

# GRACE COMMONS

a  community

W195N9550 Rolling Meadow Circle  
Menomonee Falls, WI 53051

(262) 252-9600

## Happy Birthday!

23rd- Jane W.  
25th Dar N.  
25th Don F.  
29th Shirley P.  
31st JoAnne B.



## DON'T FORGET TO RSVP!



Please sign up in the **ENJOY LIFE** binder at front desk

Shopping  
Enjoy Life-Streetcar History and Food Tour  
Whacky Women Club  
IL Lunch Bunch  
Art Workshop

## JOIN THE CLUB



If you are interested in joining or starting a club, please talk with Kelly for more information.

Book Club  
Flower Club  
Garden Club  
Walking Club

# enjoy life

## THIS MONTH'S FEATURED PROGRAMS

### Exploring the New



ADVENTURE

**ENJOY LIFE-Streetcar History and Food Tour**  
Hop on a streetcar and enjoy a walking tour showcasing Milwaukee's best. This guided experience immerses you in the history of Cathedral Square and Third Ward. Tour ends at The Milwaukee Public Market.

**Tuesday, October 8th**

**Bus Leaves at 9:15**

**Lobby**

**\$40**

### Positive, Meaningful, Relationships and Service



COMMUNITY

### Grace Commons-Fall Craft Fair

Gifts, Quilted Pieces, Paintings, Jewelry, Ornaments, and other Hand-crafted items.

**Thursday, October 17th**

**10am-2pm**

**Lobby**

### Self-Improvement and Discovery



LEARNING

### The Arts of Aging Presents- Suncatcher Mandala

Beginners and experts alike will enjoy experimenting with color, light and design in the mandala tradition. Take home your unique suncatcher

**Thursday, October 24th**

**10:30AM**

**Family Room**

**Free**

### Pursuit of Overall Personal Wellness



HEALTH & WELLNESS

### Menomonee Falls Police Department Presents:

#### Crime Prevention For Seniors

Join The Menomonee Falls Police Department as they discuss ways to keep you safe

**Wednesday, October 23rd**

**10:30AM**

**Family Room**

# INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>GRACE COMMONS</b> a capri community</p> <p>W195 N9550 Rolling Meadow Circle Menomonee Falls, WI 53051 (262) 252-9600</p>		<p>9:00 Coffee Club [TR] <b>1</b></p> <p>10:30 Horse Races-\$ [TR]</p> <p>1:00 Fox Exercise-Balance For Better Movement [W]</p> <p>1:00 Hand &amp; Foot Card Game [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>4:00 Happy Hour-BYOB [TR]</p>	<p>8:30 Fox Exercise [W] <b>2</b></p> <p>9:00 Fox Exercise [W]</p> <p>9:30 Fox Exercise [W]</p> <p>10:30 Book Club [FR]</p> <p>1:00 Grace Bible Study [FR]</p> <p>3:30 Walmart [L]</p>	<p>9:00 Coffee Club [TR] <b>3</b></p> <p>1:00 IL Resident Meeting [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>2:00 Sheepshead-\$ [FR]</p>	<p>8:30 Orange Shoes Exercise [W] <b>4</b></p> <p>9:00 Orange Shoe Exercise [W]</p> <p>10:00 Story Telling-Jim Gauger [FR]</p> <p>1:15 Rosary [FR]</p> <p>2:00 Cribbage [TR]</p> <p>2:00 Hand &amp; Foot Card Game [TR]</p>	<p>10:00 Walking Club [L] <b>5</b></p> <p>1:00 Dominos [M]</p> <p>1:00 Movie-</p> <p>2:00 Rummicube [TR]</p>	
	<p>1:00 Movie- <b>6</b></p> <p>2:00 Dominos [M]</p> <p>6:00 Wacky Womens Club [FR]</p>	<p>8:30 Exercise [W] <b>7</b></p> <p>9:00 Exercise [W]</p> <p>9:30 Exercise [W]</p> <p>10:30 Metro Market [L]</p> <p>1:00 BINGO-\$ [TR]</p> <p>3:00 Catholic Church Service [G]</p>	<p>9:00 Coffee Club [TR] <b>8</b></p> <p>9:15 <u>Enjoy Life- Streetcar History &amp; Food Tour</u></p> <p>10:30 Speaker-LaToya Bates: Appreciating What We Have [FR]</p> <p>1:00 Fox Exercise-Balance For Better Movement [W]</p> <p>1:00 Hand &amp; Foot Card Game [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>3:00 October Fest-Entertainment [TR]</p>	<p>8:30 Fox Exercise [W] <b>9</b></p> <p>9:00 Fox Exercise [W]</p> <p>9:30 Fox Exercise [W]</p> <p>10:30 Grace Church Service [W]</p> <p>3:30 Dollar Tree/Hobby Lobby [L]</p>	<p>9:00 Coffee Club [TR] <b>10</b></p> <p>10:30 History Club With Tim [FR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>2:00 Sheepshead-\$ [FR]</p>	<p>8:30 Orange Shoes Exercise [FR] <b>11</b></p> <p>9:00 Orange Shoe Exercise [FR]</p> <p>9:30 Communion Service [W]</p> <p>10:00 Story Telling-Jim Gauger [FR]</p> <p>1:15 Rosary [FR]</p> <p>2:00 Cribbage [TR]</p> <p>2:00 Hand &amp; Foot Card Game [TR]</p>	<p>10:00 Walking Club [L] <b>12</b></p> <p>1:00 Dominos [M]</p> <p>1:00 Movie-</p> <p>2:00 Rummicube [TR]</p>
	<p>1:00 Movie- <b>13</b></p> <p>2:00 Dominos [M]</p>	<p><b>Columbus Day Indigenous People's Day</b> <b>14</b></p> <p>8:30 Exercise [W]</p> <p>9:00 Exercise [W]</p> <p>9:30 Exercise [W]</p> <p>10:30 Aldi [L]</p> <p>1:00 BINGO-\$ [TR]</p> <p>2:30 Fox Therapy Screening [W]</p>	<p>9:00 Coffee Club [TR] <b>15</b></p> <p>10:30 Horse Races-\$ [TR]</p> <p>1:00 Fox Exercise-Balance For Better Movement [W]</p> <p>1:00 Hand &amp; Foot Card Game [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>4:00 Happy Hour-BYOB [TR]</p>	<p>8:30 Fox Exercise [W] <b>16</b></p> <p>9:00 Fox Exercise [W]</p> <p>9:30 Fox Exercise [W]</p> <p>10:30 Vote [W]</p> <p>1:00 Grace Bible Study [FR]</p> <p>2:30 Team Trivia with Kelly [TR]</p> <p>3:30 Kohl's/Target [L]</p>	<p><b>Craft Fair</b> <b>17</b></p> <p>9:00 Coffee Club [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>2:00 Sheepshead-\$ [FR]</p>	<p>8:30 Orange Shoes Exercise [W] <b>18</b></p> <p>9:00 Orange Shoe Exercise [W]</p> <p>10:00 Friday Adventures</p> <p>1:15 Rosary [FR]</p> <p>2:00 Cribbage [TR]</p> <p>2:00 Hand &amp; Foot Card Game [TR]</p>	<p>10:00 Walking Club [L] <b>19</b></p> <p>1:00 Dominos [M]</p> <p>1:00 Movie-</p> <p>2:00 Rummicube [TR]</p>
	<p>1:00 Movie- <b>20</b></p> <p>2:00 Dominos [M]</p> <p>6:00 Wacky Womens Club [FR]</p>	<p>8:30 Exercise [W] <b>21</b></p> <p>9:00 Exercise [W]</p> <p>9:30 Exercise [W]</p> <p>10:30 Piggly Wiggly [L]</p> <p>1:00 BINGO-\$ [TR]</p>	<p>9:00 Coffee Club [TR] <b>22</b></p> <p>10:30 Speaker-LaToya Bates: Positive Thoughts &amp; Mindfulness [FR]</p> <p>1:00 Fox Exercise-Balance For Better Movement [W]</p> <p>1:00 Hand &amp; Foot Card Game [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>4:00 Happy Hour-BYOB [TR]</p>	<p>8:30 Fox Exercise [W] <b>23</b></p> <p>9:00 Fox Exercise [W]</p> <p>9:30 Fox Exercise [W]</p> <p>10:30 Speaker-Crime Prevention For Seniors [FR]</p> <p>1:00 Vote [W]</p> <p>2:00 Food Forum Meeting [TR]</p> <p>3:00 ENJOY LIFE -On The Road Show [FR]</p> <p>3:30 Metro Market</p>	<p>9:00 Coffee Club [TR] <b>24</b></p> <p>10:30 Art Workshop [FR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>2:00 Musical Entertainment [D]</p> <p>2:00 Sheepshead-\$ [FR]</p>	<p>8:30 Orange Shoes Exercise [FR] <b>25</b></p> <p>9:00 Orange Shoe Exercise [FR]</p> <p>9:30 Communion Service [FR]</p> <p>10:00 America And Voting With Tim [FR]</p> <p>1:15 Rosary [FR]</p> <p>2:00 Cribbage [TR]</p> <p>2:00 Hand &amp; Foot Card Game [TR]</p>	<p>10:00 Walking Club [L] <b>26</b></p> <p>1:00 Dominos [M]</p> <p>1:00 Movie-</p> <p>2:00 Filipino Dacers [L]</p> <p>2:00 Rummicube [TR]</p> <p>6:15 <u>Menomonee Falls Orchestra- Haunting Classics [L]</u></p>
	<p>1:00 Movie- <b>27</b></p> <p>2:00 Dominos [M]</p>	<p>8:30 Exercise [W] <b>28</b></p> <p>9:00 Exercise [W]</p> <p>9:30 Exercise [W]</p> <p>10:30 Walmart [L]</p> <p>1:00 BINGO-\$ [TR]</p>	<p>8:30 Men's Breakfast Club [D] <b>29</b></p> <p>9:00 Coffee Club [TR]</p> <p>10:30 Horse Races-\$ [TR]</p> <p>1:00 Fox Exercise-Balance For Better Movement [W]</p> <p>1:00 Hand &amp; Foot Card Game [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>3:00 Happy Hour-Happy Birthday [TR]</p>	<p>8:30 Fox Exercise [W] <b>30</b></p> <p>9:00 Fox Exercise [W]</p> <p>9:30 Fox Exercise [W]</p> <p>10:45 Lunch Bunch-Maxim's [L]</p> <p>2:00 Card Magic with Eric [FR]</p>	<p><b>Halloween</b> <b>31</b></p> <p>8:30 Blood Pressure Checks [W]</p> <p>9:00 Halloween Costumes Coffee Club with Donuts [TR]</p> <p>1:00 Mahjong [FR]</p> <p>1:00 Movie-</p> <p>2:00 Sheepshead-\$ [FR]</p> <p>2:15 OSHER Presentation-MKE Police Chief-\$</p>	<p><b>Location Keys</b></p> <p>Dining Room D</p> <p>Family Room FR</p> <p>Great Room G</p> <p>Lobby L</p> <p>Multipurpose Room M</p> <p>Tap Room TR</p> <p>Wellness Suite W</p>	
						<p><b>Program Key</b></p> <p><b>Bold</b>-enjoy life Special Feature Programs</p> <p><u>Underline</u>-Program Requires Sign-Up</p> <p><b>\$</b>-Cost for Program</p>	