

# Aster Life Enrichment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2010</h1> <h2>Aster Community Calendar</h2> <p>Remembering the Past....Improving the Future!</p>						
<p>9:00 – Sit and Stretch/Morning Stroll <b>3</b></p> <p>10:00 – Read a book/Beverages &amp; Snacks</p> <p>10:30- - Hands on Activity</p> <p>1:00 – Put feet up and relax to quiet music</p> <p>2:00 – Coupon Clipping, Coffee &amp; Games</p> <p>3:00 – <b>Worship with Pastor Jill Fellowship to Follow / AR</b></p> <p>3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>4</b></p> <p>9:30 – Bread Baking and Bingo</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshment</b></p> <p>11:00 – Residents Life Story Spotlight</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Fresh Fruit Parfaits</p> <p>3:00 – Make Sun Visors for State Fair</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>5</b></p> <p>9:30 – Hand Massages and Manicures</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00– Mind Teasers and Trivia</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:00 – <b>Music and More</b></p> <p>3:30 – Painting Fun</p> <p>6:30 – <b>Senior Topics/Ball Room</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>6</b></p> <p>9:30 – Match Game</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshment</b></p> <p>11:00 – Picture taking – Frame Them</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Baking Fun</p> <p>3:00 - Bowling</p> <p>3:00 – <b>Slideshow of the Holy Land with Steve/AR</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>7</b></p> <p>9:30 – Hand Massages and Manicures</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Old Video</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Flower Arranging</p> <p>3:00 - Puzzles</p> <p>3:00 – <b>Painting with Julie/AR</b></p> <p>5:30 – <b>Couples Candlelit Dinner</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>1</b></p> <p>9:30 – Bingo Fun</p> <p>10:00 - <b>Reading and Reminisce with Lilly / Morning Refreshments</b></p> <p>11:00 – Bowling</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>3:30 – <b>Happy Hour</b></p> <p>4:30 – <b>Shabbat Services</b></p> <p>5:30 – <b>Family Night on the ASTER "Let's Go to Hawaii"</b></p>	<p>9:00 – Sit and Stretch <b>2</b></p> <p>9:00 – 12:00 – <b>Arthritis Foundation/ Ball Room</b></p> <p>9:30 – <b>Courtyard Stroll</b></p> <p>10:00 – <b>Book Reading and Refreshments</b></p> <p>2:00 – <b>Saturday Bingo</b></p>
<p>9:00 – Sit and Stretch/Morning Stroll <b>10</b></p> <p>10:00 – Read a book/Beverages &amp; Snacks</p> <p>10:30- - Hands on Activity</p> <p>1:00 – Put feet up and relax to quiet music</p> <p>2:00 – Coupon Clipping, Coffee &amp; Games</p> <p>3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>11</b></p> <p>9:30 – Bread Baking and Bingo</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Residents Life Story Spotlight</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Ranch Dip and Veggies</p> <p>3:00 – Color Collages</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>12</b></p> <p>9:30 – Hand Massages and Manicures</p> <p>10:00 – <b>Reading and Reminisce with Lilly/Morning Refreshments</b></p> <p>11:00 – Painting Fun</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:00 – <b>Music and More</b></p> <p>3:30 – <b>Bingo</b></p> <p>6:30 – <b>Emeritus Program/Ball Room</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>13</b></p> <p>9:30 – Golf</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Dominos</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Baking Fun</p> <p>3:00 – Trivia and Mind Teasers</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>14</b></p> <p>9:30 – Hand Massages and Manicures</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Morning TV News Updates</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Flower Arranging</p> <p>3:00 – <b>Guitar with Randy</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>15</b></p> <p>9:30 – Bingo Fun</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Bowling and Golf</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Make Snack Mix</p> <p>3:30 – <b>Happy Hour</b></p> <p>4:30 – <b>Shabbat Services</b></p>	<p>9:00 – Sit and Stretch <b>16</b></p> <p>9:30 – <b>Courtyard Stroll</b></p> <p>10:00 – <b>Book Reading Time and Refreshments</b></p> <p>2:00 – <b>Saturday Bingo</b></p> <p>3:00 – <b>Movies and Popcorn</b></p>
<p>9:00 – Sit and Stretch/Morning Stroll <b>17</b></p> <p>10:00 – Read a book/Beverages &amp; Snacks</p> <p>10:30- - Hands on Activity</p> <p>1:00 – Put feet up and relax to quiet music</p> <p>2:00 – Coupon Clipping, Coffee &amp; Games</p> <p>3:00 – <b>Worship with Pastor Jill Fellowship to Follow / AR</b></p> <p>3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>18</b></p> <p>9:30 – Bread Baking and Bingo</p> <p>9:30 – <b>Trip to the Arboretum</b></p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Resident Life Story Spotlight</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Bake Brownies</p> <p>3:30 – Cross Word Puzzle Fun</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>19</b></p> <p>9:30 – Hand Massages</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Table Games</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:00 – <b>Music and More</b></p> <p>3:30 – <b>Brown Bag Bingo</b></p> <p>6:30 – <b>After Dinner Bingo / AR</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>20</b></p> <p>9:30 – Hand Massages</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Make a Greeting Card</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – <b>National Pizza Month / Lets make Fruit Pizza's</b></p> <p>3:00 – Afternoon Movie</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>21</b></p> <p>9:30 – Hand Massages and Manicures</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00– Table Games and Puzzles</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Flower Arranging</p> <p>3:00 – Trivia and Mind Teasers</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>22</b></p> <p>9:30 – Bingo Fun</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – <b>Creative Workshop/Sunroom</b></p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Cheese and Crackers</p> <p>3:30 – <b>Happy Hour</b></p> <p>4:30 – <b>Shabbat Services</b></p>	<p>9:00 – Sit and Stretch <b>23</b></p> <p>9:30 – <b>Courtyard Stroll</b></p> <p>10:00 – <b>Donuts with Dad</b></p> <p>10:00 – <b>Book Reading Time</b></p> <p>2:00 – <b>Saturday Bingo</b></p> <p>3:00 – <b>Movies and Popcorn</b></p>
<p>9:00 – Sit and Stretch/Morning Stroll <b>24</b></p> <p>10:00 – Read a book/Beverages &amp; Snacks</p> <p>10:30- - Hands on Activity</p> <p>1:00 – Put feet up and relax to quiet music</p> <p>2:00 – Coupon Clipping, Coffee &amp; Games</p> <p>3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>25</b></p> <p>9:30 – Bread Baking and Bingo</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Resident Life Story Spotlight</p> <p>11:00 – <b>Solo Violinist</b></p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Apple Slices and Caramel Dip</p> <p>3:30 – Tic Tac Toe and Checkers</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>26</b></p> <p>9:30 – Hand Massages</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Arts and Crafts</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:00 – <b>Music and More</b></p> <p>3:30 – Trivia and Mind Teasers</p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>27</b></p> <p>9:00 – <b>Trip to the Pumpkin Patch</b></p> <p>9:30 – Hand Massages</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Puzzles and Cards</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:30 – Baking Fun</p> <p>3:00 – <b>What's in a Name</b></p> <p>3:30 – <b>Letter Craft</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>28</b></p> <p>9:30 – Hand Massages and Manicures</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – <b>Lets Decorate Pumpkins</b></p> <p>1:00 – Put feet up, relax to quiet music</p> <p>1:30 – 3:30 – <b>Marketing Fall Festival/Ball Room</b></p> <p>2:30 – <b>Flower Arranging</b></p> <p>3:00 – <b>Guitar with Randy</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll <b>29</b></p> <p>9:30 – Get Ready for Fall Festival</p> <p>10:00 – <b>Reading and Reminisce with Lilly Morning Refreshments</b></p> <p>11:00 – Get Ready for Fall Festival</p> <p>1:00 – Put feet up, relax to quiet music</p> <p>2:00 – <b>Fall Festival on the Aster</b></p> <p>3:30 – <b>Happy Hour</b></p> <p>4:30 – <b>Shabbat Services</b></p>	<p>9:00 – Sit and Stretch <b>30</b></p> <p>9:30 – <b>Courtyard Stroll</b></p> <p>10:00 – <b>Book Reading Time and Refreshments</b></p> <p>2:00 – <b>Saturday Bingo</b></p> <p>3:00 – <b>Movies and Popcorn</b></p> <p>7:30 – <b>Campus Wide Masquerade Party/BR</b></p>
<p>9:00 – Sit and Stretch/Morning Stroll <b>31</b></p> <p>10:00 – Read a book/Beverages &amp; Snacks</p> <p>10:30- - Hands on Craft</p> <p>1:00 – Put feet up and relax to quiet music</p> <p>2:00 – Coupon Clipping, Coffee &amp; Games</p> <p>3:00 – Afternoon Movie and Popcorn</p>	<p><b>Red</b> – Aster Specific</p> <p><b>Green</b> – Available to Aster Residents</p> <p><b>Purple</b> – Marketing Events available to Aster Residents</p> <p><b>Blue</b> - Outings</p>					