

| Sunday                                                                                                                                                                                                  | Monday                                                                                                                                                                                   | Tuesday                                                                                                                                                   | Wednesday                                                                                                    | Thursday                                                                                                                                                       | Friday                                          | Saturday                                                                                   |
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|  <div> <div>October 2026</div> <div>Life Enrichment Calendar 3EFG</div> </div>                                         |                                                                                                                                                                                          |                                                                                                                                                           |                                                                                                              | 9:30 Liturgy <b>1</b><br>11:00 Weight Training<br>11:30 Food Jokes                                                                                             | 11:00 Exercise <b>2</b><br>11:30 Random Trivia  | 11:00 Exercise <b>3</b><br><br>Activity Box<br><br><br><small>Simchat Torah Begins</small> |
| 10:00 Mass <b>4</b><br>Activity Box:<br>Is always in the Activity Room, is filled with games, puzzles, and other fun items for residents to enjoy at their leisure or together with family and friends. | 9:30 Liturgy of the Word <b>5</b><br>11:00 Exercise<br>11:30 Random Trivia                                                                                                               | 11:00 Yoga <b>6</b><br>11:30 Reminisce: Fall<br>3:00 IL/AL Campus Meeting in Maxis Community Room                                                         | 9:30 Liturgy of the Word <b>7</b><br>11:00 Tai Chi<br>11:30 October Trivia                                   | 9:30 Liturgy <b>8</b><br>11:00 Weight Training<br>11:30 Fact or Fiction<br>2:00 Room Visits<br>3:00 Craft: Pot Pumpkin                                         | 11:00 Drum Fit <b>9</b><br>11:30 Random Trivia  | 11:00 Exercise <b>10</b><br><br>Activity Box                                               |
| 10:00 Mass <b>11</b><br><br>Activity Box<br><br>2:00 Sounds of Joy Singers in the Maxis                                                                                                                 | 9:30 Liturgy of the Word <b>12</b><br>11:00 Morning Stretches<br>11:30 Random Trivia<br><br><small>Indigenous Peoples' Day<br/>Columbus Day (U.S.)<br/>Thanksgiving Day (Canada)</small> | 11:00 Yoga <b>13</b><br>11:30 You Be The Judge<br><br>1:30 Leave for trip to the Apple Orchard<br>Sign up with Paula                                      | 9:30 Liturgy of the Word <b>14</b><br>10:30 Resident Council in Life Enrichment Office on Ground Floor D-011 | 9:30 Liturgy <b>15</b><br>11:00 Weight Training<br>11:30 Laughter is the Best Medicine                                                                         | 11:00 Exercise <b>16</b><br>11:30 Random Trivia | 11:00 Exercise <b>17</b><br><br>Activity Box                                               |
| 10:00 Mass <b>18</b><br><br>Activity Box<br><br>3:00 Chapel Concert: Gospel Choir                                                                                                                       | 9:30 Liturgy of the Word <b>19</b><br>11:00 Exercise<br>11:30 Trivia<br>2:30 Guido & The Wrinkled Rockers in Maxis Community Room                                                        | 11:00 Yoga <b>20</b><br>11:30 The History of Lederhosen<br>2:30 Birthday Bash In Maxis Community Room                                                     | 9:30 Liturgy of the Word <b>21</b><br>11:00 Tai Chi<br>11:30 Who Am I? Famous Germans                        | 9:30 Liturgy <b>22</b><br>11:00 Weight Training<br>11:30 Reminiscing: Halloween Costumes<br>2:00 Room Visits<br>3:00 Travelogue: Fall Color Tour & Dirty Sodas | 11:00 Drum Fit <b>23</b><br>11:30 Random Trivia | 11:00 Exercise <b>24</b><br><br>Activity Box                                               |
| 10:00 Mass <b>25</b><br><br>Activity Box<br><br>3:00 Detroit Chapter of the National Association of Pastoral Musicians                                                                                  | 9:30 Liturgy of the Word <b>26</b><br>11:00 Exercise<br>11:30 Random Trivia                                                                                                              | 11:00 Exercise <b>27</b><br>11:30 Laughter is the Best Medicine<br>6:30 – 7:30 Hand out Candy to kids that Come to Trick-or-Treat in Maxis Community Room | 9:30 Liturgy of the Word <b>28</b><br>11:00 Tai Chi<br>11:30 Halloween Trivia                                | 9:30 Liturgy <b>29</b><br>11:00 Weight Training<br>11:30 Haunting HA HAS<br>2:00 Room Visits<br>3:00 Halloween Open House with Charcuterie Board               | 11:00 Drum Fit <b>30</b><br>11:30 Random Trivia | 11:00 Exercise <b>31</b><br><br>Activity Box<br><br><br><small>Halloween</small>           |