

October 2025

Fraser Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BIRTHDAYS: Arlene D. – 9th Glenn M. – 22nd Karen W. – 28th		9:00 Men's Coffee Talk – Firemen Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game– 3rd Floor (CR3) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 10:30 Baking for Birthdays (HS1) 1:00 Dominoes (DL) 3:00 Celebrate Birthdays (HH) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 2:30 Safari Park \$12 Bus–Register (B) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD) 7:00 Huskers vs Penn State Volleyball Game (BT)	10:30 Cribbage – Resident–Led (HS1) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:30 Bridge Card Game – Resident–Led (DL) 3:00 Husker Football Game vs MI State 3:30 Beverages in the Pub (P) 6:00 Husker Volleyball vs Rutgers (BT)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise – Resident–Led (HS1) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL) 3:30 Ladies Coffee & Laughs (HS1)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game – Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (HS1) 10:00 Hy–Vee/Walmart (B) 1:00 Blackjack Card Game–Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 3:00 Jewelry Making (HS1) 4:00 Resident Rosary Prayer (ES) 4:00 S'mores Outside 6:30 Music Trivia (CD)	9:00 Men's Group Event (HP3) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game– 3rd Floor (CR3) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing–along (HH) 3:00 Sip & Paint Pumpkin (CS2) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 1:00 Dominoes (DL) 1:00 Lifelong Learning (Mike Talk): What is Artificial Intelligence (BT) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 2:30 Retail Rebel Trip 4:00 Resident Rosary Prayer (ES) 8:00 Husker Volleyball vs WA (BT)	Husker Football vs MD TBA 10:30 Cribbage – Resident–Led (HS1) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:30 Bridge Card Game – Resident–Led (DL) 3:30 Beverages in the Pub (P) 6:30 Shuffleboard (SAR)
9:00 Walk to End Alzheimer's 9:45 Catholic Communion Service (ES) 10:30 Movement Exercise – Resident–Led (HS1) 12:00 Husker Volleyball vs Purdue (BT) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL) 3:30 Ladies Coffee & Laughs (HS1)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 1:30 FLU SHOT (HH) 2:00 Stretch and Flex (BT) 2:30 Pokeno Game – Like Bingo (HH) 3:30 Pet Therapy w/Sandy & Darby (HS1) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (HS1) 10:00 Hy–Vee/Walmart (B) 1:00 Blackjack Card Game–Bring Dimes 1:00 Monthly Book Club (HH) 2:00 Fall Craft (CS2) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:00 Men's Coffee Talk – Firemen Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game– 3rd Floor (CR3) 10:30 Community Meeting (HS1) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing–along (HH) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 1:00 Dominoes (DL) 1:00 Make Dessert for Fire Dept. (CS2) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Trivia (CD)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (DL) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:00 Husker Volleyball vs MI ST (BT) 7:00 TAILGATE: Husker Football vs MN – FOX CH. 10 (BT)	10:30 Cribbage – Resident–Led (HS1) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:00 TRUNK–OR–TREAT– Parking Lot 2:30 Bridge Card Game – Resident–Led (DL) 3:30 Beverages in the Pub (P) 6:30 Shuffleboard (SAR)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise – Resident–Led (HS1) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL) 1:00 Husker Volleyball vs MI 3:30 Ladies Coffee & Laughs (HS1)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game – Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (HS1) 10:00 Hy–Vee/Walmart (B) 11:00 Christian Service– w/Pastor Mary (ES) 11:00 Equipment Training w/ Innovate (FG) 1:00 Blackjack Card Game–Bring Dimes 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	4:30 Around The Bend Restaurant–Pre Register (B) 9:00 Men's Coffee Talk – Firemen Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game– 3rd Floor (CR3) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing–along (HH) 3:00 Sorry Board Game (HS1) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 1:00 Bunco (HH) 1:00 Dominoes (DL) 2:00 War Horse Casino (B) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:00 Husker Volleyball vs Northwestern (BT)	Husker Football vs North Western–TBA (BT) 10:30 Cribbage – Resident–Led (HS1) 1:30 Pokeno Game (Like Bingo) – Resident–Led (HH) 2:30 Bridge Card Game – Resident–Led (DL) 3:30 Beverages in the Pub (P) 7:30 Husker Volleyball vs MI ST (BT)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise – Resident–Led (HS1) 1:00 Bridge Card Game – Resident–Led (DL) 1:00 Canasta Card Game (DL) 3:30 Ladies Coffee & Laughs (HS1)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game – Like Bingo (HH) 3:30 Pet Thereapy w/Sandy & Darby (HS1) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (HS1) 10:00 Hy–Vee/Walmart (B) 10:30 Jewelry Making (HS1) 1:00 Blackjack Card Game–Bring Dimes 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:00 Men's Coffee Talk – Firemen Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game– 3rd Floor (CR3) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing–along (HH) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 1:00 Dominoes (DL) 1:30 Elite Daycare Costume March (AT) 2:30 Pet Therapy w/Sandy & Darby (HS1) 3:00 Dan Reynolds Entertainer (HH) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	AD HAPPY HALLOWEEN 9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game–3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 8:00 Husker Volleyball vs WI (BT)	

Questions? Please contact Laura Stuart at lstuart@hillcresthealth.com

****All activities subject to change****



Location Key

- B = Bus/Van
- P = Patio
- HH = Highlands Hall
- FG = Fitness Gym
- ES = Exercise Studio
- SS&S = Serenity Salon & Spa
- BT = Bravo Theatre
- DR = Drummond's Restaurant
- DL = Drummond's Lounge
- MC = Memory Care
- HS1 = Hobby Shop, 1st Fl
- AT = Atrium
- SAR = St. Andrew's Rm, 2nd Fl
- CS2 = Creation Station, 2nd Fl
- FL1 = Fraser Library, 1st Fl
- CR3 = Club Room, 3rd Fl
- CD = Cameron's Dining
- FL = Fraser Library
- V = Veranda

Serenity Salon & Spa

Serenity Salon & Spa offers haircuts, styling, manicures, pedicures, facials, massages and more. To book an appointment, contact concierge services. The salon is open on Fridays, and massages are available every other Thursday.



THE HIGHLANDS LIFESTYLE EXPERIENCE

Monthly Calendar of Events & Activities

October 2025

