

# Lifestyle Enrichment Center - OCT 2017 Activities

628 SE Allison Ct; Lake City, FL 32025 – (386)755-0235 – www.ccseniors.com

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3 Caretenders-blood pressure	4 Entertainment – Bob Denny	5 Pearls 9:00 Family Caregiver Sup. Grp. Training 9:00	6 Mad Hatter day – Everyone wear A crazy hat. (prizes) Friday night dance 7 till 10	7
8	9	10	11 Lunch at Pleasant Grove Methodist Church	12 Stop bullying day- speaker from lake city police depart. Caregivers group 10:00	13 Book club – 2:30 – 3:30 Alzheimer Sup. Grp. 2-5 Cassie and friends 10:45 Friday night dance – 7 till 10	14
15	16 Bosses day – We love you Mrs. Debby	17 National wear something gaudy day Board meeting SHINE 10-12 NARFE-RR 1-2	18 Entertainment LeRoy Newton	19 Pearls 9:00 Nutrition education 9:30	20 Alzheimer Sup. Grp. 2-5 Friday night dance 7 till 10	21 *
22	23	24 BREAST CANCER AWEARNESS WEAR PINK	25 Entertainment Martingales October Birthday party	26	27 Bingo pizza day	28
29	30	31 Halloween – Wear costume if you dare.	* <u>WOMEN IN BUSINESS EXPO (JUST FOR HER- GIRLS DAY OUT! 10 – 2</u>			

## LEC 2017 Weekly Schedule

Phone 386-755-0235

### Everyday

8:45am	10:00am	Breakfast	Dining	
11:45am	12:30pm	Lunch	Dining	
8:00am	11:30am	Physical fitness	Gym (Mon-Wed-Fri)	
8:00am	11:00am	Physical fitness	Gym (Tue-Thur)	
<b>Mondays</b>				
10:00am	11:30am	Craft Class	Arts/Crafts	
10:00am	10:30am	Chair exercise	Dining	
10:00am	11:00am	Card games	Resource	
12:30pm	1:30pm	Bingo	Dining	
1:00pm	3:00pm	Woodcarvers	Arts/Crafts	
1:30pm	2:30pm	Flex yoga	Dining	
<b>Tuesdays</b>				
10:00am	11:00am	Tai Chi	Dining	
10:00am	11:30pm	Crochet Class	Sewing	
10:00am	11:30am	Ceramic painting	Art/Crafts	
10:30am	11:30am	Bible study	Library	
12:30pm	1:30pm	Ladder Ball	Dining	
12:30pm	1:30pm	Geriatrics Practice	Sewing	
1:30pm	2:30pm	Dancerobics	Dining	

### Wednesdays

10:00am	11:00am	Jewelry class	Arts/Crafts	
12:00am	1:00pm	Bible Study (Mr. Mont)	Reading	Catering
10:00am	11:00pm	Basic quilting	sewing	
10:45am	11:45am	Live Entertainment	Dining	
12:30pm	1:30pm	XBOX Sports	Dining	
<b>Thursdays</b>				
10:00am	11:00am	Card games	Library	
10:00am	11:30am	Plastic Canvas Crafts	Arts/Crafts	
12:30am	1:30am	I didn't know that	Arts/crafts	
12:30pm	1:30pm	Geriatrics Practice	Sewing	
1:30pm	2:30pm	Flex yoga	Dining	
2:30pm	3:30am	Tai-Chi	Dining	
<b>Fridays</b>				
10:00am	10:30am	Chair exercise	Dining	
10:30am	11:30am	Kitchen band practice	Dining	
12:30pm	1:30pm	Bingo	Dining	
1:30pm	2:30pm	Dancerobics	Dining	