



Race Week is coming to Glencroft, **October 26-30th**. There will be multiple Pinewood Derby Races, lots of fun events and food! Everything is free, but tickets are required. Pick up your Pinewood Derby car kit, tickets and Race Week brochure in the **Activities Center, 9AM-noon**, this week.

Walk to End Alzheimer's

Laura Zaki is putting together a team for the *2020 Walk to End Alzheimer's* on **Glencroft's walking path** on **November 14th**. The **9AM** opening ceremony is virtual this year. To join Laura's team, call her at 561.843.0366.

Fill a Shoebox

You can give boys and girls in need a tangible expression of God's love through a gift-filled shoebox. Pick up information and a shoebox in the **Spiritual Life Office, CT 6-43**. Filled shoeboxes must be returned by **Sunday, November 8th**. New this year, fill a shoebox online for \$25 by visiting <https://www.samaritanspurse.org/operation-christmas-child/buildonline/> Questions: 623.847.3066

Veteran's Recognition Dinner

There will be a Veterans Recognition Dinner on **Wednesday, November 11th** at **5PM** in the **Towers Dining Room** and at **Henry's**. Glencroft Veterans and/or spouses are invited to attend. Veterans, visit the Activities Center, Monday - Friday from 9AM -12PM to get a free ticket.

Employee Christmas Fund

Donation boxes for the Employee Christmas Fund are located at the **Towers Reception**, the **Villa Concierge** and **Henry's** cash register, until **November 20th**. This year there will be different gifts for Glencroft's salaried and hourly employees.

ZoeLife Cookbook

Submit your favorite recipe by **November 6th**, to possibly be included in a resident inspired ZoeLife Cookbook! Submission packets are in the Corporate Office and the Performance Center. The cookbook will take your favorite recipes and the ZoeLife dietary team will update them. One or two lucky winners might see their meal and story on a future ZoeLife menu on campus! Call Michelle at 623.930.5697 for more information.

Wednesday Night Movie

"*Breakfast at Tiffanys*" will be playing on **Wednesday, October 14th** and on **October 21st** the animated film, "*Coco*" will be shown. This Disney/Pixar's tale is about an aspiring young musician, his family and adventure. Movies start at **6PM** in the **Auditorium** and seating is limited to 50 people. There will be free popcorn and soft drinks.

Friday Night Entertainment

This **Friday, October 16th**, crooner Tom LaGraviese will be performing Sinatra's classics. Patti Graetz will serenade concert goers on **Friday, October 23rd** accompanied by pianist John Yoder. Friday Night Entertainment starts at **6PM** in the **Auditorium** and is limited to 50 people.

The Copper Club

The Copper Club now accepts the meal plan. Open **Monday-Friday** from **7AM-6PM**. The Copper Club menu is available from 11AM-4PM. The Appetizer menu is available from 4PM-6PM. Give them a visit and enjoy the food!!n

Coming to Henry's

Something exceptional is coming to **Henry's**. A prominent dining transformation will soon be an attainable reality for all to enjoy. An elegant essence entwined with a heightened culinary masterpiece. Your taste buds will never be the same.

Sunday Brunch

Henry's Sunday Brunch is back with a new menu! **Sundays** from **7AM-3PM**. All items are \$8 and include a choice of coffee, tea, juice or soda.

Alterations

Mary Jo will be offering Alterations on **October 13th** from **10-11AM** in the **Activities Center**. She will be back on the **2nd** and **4th Tuesdays**, monthly.

Serene Mobility

Serene Mobility will be in the **Auditorium** on **Tuesday, October 13th** from **10AM-noon**. Jeff is able to service scooters, wheelchairs and walkers. He also sells and rents mobility devices. First come, first served. If you have questions for Jeff, call 623.580.8500.

MONDAY 12

6AM-7PM Open Swim: IP
 8AM Women's Water Exercise: IP
 8AM-3PM Performance Center
 8:45AM Fit & Fab Exercise: GTV4
 9AM Fit & Fab Exercise: MC
 1PM Arthritic Women's Water Exercise: IP
 1PM Fit & Fab Exercise: GTV4
 2PM *Hearing Loss & Choosing the Right Hearing Aid*: GTV4
 2:30PM Keystone Klub: CL

TUESDAY 13

6AM-7PM Open Swim: IP
 8AM Women's Water Exercise: IP
 8AM-3PM Performance Center
 8:45AM Zoeflow: GTV4
 10AM Zoe Fitness: GTV4
 10-11AM Alterations: AC
 10AM-12PM *Serene Mobility*: AUD
 10AM-1PM Ping Pong: MC
 1PM Yoga: GTV4

WEDNESDAY 14

6AM-7PM Open Swim: IP
 8AM Women's Water Exercise: IP
 8AM-3PM Performance Center
 8-9:30AM *Food Bank*: AUD
 8:45AM Fit & Fab Exercise: GTV4
 9AM Fit & Fab Exercise: MC
 9-11AM Craft & Ceramics: CR
 10AM Zoe Fitness: GTV4
 10:15am Zoe Flow: MC
 10:30AM Live Trivia: GTV4
 1PM Fit & Fab Exercise: GTV4
 1PM Arthritic Women's Water Exercise: IP
 1-5PM *Ascent Audiology*: WC
 6PM *Movie: "Breakfast at Tiffany's"*: AUD

MONDAY 19

6AM-7PM Open Swim: IP
 8AM Women's Water Exercise: IP
 8AM-3PM Performance Center
 8:45AM Fit & Fab Exercise: GTV4
 9AM Fit & Fab Exercise: MC
 1PM Arthritic Women's Water Exercise: IP
 1PM Fit & Fab Exercise: GTV4

TUESDAY 20

6AM-7PM Open Swim: IP
 8AM Women's Water Exercise: IP
 8AM-3PM Performance Center
 8:45AM Zoeflow: GTV4
 10AM Zoe Fitness: GTV4
 10AM-1PM Ping Pong: MC
 1PM Yoga: GTV4
 2:30PM *The Truth About Carbohydrates*: GTV4

WEDNESDAY 21

6AM-7PM Open Swim: IP
 8AM Women's Water Exercise: IP
 8AM-3PM Performance Center
 8:45AM Fit & Fab Exercise: GTV4
 9AM Fit & Fab Exercise: MC
 9-11AM Craft & Ceramics: CR
 10AM Zoe Fitness: GTV4
 10:15am Zoe Flow: MC
 10:30AM Live Trivia: GTV4
 1PM Arthritic Women's Water Exercise: IP
 1-5PM *Ascent Audiology*: WC
 1PM Fit & Fab Exercise: GTV4
 2PM *World Religions Study*: GTV4
 6PM *Movie: "Coco"*: AUD

PLEASE NOTE THAT ALL ITEMS ARE SUBJECT TO CHANGE.

LOCATIONS

AC Activities Center/Villa Ponderosa
 AUD Auditorium
 CL Crossing Lounge

CSC Community Support Center
 CR Crossings Craft Room
 GTV4 Channel 4
 HR Henry's Restaurant & Grill

IP indoor Pool
 MC Movement Center
 PC Performance Center
 QR Quilt Room



THURSDAY 15

6AM-7PM Open Swim: IP
8AM Women's Water Exercise: IP
8AM-3PM Performance Center
8:45AM Just Dance: GTV4
10AM Bingo: GTV4
1PM Yoga: GTV4
2:30PM *Fall Prevention/Recovery:*
GTV4

FRIDAY 16

6AM-7PM Open Swim: IP
8AM Women's Water Exercise: IP
8AM-3PM Performance Center
8:45AM Fit & Fab Exercise: GTV4
9AM Fit & Fab Exercise: MC
10AM Writing Group: CL
1PM Fit & Fab Exercise: GTV4
1PM Arthritic Women's Water Exercise: IP
1PM Needle Crafters: CL
2PM *What to Do When You Hear
Bad News:* GTV4
6PM *Tom LaGravise:* AUD

SATURDAY 17

6AM-7PM Open Swim: IP
8:45AM Zoeflow: GTV4
9AM Wii Bowling: AC
10AM-1PM Ping Pong: MC
1PM Yoga: GTV4
5PM CoF Worship Service: GTV4

SUNDAY 18

6AM-7PM Open Swim: IP
8:45AM Fit & Fab Exercise: GTV4
10AM *Community of Faith
Worship Service:* AUD & GTV4
1PM Yoga: GTV4
5PM CoF Worship Service: GTV4

THURSDAY 22

6AM-7PM Open Swim: IP
8AM Women's Water Exercise: IP
8AM-3PM Performance Center
8:45AM Just Dance: GTV4
10AM Bingo: GTV4
1PM Yoga: GTV4
2:30PM *Meditation:* GTV4

FRIDAY 23

6AM-7PM Open Swim: IP
8AM Women's Water Exercise: IP
8AM-3PM Performance Center
8:45AM Fit & Fab Exercise: GTV4
9AM Fit & Fab Exercise: MC
10AM Writing Group: CL
1PM Fit & Fab Exercise: GTV4
1PM Arthritic Women's Water Exercise: IP
1PM Needle Crafters: CL
3PM *Caregiving Stress:* GTV4
6PM *Patti Graetz:* AUD

SATURDAY 24

6AM-7PM Open Swim: IP
8:45AM Zoeflow: GTV4
9AM Wii Bowling: AC
10AM-1PM Ping Pong: MC
1PM Yoga: GTV4
5PM CoF Worship Service: GTV4

SUNDAY 25

6AM-7PM Open Swim: IP
8:45AM Fit & Fab Exercise: GTV4
10AM *Community of Faith
Worship Service:* AUD & GTV4
1PM Yoga: GTV4
5PM CoF Worship Service: GTV4

Information, news and updates are available on GTV Channels 2 and 4.

T2SL Towers 2nd Floor South Lobby
TDR Towers Dining Room
TA Towers Amphitheater
UR University Room

VP Villa Ponderosa/Activities Ctr
WC Wellness Center

KEY:
*Reservations Required
\$ Cost Involved

FITNESS

Arthritic Women's Water Exercise

Mon, Wed & Fri, 1PM, IP

Fit & Fab MC

Mon, Wed & Fri, 9AM (LIMIT 15)

Fit & Fab (GTV4)

Sun, Mon, Wed & Fri, 8:45AM

Mon, Wed & Fri, 1PM

Indoor Walking Path

Mon - Sat, 10AM-1PM, MC

Just Dance (GTV4)

Thurs, 8:45AM

Performance Center

Mon-Fri, 8AM-3PM

Sat 10AM-2PM

Swimming Pool

Sun - Sat, 6AM-7PM, IP

Women's Water Exercise

Mon-Fri, 8-8:50AM, IP

Mon & Thurs, 5-6PM, IP

Yoga (GTV4)

Tues, Thurs, Sat & Sun 1PM

Zoe Fitness (GTV4)

Tues & Wed, 10AM

Zoe Flow MC

Wed 10:15AM (LIMIT 15)

Zoe Flow (GTV4)

Tues & Sat, 8:45AM

SHRED-A-THON



Glencroft will be hosting a Shred-A-Thon, paper items only, for our residents on **Saturday, November 7th**, in the parking lot. You may bring 2 boxes to be shredded. Donations toward the Friendship Foundation are welcomed.



8611 N. 67th Ave., Glendale, AZ 85302
623.939.9475
glencroft.com

GAMES

Bingo (GTV4)

Mon, 3PM & Thurs, 10AM

Live Trivia (GTV4)

Wed, 10:30AM

Ping Pong

Tues & Sat, 10AM-1PM, MC

Wii Bowling (open)

Saturday, 9AM, AC

ARTS

Ceramics & Crafts

Wednesday, 9-11AM, CR

Ceramics Only

2nd Thursday, 1-3PM, CR

Mat Makers

1st, 2nd & 4th Thursdays, 1-3PM, CL

Needle Crafters

Friday, 1PM, CL

Writing Group

Friday, 10AM, CL

Food Bank

There will be one Glencroft Food Bank in October: **Wednesday, October 14th** from **8-9:30AM** in the **Auditorium**. In November and December the Food Bank will be held on the 1st and 3rd Wednesdays.

Glencroft University Lectures

Glencroft University Lectures are aired live on GTV4 and replay at **5PM** (new time) the same day. To attend a live lecture in the **University Room**, please make your reservation by calling 623.930.5697. Seating is limited to 15. Lectures are listed on the inside calendar.



Glencroft's Stroke Immersion Program (SIP), is now accepting names for the second group. Similar to our Parkinson's Immersion Program (PIP), participants will have a different activity offered each day of the week. For more information, or to sign up for this exciting new program, please call Steve Heller at 623.847.3120.

SPIRITUAL LIFE

Community of Faith Worship

Reservations: 623.847.3066

Sunday, 10-11AM, AUD & GTV4

Replays Sat & Sun, 5PM GTV4

GROUPS

Keystone Klub

2nd Monday, 2:30PM, CL

Nifty Fifties

2nd Saturday 1:45PM, AUD

DINING SERVICES

HENRY'S

623-847-3111

Mon-Sat: 7AM-6PM, Sun: 11AM-6PM

(Closed 10-11AM weekdays.)

BISTRO

623-847-3085

Mon-Fri: 7AM-3PM

COPPER CLUB

623-847-3185

Mon-Fri: 7AM-6PM

TOWERS 623-939-9475 ext. 2038

Morning meal: 7-9AM, Noon meal:

11AM-1PM, Evening meal: 4:30-6PM



SHOPPING

CERAMICS

Wed, 9-11AM, Craft Room

Daily: 843.697.7044 • Villá's case

MARKETPLACE

Groceries and toiletries

Mon, Wed, Fri & Sat 9AM-1PM,

QUICK DIAL

Activities: 623.847.3081

Chaplain: 623.847.3115

Community Support Center

(Resident Services): 623.847.3084/3006

Concierge: 623.847.3058

Corporate: 623.939.9475

Glencroft @ Home: 623.203.3084

Henry's: 623.847.3111

Security: 602.768.1659 / 6578

Spiritual Life: 623.847.3066

Thrift Shop: 623.847.3131

Towers Dining: 623.847.3055