



**+ Mass – 9:30am Sunday-Friday +
Channel 990**

[reservations required for in-person worship;
sign-up sheets are outside the Chapel]

Sunday, 10/4 – Fr. Snyder
Monday, 10/5 – Fr. Adrian
Tuesday, 10/6 – Fr. Schwartz
Wednesday, 10/7– Fr. Forliti
Thursday, 10/8 – Fr. Brown
Friday, 10/9 – Fr. Adrian

Blessing of the Animals

1:00pm, Monday, October 5

Pets and their people: in the Chapel
(Please call *5011 to reserve a spot)

All others: Channel 990



October 4 – Mary Anne Seaton
October 9 – Sr. Ansgar Holmberg
October 9 – Harriet Kiffe
October 10 – Sr. Rita McDonald



***Feast of
St. Francis
of Assisi***

October 4



Rest In Peace

**Peter Butler
September 27**

MacPhail Music

Channel 990

3:30pm on the following Thursdays:

October 1, 15, 22, 29

November 5, 19

December 3, 17

MacPhail Music for Life™ is an interactive music education and creative arts program for adults 55+. Classes include a variety of musical activities and adult music lessons, such as: singing, playing instruments, movement, composition, and music history.

Lost ☹️ – and Found?

Help! We are missing **A LOT** of dishes, plastic cups (the non-disposable kind) and silverware. Please look around your apartment, including in your cupboards, and return any of our kitchen items you might find. There is a cart across from the counter in the Bistro – please put the “found” items there.

Outdoor Visits

We are hoping for a lovely, long fall so outdoor visits can continue. We do not yet have permission from the MDH for indoor visits (for Care Center and Assisted Living residents). We are planning for the time if/when that permission is given.

Active Aging Week

Monday, October 5 – Sunday, October 11

Welcome to Active Aging Week! There are wellness-related activities planned for each day. Flyers listing the suggested activities are posted throughout the building, and cover each area of wellness: physical, social, intellectual, emotional, vocational, environmental, and spiritual. They include things like: participating in one or more of the wellness classes offered on CVTV, visiting someone, working on a puzzle, going to Mass, etc.

MPH Challenge: Join our Active Aging Week *Miles Per Hour Challenge* by tracking your minutes of exercise each day. Any movement counts: walking, exercising, swimming, stretching and more. To participate, pick up a tracking sheet and mileage tracker from the Fitness Center on Monday, October 5. Turn the completed sheet in by October 13 to be entered in the CV community competition!

Visit the LE Rise Virtual Library at <http://www.tinyurl.com/PHSLife> for more resources.



Zentangle

1:00pm, Thursdays: Oct. 15, 22, 29, and Nov. 5

Channel 990

Sr. Ansgar is offering another opportunity to learn the art of Zentangle. If you participated in the first series and have the supplies, you are welcome to join in again. If you didn't try it the first time, and would like to sign up to participate in this series, please contact Sr. Ansgar at *5173. She will bring you the supplies needed. Cost for supplies: \$3

Art from the first series is on display by the front desk.