

Calendar of Events		Independent Living				October 2026 Senior Star at Elmore Place	
Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Keys 2nd Floor Card Room CR 2nd Floor Table by Rm 210 2nd Floor Assisted Living Family Room (2nd Floor) ALFR Bar/Lounge B/L Fitness Room FR 2nd IL Dining Room ILDR Meet in Lobby ML Multipurpose Room (2nd Floor) MR Pool P Pool Table PT Puzzle Lounge (By Rm 115) PL		Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality	Rock Steady Boxing A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor) <i>Give Parkinson's Disease a good PUNCH and have fun while doing it!</i>	Dividat Senso is a cognitive-motor training program that is suitable for everyone who wants to strengthen physical-cognitive interplay! It is used for prevention, as well as in therapy & rehabilitation! <i>Sign up today & find the joy in play, with benefits for your whole body!</i>	8:30 Morning Brain Games With Kate [B/L] 1 9:45 Small Ball Exercises [MR] 11:00 Devotionals Group: Chicken Soup for the Soul Stories [B/L] 11:00 Open Swim w/ a Buddy [P] 12:00 Ice-cream Sundae Social [ILDR] 1:00 Catholic Mass (IL) [ILDR] 2:00 25 Cent Bingo [ILDR] 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	8:00 Pool Class [P] 2 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] 11:00 Lunch Outing: Los Agaves Mexican (RSVP Req'd) [ML] 12:00 Let's play Cards: Euchre for Beginners [CR] 2:00 Happy Hour [ML] 6:00 Kings in the Corner Card Game (Beginner Cards)	10:00 Resident Led Balloon Volleyball [MR] 3 11:00 Walking Club [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]
8:00a Church Transportation [ML] 4 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL] 3:15 Walk with a Neighbor! [ML]	8:00 Pool Class [P] 5 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] 11:00 Therapy Dog Visit [B/L] 11:30 Cooking with Kate: Hot Ham & Cheese Pinwheels [ILDR] 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Monday Social Hour & Games: Margaritas [B/L]	9:00 Drums Alive [MR] 6 9:30 Visit from the Library [B/L] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] 12:00 25 Cent Double Card Bingo! [ILDR] 1:00 Food Forum - Dining Room Feedback Meeting [ILDR] 2:00 Balance Improv. Class [MR] 2:30 Beginner Line Dancing with Kate [MR]	8:00 Pool Class [P] 7 8:30 Open Swim (w/Buddy) [P] 8:30 Wordscapes with Kate [B/L] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] 12:30 Jeopardy [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR]	8:30 Morning Brain Games With Kate [B/L] 8 9:45 Small Ball Exercises [MR] 11:00 Devotionals Group: Chicken Soup for the Soul Stories [B/L] 11:00 Open Swim w/ a Buddy [P] 12:30 Crafty Creations: Beaded Pipe Cleaner Pumpkins [ILDR] 2:00 25 Cent Bingo [ILDR] 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	8:00 Pool Class [P] 9 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] 11:30 Dividat Senso Demo & New Sign Ups! 12:00 Let's play Cards: Euchre for Beginners [CR] 2:00 Fall Festival with Live Polka Music! 6:00 Kings in the Corner Card Game (Beginner Cards)	10:00 Resident Led Balloon Volleyball [MR] 10 11:00 Walking Club [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]	
8:00a Church Transportation [ML] 11 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL] 3:15 Walk with a Neighbor! [ML]	Columbus Day 12 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] 11:30 Cooking with Kate: Taco Pizza [ILDR] 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Monday Social Hour & Games: Apple Ginger Fizz Mocktail [B/L]	8:30 Wordscapes with Kate [B/L] 13 9:00 Drums Alive [MR] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] 11:00 Walgreen's Outing (RSVP 24hrs in Advance) [ML] 12:00 New Resident Welcoming Pie Social [ILDR] 2:00 Balance Improv. Class [MR] 2:30 'Not your typical' Current Events with Kate [B/L]	8:00 Pool Class [P] 14 8:30 Open Swim (w/Buddy) [P] 9:45 Resident Led Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] 12:30 Jeopardy with Nichol [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR]	8:30 Morning Brain Games With Kate [B/L] 15 9:00 Wright Foot left Foot Clinic - (RSVP's Req'd) [FR 2nd] 9:45 Small Ball Exercises [MR] 11:00 Devotionals Group: Chicken Soup for the Soul Stories [B/L] 11:00 Open Swim w/ a Buddy [P] 1:30 Program Suggestions & Ambassador Meeting (All Residents Welcome!) [B/L] 2:00 25 Cent Bingo [ILDR] 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor] 6:00 Comedy for a Cause 2026 (RSVP/Ticket Purchase Req'd)	8:00 Pool Class [P] 16 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] 12:00 Lunch Outing: Stone's Apple Barn (RSVP Req'd) [ML] 2:00 Happy Hour with Entertainment by Tony Hoepfner [ML] 6:00 Kings in the Corner Card Game (Beginner Cards)	10:00 Resident Led Balloon Volleyball [MR] 17 11:00 Walking Club [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]	
8:00a Church Transportation [ML] 18 1:00 Non-Denominational Church Service with Pastor Paul - IL [MR] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL] 3:15 Walk with a Neighbor! [ML]	8:00 Pool Class [P] 19 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] 11:30 Cooking with Kate: Pumpkin Snickerdoodle Cookies [ILDR] 1:15 Advanced Tai Chi with Nichol [MR] 1:45 Beginner Tai Chi [MR] 2:30 Monday Social Hour & Games: Hot Toddy's Spiced Cider [B/L] 3:00 Alzheimer's / Dementia Support Group [ALFR]	9:00 Drums Alive [MR] 20 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] 12:00 Expedition Bible Video with Biblical Archeologist Joel Kramer [B/L] 12:30 Petals & Pumpkins + Pumpkin Painting! [MR] 2:00 Balance Improv. Class [MR] 2:30 Universal Yum Box: The Netherlands [B/L]	8:00 Pool Class [P] 21 8:30 Open Swim (w/Buddy) [P] 8:30 Wordscapes with Kate [B/L] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 10:45 Bible Study with Paul [ILDR] 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] 12:30 Jeopardy [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR] 2:30 Book Club Book Discussion [B/L]	8:30 Morning Brain Games With Kate [B/L] 22 9:45 Small Ball Exercises [MR] 11:00 Devotionals Group: Chicken Soup for the Soul Stories [B/L] 11:00 Open Swim w/ a Buddy [P] 12:00 Caramel Apple Bar & Halloween Movie [B/L] 2:00 25 Cent Bingo [ILDR] 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	8:00 Resident Led Pool Class [P] 23 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Lunch Outing: Texas Roadhouse (RSVP Req'd) [ML] 12:00 Let's play Cards: Euchre for Beginners [CR] 2:00 October Birthday Party + Happy Hour with Entertainment by Jim Ryan [ML] 6:00 Kings in the Corner Card Game (Beginner Cards)	10:00 Resident Led Balloon Volleyball [MR] 24 11:00 Walking Club [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]	
8:00a Church Transportation [ML] 25 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:00 Jigsaw Puzzles [PL] 3:15 Walk with a Neighbor! [ML]	8:00 Pool Class [P] 26 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Mediation [MR] 11:30 Cooking with Kate: Cherry Turnovers [ILDR] 1:00 Travelogue Video to French Polynesia [B/L] 2:00 Town Hall Meeting w/ Executive Director Annette Martinez [ILDR] 2:30 Smore's Bar - Build your own Smore's Snack & Smores Hot Chocolate! [B/L]	9:00 Drums Alive [MR] 27 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim w/ a Buddy [P] 11:00 Walgreen's Outing (RSVP 24hrs in Advance) [ML] 12:00 25 Cent Double Card Bingo! [ILDR] 2:00 Balance Improv. Class [MR] 2:30 Beginner Line Dancing : Halloween Edition [MR]	8:00 Pool Class [P] 28 8:30 Open Swim (w/Buddy) [P] 8:30 Wordscapes with Kate [B/L] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 11:00 Matter Of Balance Class (RSVP Req'd - Register at Front Desk) [MR] 12:30 Halloween Themed Jeopardy + Name that Tune [B/L] 1:00 Let's Play Cards: Poker for Beginners 2:00 Mobility & Motion - Stretching Class [ILDR] 2:30 'Not your typical' Current Events with Kate [B/L]	8:30 Wordscapes with Kate [B/L] 29 9:45 Small Ball Exercises [MR] 10:30 Redeemer Preschool Halloween Songs & Costume Parade! [ILDR] 11:00 Open Swim w/ a Buddy [P] 12:30 Fall Walking Scavenger Hunt Bingo - Self Led [ML] 2:00 Halloween 25 Cent Bingo [ILDR] 3:00 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]	8:00 Pool Class [P] 30 8:30 Open Swim (w/Buddy) [P] 9:00 Group Halloween Costume Picture! [ML] 9:45 Sit & Be Fit [MR] 10:15 Mindful Meditation [MR] 11:00 Brain & Body Boost *NEW CLASS* [MR] 12:00 Let's play Cards: Euchre for Beginners [CR] 12:00 Walking Taco Bar - Alzheimer's Fundraiser \$ [ILDR] 2:00 Halloween Happy Hour + Games with Entertainment by Jordan Danielsén [ML] 6:00 Kings in the Corner Card Game (Beginner Cards) 6:00 Senior Star's Annual Trick-Or-Treat Night!	Halloween 31 10:00 Resident Led Balloon Volleyball [MR] 11:00 Walking Club [ML] 1:00 Resident Led Card Games [CR] 2:00 Shoot Pool with a Neighbor! [PT] 3:30 Coffee & Conversation [B/L] 6:00 Movie Night - See Monthly Movie Showings Sign :) [B/L]	