30 1-on-1 visits - Atrium Apts 
- 10:15 Coffee & Donuts - Atrium 
- 10:30 Pet Visit w/Ivy - Atrium** 
- 11:00 Hangman - Atrium 
- 1:00 - 1:30 Chair Yoga w/Mary Louise Deehr - Multi. Rm** 
- 2:00 YouTube History Doc. "History of England"- in the Multipurpose Room 
- 2:00 Trip to Village (***)** 
- 2:00 Ring Toss - Atrium 
- 3:00 - 4:00 Happy Hr - Atrium** 
- 3:30 Puzz. & Checkers - Atrium 
- 6:00 Saturday Movie "South Pacific" - Multipurpose Rm** 

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Sunday, October 6th

- 9:00 Daily Chronicle - Atrium 
- 9 - 12:00 Lutheran/Federated Services YouTube - Multi. Rm 
- 9:30 Exercise Video - Atrium 
- 9:30 Transportation to Religious Services** 
- 10:00 Catholic Service/YouTube in the Atrium 
- 10:00 1-on-1 visits - Atrium Apts 
- 10:45 Studio Art in the Atrium 
- 1:00 Browns at Commanders on Channel 8 - Atrium** 
- 1 - 1:30 Chair Yoga w/Mary Louise Deehr - Multi. Rm** 
- 1:30 Scenic Drive** 
- 1:45 - 2:15 Cordials - Atrium** 
- 2:30 Pet Visit w/Clooney - Atr** 
- 3:00 - 3:30 Bingo - Multi. Rm 
- 3:30 Puzz. & Monopoly - Atrium 
- 4:00 Ted Talks in the Multi. Rm 

Monday, October 7th

- 9:00 Daily Chronicle - Atrium 
- 9:30 Exercise in the Atrium 
- 10:00 Walking Club - Atrium 
- 10:15 Exercise - Clubhouse 
- 10:30 Music Trivia in the Atrium 
- 1:00 Hydration Station - Atrium Apts. 
- 1:00 Trip to Marc's/Aldi's (***)** 
- 2:00 Mahjong - Atrium Library 
- 2:00 Music with Steve Radecky in the Atrium** 
- 3:00 Wii Bowling - Multi. Rm 
- 3:15 Volleyball in the Atrium 
- 3:30 Puzzles & Trivia - Atrium 
- 5:00 YouTube Travelogue "Italy" in the Atrium 



- ACTIVITY KEY CODE**
-  = Intellectual Wellness
 -  = Social Wellness
 -  = Physical Wellness
 -  = Spiritual Wellness
 -  = Emotional Wellness