


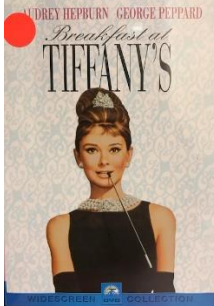



# October

**LEGEND:**  
 B – Bistro  
 BP – Backyard Patio  
 C – Chapel  
 CL – Café Lorraine  
 FC – Fitness Center

FP – Front Porch  
 FT – Forum Theater  
 GL – Grand Lounge  
 GS – Gift Shop  
 L – Library  
 LC – Legends Club  
 LD – Lakeview Dining  
 LL – Lavender Lane  
 ML – Monarch Lane  
 S – Salon/Spa  
 S1 – Studio One  
 S2 – Studio Two

S3 – Studio Three  
 P – Pool  
 W1 – Wellness 1  
 W2 – Wellness 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Chair Tia Chi (FT) 10:30 Devotions (C) 11:00 Active Chair Class 2:00-4:00 Meet and Greet 1st National Bank (FT) 3:00 Piano with Andrea (GL) 4:00 Bravo (S1) 4:30 High Plains Woodwinds (FT) 7:00 Sioux Empire Brass (FT) 7:00 Football (LC)	<b>2</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:00-10:00 Shopping HyVee 10:30 B/P Clinic (L) 10:30 Bible Study (S1) 11:00 Active Chair Class (FT) 11:30 Yoga with Tonya (FT) 1:00 Continued Therapy (FC) 2:00 Open Swim (P)	<b>3</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 10:30 Devotions (C) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (W1) 1:00 Bridge (S2) <b>1:00-5:00 Flu Shots (W2)</b> 2:00 Pedal the World (FT) <b>2:00 Birthday Bash / Music with Ron Schaal (FT)</b> 4:00 Ping Pong (S3) 6:00 Firepit / Bean Bag (BP)	<b>4</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Buddy Swim (P) 10:00 Book Club (L) <b>10:00 Auditors office sign up for absentee voting and Voter Registration</b> 11:00 Active Chair Class (FT) 1:00 Continued Therapy (FC) 1:00 – 2:00 Shopping HyVee 1:30 Cards/Whist (S2) 4:00 Walk by the Lake (FP) 5:30 Thursday Night Dinner Music by Bill	<b>5</b> 7:30 Water Walking (P) 8:45 Fishing Family Pond 9:30 Cards with Donette (S1) 11:00 Bingo (S1) 1:00 Lake Lorraine Shops 3:00 Piano with Andrea (GL) 4:00-5:00 Social Hour (LC)	<b>6</b> 11:00 Yoga with Tonya (FT) 11:00-1:00 Gift Shop (S1) 1:30 Piano by Ruth Epp (GL) 2:00 Ice Cream Social (FP) 3:00 Matinee Movie: Run Silent, Run Deep  5:00 Bean Bags
<b>7</b> 11:30 Church Service (FT) 1:00 Bingo (S1) 3:00 Matinee Movie: Breakfast at Tiffany's 	<b>8</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Chair Tai Chi (FT) 10:30 Devotions (C) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (S1) 1:00 Bridge (S2) <b>2:00 Grand Patriots with Leigh Zirbel (FT)</b> 3:00 Piano with Andrea (GL) 4:00 BRAVO (FT) 4:30 Sioux Empire Woodwinds Practice (FT) 7:00 Sioux Empire Brass Practice (FT) 7:00 Football (LC)	<b>9</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:00-10:00 Shopping HyVee 9:30 Buddy Swim (P) 10:30 B/P Clinic (L) 10:30 Bible Study (S1) 11:00 Active Chair Class (FT) 11:30 Yoga with Tonya (FT) <b>11:30 Grief Counseling with Dr. Joan Benz (C)</b> 1:00 Continued Therapy (FC) 2:00 Open Swim (P) 4:00 Walk by the Lake (FP) 4:00 Movie (FT)	<b>10</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) <b>10:00-5:00 Ag Heritage Museum / Brookings Outing</b> 10:30 Devotions (C) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (W1) 1:00 Bridge (S2) 1:30 Ping Pong (S3) 2:00 Pedal the World 4:00 Movie (FT) 6:00 Firepit with Smores (BP)	<b>11</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Buddy Swim (P) 10:00 Book Club (L) 11:00 Active Chair Class (FT) 1:00 Continued Therapy (FC) 1:00-2:30 Shopping HyVee 2:00 Open Swim (P) <b>2:00 Scott Peterson for SD House District 12 (FT)</b> 4:00 Walk by the Lake (FP) 5:30 Thursday Night Dinner Music by Art	<b>12</b> 7:30 Water Walking 8:45 Family Pond Fishing 9:30 Card Making with Donette (S1) 11:00 Bingo (S1) 1:00-2:30 Shopping Target/Kohls 3:00 Piano with Andrea (GL) 4:00-5:00 Social Hour (LC)	<b>13</b> 11:00 Yoga with Tonya (FT) 11:00 Pedal the World (FT) 11:00 Gift shop (S1) 1:30 Piano with Ruth Epp (GL) 2:00 Ice Cream Social (FP) 3:00 Matinee Movie: The Little Princess  5:00 Outdoor Games (BP)
<b>14</b> 11:30 Church Service (FT) 1:00 Bingo (S1) <b>2:00 Tempo Band (FT)</b> 3:00 Matinee Movie: Moulin Rouge 	<b>15</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Chair Tai Chi (FT) 10:00 Garden Club 10:00 Bean Bag toss (BP) 10:30 Devotions (C) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (W1) 1:00 Bridge (S2) 1:00-4:00 First National Bank 4:00 BRAVO (FT) 4:30 High Plains Woodwinds 7:00 Football (LC) 7:00 Sioux Empire Brass Practice (FT)	<b>16</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:00 – 10:00 Shop HyVee 9:30 Buddy Swim (P) 10:30 Blood Pressure Clinic (S1) 10:30 Bible Study 11:00 Active Chair Class (FT) 11:30 Yoga with Tonya (FT) 1:00 Continued Therapy (FC) 2:00 Open Swim (P) 3:00 Piano with Andrea (GL) 4:00 Walk by the Lake (FP) 6:00 Bean Bags/Fire Pit	<b>17</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:00 Avera- Medicare & You (FT) 10:30 Devotions (C) 10:30 Sanford Series (S1) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (W1) 1:00 Bridge (S2) <b>2:00 Jessica VanRoekel Christian message (FT)</b> 2:00 Pedal the World (FT) 3:00 Piano with Andrea (GL) 4:00 Movie (FT) 6:30 Trivia with Alexa (B)	<b>18</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Buddy Swim (P) 10:00 Book Club (L) 11:00 Active Chair Class (FT) 1:00 Continued Therapy (FC) 1:00-2:30 Shopping HyVee <b>2:00 Fall Harvest Tea &amp; Table Scape (FT)</b> 2:00 Open Swim (P) 4:00 Walk by the Lake (FP) 5:30 Thursday Night Dinner Music by Aaron Schumacher	<b>19</b> 7:30 Water Walking (P) 8:45 Family Pond Fishing 11:00 Bingo (S1) 1:00 Crafts (S1) 1:00-4:00 First National Bank <b>2:00 Bridges Boutiques outing (LC)</b> 4:00-5:00 Social Hour (LC) <b>Pumpkin Decorating Contest begins</b>	<b>20</b> 11:00 Yoga with Tonya (FT) 11:00 Gift Shop (S1) 11:30 Pedal the World (FT) 1:30 Piano by Ruth Epp (GL) 2:00 Ice Cream Social (FP) 3:00 Matinee Movie: Hamburger Hill  5:00 Outdoor Games (BP)

# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21</b> 11:30 Church Service (FT) 1:00 Lake Lorraine Path Walk 3:00 Matinee Movie: Casablanca 	<b>22</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Chair Tai Chi (FT) 10:00 Coffee Gathering (BP) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (W1) 1:00 Bridge (S2) 1:00-4:00 First National Bank 2:00 Pedal the World (FT) 3:00 Piano with Andrea (GL) 4:00 BRAVO (C) 4:30 Sioux Empire Woodwinds practice 7:00 High Plains Brass (FT)	<b>23</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:00-10:00 HyVee 10:00 Dr. Nelson speaks on Africa trip (LC) 10:30 Blood Pressure Clinic (S1) 10:30 Bible Study (S1) <b>11:30 Grief Counseling with Dr. Joan Benz (C)</b> Continued Therapy (FC) 2:00 Open Swim (P) 4:00 Walk by the Lake (FP) 6:00 Fire Pit & Smores (BP)	<b>24</b> 7:30 Water Walking (P) 8:30 First National Bank open 8:45 Water Aerobics (P) 10:30 Community Meeting (FT) 1:00 Active Chair Class (FT) 2:00 Pedal the World (FT) 3:00 Piano with Andrea <b>4:00 Meet &amp; Greet Your New Neighbors Social (FT)</b> Residents begin voting on department pumpkins.	<b>25</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Buddy Swim (P) 10:00 Book Club (L) 11:00 Active Chair Class (FT) 1:00 Continued Therapy (FC) 1:00-2:30 HyVee Shopping 2:00 Open Swim (P) <b>2:00 Cooking class with Chef John (CL)</b> 4:00 Walk by the Lake (FP) 5:30 Thursday Night Music by Bill	<b>26</b> 7:30 Water Walking (P) 8:45 Fishing at the Family Pond 9:30 Card Making with Donette 10:30 Devotions (C) 11:00 Bingo (S1) 1:00-4:00 First National Bank 1:30 Pinochle 2:00 Mahjong (L) 3:00 Piano with Andrea (GL) 4:00 Social Hour Music by Art Slumskie (FT)	<b>27</b> 11:00 Yoga with Tonya (FT) <b>11:00-2:00 Halloween at Lake Lorraine</b> <b>11:00-1:00 Gift shop (S1)</b> 1:30 Piano by Ruth Epp (GL) 2:00 Ice Cream Social (FP) 3:00 Matinee Movie: My Big Fat Greek Wedding  5:00 Outdoor games
<b>28</b> 11:30 Church Service (FT) 1:00 Lake Lorraine Path Walk 3:00 Matinee Movie: U-571  5:00 Bean Bags (BP)	<b>29</b> 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Chair Tai Chi (FT) 10:00 Coffee Gathering (BP) 10:30 Devotions (C) 11:00 Active Chair Class (FT) 1:00 Parkinson's Class (S1) 1:00-4:00 First National Bank 2:00 Pedal the World (FT) 3:00 Piano with Andrea (GL) 4:00 BRAVO (C) 4:30 Sioux Empire Woodwinds (FT) 7:00 High Plains Brass Practice (FT)	<b>30</b> 7:00 Morning Workout (FC) 7:30 Water Walking (P) 8:45 Water Aerobics (P) 9:30 Buddy Swim (P) <b>10:00 Pain/Fall/Posture clinic by Dr. Robert Plemel (FT)</b> 10:30 Bible Study (S1) 11:00 Active Chair Class (FT) 11:30 Yoga with Tonya (FT) 1:00 Continued Therapy (FC) 2:00 Open Swim (P) <b>2:00 Peace Lutheran Service with Communion (FT)</b> 3:30 Men's Group with Jeff	<b>31 HALLOWEEN</b> 7:30 Water Walking (P) 8:30-12:00 First National Bank 8:45 Water Aerobics (P) 10:30 Devotions (C) 11:00 Active Chair <b>2:00 Carmel Apples /Cider (B)</b> <b>4:00 Grand Living Resident Halloween Social (B)</b>		<b>Grand Patriot Monday, Oct. 8th at 2:00 p.m.</b> <b>Sgt. Leigh Zurbel spent 8 years in the National Guard. One of which was in Iraq. Leigh will share her experience as a Veteran &amp; her current work at the VA.</b>	