

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# October 2021

Senior Living and Independent Living

9:00 Chair Yoga 1 (AUD)

1:00 Mahjong (CL)



2



3

10:00 Embroidery Club (BB)  
11:00 Strong Bones Exercise (AUD)  
1:00 Choir Practice (AUD)  
3:00 Pet Therapy Visits with Merlin & Oz (BB)

4

10:00 Men @ 10: *Economics of Big League Sports* (CL)  
1:00 Euchre Club (CL)  
3:00 Movie *Steel Magnolias* (TH) Limited seating available.

5

9:00 Christmas Bazaar Meeting (Bistro)  
9:30 Bible Study with Pastor Dennis (BB)  
3:30 Knitting Group (AS)

6

10:00 Bible Study with Pastor Mumm (CL)  
2:00 Movie *The Heartland Series*. Limited seating available.

7

9:00 Chair Yoga (AUD)  
1:00 Mahjong (CL)  
2:00 Ecumenical Church (CH)

8

What happens when vampires go in the snow?  
*Frost-bite!*

9

Please call Hannah at 12733 if you are interested in using the fitness center!

10

10:00 Catholic Mass (AUD)  
1:00 Choir Practice (AUD)  
3:00 Pet Therapy Visits with Merlin & Oz (BB)  
Columbus Day (US) Thanksgiving (Canada)

11

10:00 Welcome! To La Crosse Newcomers Club (CL)  
1:00 Euchre Club (CL)  
3:00 Movie *Yankee Doodle Dandy* (TH) Limited seating available.

12

9:30 Bible Study with Pastor Dennis (BB)  
**1:00 Shopping Outing to Festival (Call 12733 to sign up)**  
3:30 Knitting Group (AS)

13

10:00 Library Committee Meeting (L in building 1)  
10:00 Bible Study with Pastor Mumm (CL)  
1:00 Bunco (BB)  
2:00 Movie *The Heartland Series*. Limited seating available.

14

9:00 Chair Yoga (AUD)  
1:00 Mahjong (CL)  
2:00 Ecumenical Church (CH)  
**3:00 Beginner's Pumpkin Painting (Call 12733 to sign up) (AS)**

15



16

Not sure how to work Zoom? Call life enrichment at 12713 or 12707 and we will help you get set up!

17

11:00 Strong Bones Exercise (AUD)  
1:00 Choir Practice (AUD)

18

1:00 Euchre Club (CL)  
3:00 Movie *Sully* (TH) Limited seating available.

19

9:30 Bible Study with Pastor Dennis (BB)  
3:30 Knitting Group (AS)

20

10:00 Bible Study with Pastor Mumm (CL)  
**10:00 Harp Music with Shari Sarazin (AUD)**  
2:00 Tea @ 2 (AUD)  
3:00 Movie *The Heartland Series*. Limited seating available.

21

9:00 Chair Yoga (AUD)  
1:00 Mahjong (CL)  
2:00 Ecumenical Church (CH)

22

Grab a friend and go for a walk before the weather turns "frightfully" chilly!

23

What position does a ghost play in hockey?  
*Ghoulie!*

24

11:00 Strong Bones Exercise (AUD)  
1:00 Choir Practice (AUD)  
3:00 Pet Therapy Visits with Merlin & Oz (BB)

25

1:00 Euchre Club (CL)  
3:00 Movie *Get Smart* (TH) Limited seating available.

26

9:30 Bible Study with Pastor Dennis (BB)  
**1:00 Shopping Outing to Walmart (Call 12733 to sign up)**  
3:30 Knitting Group (AS)

27

9:00 Movie Committee Meeting (L in building 1)  
10:00 Bible Study with Pastor Mumm (CL)  
2:00 Movie *The Heartland Series*. Limited seating available.

28

**8:30 Coffee & Spooky Treat (Bistro in both buildings)**  
9:00 Chair Yoga (AUD)  
1:00 Mahjong (CL)  
2:00 Ecumenical Church (CH)

29

Why don't skeleton's ever go trick or treating?  
*Because they have no-body to go with!*

30



#### STRONG BONES EXERCISE IN AUDITORIUM OR VIA ZOOM:

- No Sign-up required! Please note there are limited spots available each week.
- 12 spots are reserved for residents in AL and HAAL weekly
- Masks must be worn the entire time of the program unless everyone in the room is fully vaccinated.
- Chairs **MUST** stay the way they are set up. Please DO NOT move the chairs.
- Activity will continue to be offered via zoom as well:
  - Download Zoom to your electronic device of choice and create an account (if you haven't already)
  - Join our Zoom meeting by entering in the meeting ID: 79785075740
  - Please note that it will ask for a password. The password is: eaglecrest
  - Activities will start at the designated time. Please be sure you are connected before the activity begins.

#### FRIDAY'S CHAIR YOGA WITH SARA:

- No Sign-up required! Please note, there are limited spots available each week. Sessions are 30 minutes each.
- Masks must be worn the entire time of the program unless everyone in the room is fully vaccinated
- Chairs **MUST** stay the way they are set up. Please DO NOT move the chairs.

#### ACTIVITY LOCATIONS:

- AS: Art Studio (ECS 2, 1<sup>st</sup> floor)
- AUD: Auditorium (ECS 1, 2<sup>nd</sup> floor)
- B: Bistro (ECS 1, 1<sup>st</sup> floor)
- BB: Blarney Bar (ECS 1, 1<sup>st</sup> floor)
- CH: Chapel (ECS 1, 2<sup>nd</sup> floor)
- CL: Club Lounge (ECS 2, 1<sup>st</sup> floor)
- CM: Community Room (ECS 2, 1<sup>st</sup> floor)
- TH: Theater (ECS 1, 2<sup>nd</sup> floor)
- L: Library (ECS 1, 2<sup>nd</sup> floor)

#### INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):

- Men at Ten – Bob B. 12308
- Knitting Club – Kathy G. 12200
- Embroidery Club – Kathy G. 12200
- Tea at Two – Kathy G. 12200
- Bible Study with Pastor Mumm – Wyonne R. 12018
- Bunco – Mary G. 12105
- Welcome to La Crosse! Newcomers Group – Linda E. 13022
- Choir – Kathy G. 12200
- Euchre-Mike P. 12106
- Facebook: Friends of Eagle Crest South-Dan M. 14000