



The Lodge

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:30 FIT to Pedal®, P 1</p> <p>1:00 Episcopal Church, MR</p> <p>2:30 Root Beer Float – Get It!, B</p> <p>3:00 Sunday Singalong, ALP</p> <p>3:30 Resident Choice Games, L</p> <p>6:00 Movie Time, B</p>	<p>10:30 FIT to Be Strong®, ALP 2</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Easy Listening Piano Music, MR</p> <p>3:00 “Ellen DeGeneres Show,” B</p> <p>3:30 FIT to Balance®, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:00 Movie Time, B</p>	<p>9:15 Coffee Meets Bagel, B 3</p> <p>9:15 Brain Busters, B</p> <p>10:30 FIT to Pedal®, P</p> <p>12:00 Open Swimming, P</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:00 Family Feud Game, B</p> <p>3:00 Prize Bingo, B</p>	<p>10:00 La Posada Outing, L 4</p> <p>10:30 FIT to Stretch®, ALP</p> <p>11:15 Bible Study, LR</p> <p>11:30 Senior Vaccination Talk, B</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Fry’s Grocery Outing, L</p> <p>2:30 Big Screen Movie, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:30 Ballroom Dancing, ALP</p>	<p>10:30 FIT to Balance®, ALP 5</p> <p>12:00 Open Swimming, P</p> <p>12:15 Taize Music & Service, MR</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:00 Walmart Supercenter Outing, L</p> <p>1:15 Aromatherapy Hand Massage, SFL</p> <p>1:30 Jan’s Talk & Show, B</p> <p>3:00 Money Bingo, B</p> <p>6:00 Movie Time, B</p>	<p>6</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>10:40 Ages Entwined® Pre-K Story Time, MR</p> <p>12:00 Water Aerobics, P</p> <p>3:00 Happy Hour, MR</p>	<p>7</p> <p>10:30 FIT to Stretch®, ALP</p> <p>12:15 Great Courses Program, B</p> <p>3:00 American Movie Classics, B</p>
<p>8</p> <p>10:30 FIT to Pedal®, P</p> <p>1:00 Episcopal Church, MR</p> <p>2:30 Root Beer Float – Get It!, B</p> <p>3:30 Resident Choice Games, L</p> <p>6:00 Movie Time, B</p>	<p>COLUMBUS DAY 9</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>12:00 Water Aerobics, P</p> <p>12:30 Red Hat Lunch Outing, L</p> <p>3:00 “Ellen DeGeneres Show,” B</p> <p>3:30 FIT to Balance®, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:00 Movie Time, B</p>	<p>10</p> <p>9:15 Coffee Meets Bagel, B</p> <p>9:15 Brain Busters, B</p> <p>10:30 FIT to Pedal®, P</p> <p>11:30 Parkinson’s Support Group, DSDR</p> <p>12:00 Open Swimming, P</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:30 Beautiful Nails, B</p> <p>2:00 Aviation Club, DSDR</p> <p>3:00 Prize Bingo, B</p>	<p>11</p> <p>10:00 Intro to Tai Chi, ALP 11</p> <p>11:15 Bible Study, LR</p> <p>12:00 Water Aerobics, P</p> <p>12:45 Meg & Preston Piano Duo, MR</p> <p>1:00 Fry’s Grocery Outing, L</p> <p>3:00 Catholic Mass, MR</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:30 Ballroom Dancing, ALP</p>	<p>12</p> <p>10:30 FIT to Balance®, ALP</p> <p>12:00 Open Swimming, P</p> <p>12:15 Taize Music & Service, MR</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:00 Aspen Place at the Saw Mill, L</p> <p>2:00 Kitchen Corner, B</p> <p>3:00 Money Bingo, B</p> <p>6:00 Movie Time, B</p>	<p>13</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>10:40 Ages Entwined® Pre-K Story Time, MR</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Museum of Northern AZ Talk, B</p> <p>3:00 Happy Hour, MR</p>	<p>14</p> <p>10:30 FIT to Stretch®, ALP</p> <p>12:15 Great Courses Program, B</p> <p>2:00 B.’s Delightful Music Hour, MR</p> <p>3:00 American Movie Classics, B</p>
<p>15</p> <p>10:30 FIT to Pedal®, P</p> <p>1:00 Episcopal Church, MR</p> <p>2:30 Root Beer Float – Get It!, B</p> <p>3:00 Music Meditation, MR</p> <p>3:30 Resident Choice Games, L</p> <p>6:00 Movie Time, B</p>	<p>16</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>12:00 Water Aerobics, P</p> <p>2:00 Treasures of the Heart®, B</p> <p>3:00 “Ellen DeGeneres Show,” B</p> <p>3:30 FIT to Balance®, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:00 Movie Time, B</p>	<p>17</p> <p>9:00 Flu Clinic, L</p> <p>9:15 Coffee Meets Bagel, B</p> <p>9:15 Brain Busters, B</p> <p>10:30 FIT to Pedal®, P</p> <p>12:00 Open Swimming, P</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:30 Tea w/Lori, SFDR</p> <p>3:00 Prize Bingo, B</p> <p>7:00 Archaeological Society, ALP</p>	<p>18</p> <p>7:00 Omelette Bar, B 18</p> <p>10:30 FIT to Stretch®, ALP</p> <p>11:15 Bible Study, LR</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Fry’s Grocery Outing, L</p> <p>2:30 Monster Bash B Day Party, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:30 Ballroom Dancing, ALP</p>	<p>19</p> <p>10:30 FIT to Balance®, ALP</p> <p>12:00 Open Swimming, P</p> <p>12:15 Taize Music & Service, MR</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:00 Target Shopping Outing, L</p> <p>1:15 Aromatherapy Hand Massage, SFL</p> <p>3:00 Money Bingo, B</p> <p>6:00 Movie Time, B</p>	<p>20</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>10:40 Ages Entwined® Pre-K Story Time, MR</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Resident Council Meeting, DSDR</p> <p>3:00 Happy Hour, MR</p>	<p>21</p> <p>10:30 FIT to Stretch®, ALP</p> <p>12:15 Great Courses Program, B</p> <p>3:00 American Movie Classics, B</p>
<p>22</p> <p>10:30 FIT to Pedal®, P</p> <p>1:00 Episcopal Church, MR</p> <p>1:30 Alec’s Meditation Class, B</p> <p>2:30 Root Beer Float – Get It!, B</p> <p>3:30 Resident Choice Games, L</p> <p>6:00 Movie Time, B</p>	<p>23</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Easy Listening Piano Music, MR</p> <p>3:00 “Ellen DeGeneres Show,” B</p> <p>3:30 FIT to Balance®, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:00 Movie Time, B</p>	<p>24</p> <p>9:15 Coffee Meets Bagel, B</p> <p>9:15 Brain Busters, B</p> <p>10:30 FIT to Pedal®, P</p> <p>12:00 Open Swimming, P</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:30 Beautiful Nails, B</p> <p>3:00 Prize Bingo, B</p>	<p>25</p> <p>10:00 Intro to Tai Chi, ALP 25</p> <p>11:15 Bible Study, LR</p> <p>11:30 Outback Steak House, L</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Fry’s Grocery Outing, L</p> <p>1:00 Nurses Network, L</p> <p>2:00 Valiant Veterans®, DSDR</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:30 Ballroom Dancing, ALP</p>	<p>26</p> <p>10:30 FIT to Balance®, B</p> <p>12:00 Open Swimming, P</p> <p>12:15 Taize Music & Service, LR</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>1:00 Dollar Store Outing, L</p> <p>1:30 Card Making w/Lynn, B</p> <p>3:00 Money Bingo, B</p> <p>6:00 Movie Time, B</p>	<p>27</p> <p>9:15 Donuts, Coffee, Chat, Trivia, B</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>10:40 Ages Entwined® Pre-K Story Time, MR</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Flagstaff Bookmobile, PL</p> <p>1:00 Museum of Northern AZ Outing, L</p> <p>3:00 Happy Hour, MR</p>	<p>28</p> <p>10:30 FIT to Stretch®, ALP</p> <p>12:00 Book Club, DSDR</p> <p>12:15 Great Courses Program, B</p> <p>2:00 B.’s Delightful Music Hour, MR</p> <p>3:00 American Movie Classics, B</p>
<p>29</p> <p>10:30 FIT to Pedal®, P</p> <p>1:00 Episcopal Church, MR</p> <p>2:30 Root Beer Float – Get It!, B</p> <p>3:30 Resident Choice Games, L</p> <p>6:00 Movie Time, B</p>	<p>30</p> <p>10:30 FIT to Be Strong®, ALP</p> <p>12:00 Water Aerobics, P</p> <p>1:00 Easy Listening Piano Music, MR</p> <p>1:00 Lori & Pam’s Facials, SFL</p> <p>2:00 Navajo Cultural Stories, B</p> <p>3:00 “Ellen DeGeneres Show,” B</p> <p>3:30 FIT to Balance®, ALP</p> <p>3:30 Guppies & Minnows Swim School, P</p> <p>6:00 Movie Time, B</p>	<p>HALLOWEEN 31</p> <p>9:15 Coffee Meets Bagel, B</p> <p>9:15 Brain Busters, B</p> <p>10:30 FIT to Pedal®, P</p> <p>12:00 Open Swimming, P</p> <p>1:00 The Peaks Choir Practice, MR</p> <p>2:00 Forum w/Janet, DSDR</p> <p>3:00 Prize Bingo, B</p> <p>5:30 Halloween Carnival, ALP</p>	<p>Locations</p> <p>Alpine Room, ALP Desert Sheep Dining Room, DSDR Pool, P</p> <p>Arts and Crafts Room, AC Exercise Room, ER Private Dining Room, PDR</p> <p>Back Patio, BP Library, LR Schultz Dining Room, SDR</p> <p>Bistro, B Lobby, L Second Floor Balcony, SFB</p> <p>Bungalow Clubhouse, BC Malapais Room, MR Second Floor Dining Room, SFDR</p> <p>Computer Room, CR Parking Lot, PL Second Floor Lounge, SFL</p>			<p>Birthdays</p> <p>Mary Ann T., 3rd Nancy C., 18th</p> <p>Joanne E., 9th Claudia L., 20th</p> <p>Maxine P., 16th Adrian R., 25th</p> <p>Joan S., 16th Sophie S., 30th</p> <p>Marigale C., 17th Polly N., 31st</p>
<p>Calendar events are subject to change.</p>						