Life Enrichment
FRIENDLY HOME

October 2026

Spectrum TV

Life Enrichment Channel is 2494
WXXI Reachout Radio is 2493

If you have any questions, please don't hesitate to contact one of the Life Enrichment team members as listed below:

All scheduled programs are subject to change

Courtney Pierce	**789-3121**	**Director of Life Enrichment**
Sarah Veeder	**789-3128**	**Life Enrichment Coordinator TCC & Linden Knoll**
Beth Perdan	**789-3123**	**Porter Place**
Kate Schied-Deckert	**789-3124**	**Lindsay Place**
Mimi DeVinney	**789-3126**	**Selden Place**
Theo Cegelski	**789-3122**	**Morgan Place**
Denton Williams	**789-3131**	**Lee Place**
Gina Lane	**789-3129**	**Music Therapist**
Brennan Coon	**789-3125**	**Pastoral Care Coordinator**

Thursday, October 1st

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Visits from Allendale Columbia Students (Selden Place)
10:15 Oktoberfest Games (Porter Place North)
10:30 Morning Movement (Morgan Place)
10:45 Jeopardy (Lindsay Place)
10:45 German Trivia & Games (Porter Place North)
2:30 Cocktail Hour (Auditorium)

Friday, October 2nd

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Move to Music (Porter Place South)
10:30 Oktoberfest Word Games (Lindsay Place)
11:15 Alpha-Ball Trivia (Morgan Place)
11:15 Morning Hellos (Selden Place)
2:00 Entertainment with Don Newcomb-guitar & vocals (Auditorium)

Saturday, October 3rd

10:00 Exercise (channel 2494)
10:15 Traveling Leisure Cart (Porter Place & Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
2:30 Virtual Reality: Scenic Sites of North America (Lee Place)

Sunday, October 4th

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 Fall Food Trivia (Morgan Place)

Monday, October 5th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Alpha-Ball Trivia (Porter Place South)
10:30 Morning Game (Selden Place)
10:30 Music Therapy (Morgan Place)
10:45 Mind & Body Stretch (Lindsay Place)
2:00 Card Games (Porter Place South)
2:15 Bingo (Morgan Place)
3:00 Room Visits (Lindsay Place)
4:00 Fall Craft (Selden Place)

Tuesday, October 6th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Music Therapy (Lindsay Place)
10:30 Exercise (Morgan Place)
10:30 Decoupage (Selden Place)
10:30 Lindsay & Lee Outing: Power's Farm Market- sign up with Kate
10:45 October Jeopardy (Porter Place South)
2:00 All About Rhode Island (Morgan Place)
2:00 Finish the Picture (Porter Place South)
3:00 Memory Magic with Allen's Creek 5th Graders (Porter Place South)
3:00 Word Games (Selden Place)
4:15 Refreshments (Porter Place)
5:00 Travelogue: Changing Leaves (Porter Place South)

Wednesday, October 7th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Seated Yoga (Porter Place North)
10:30 Halloween Yarn Art Craft with Lindsay Place (Morgan Place)
10:30 Music Therapy (Selden Place)
10:30 Sounds of the Senses (Porter Place Game Room)
10:45 Seated Tai Chi (Porter Place South)
2:30 Rosary (Selden Place)
3:00 Fitness with Stacy (Lee Place)
3:30 Five Card Flip (Morgan Place)
3:30 Refreshment Cart (Selden Place)
3:45 Candy Corn Craft (Porter Place South)
5:00 October Trivia (Morgan Place)

Thursday, October 8th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Would You Rather? (Porter Place North)
10:30 Exercise (Morgan Place)
10:45 Travelogue: Montreal (Lindsay Place)
10:45 Morning Game (Selden Place)
10:45 November Calendar Planning (Porter Place South)
2:30 Cocktail Hour (Auditorium)

Friday, October 9th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Fitness with Stacy (Selden Place)
10:30 Music Therapy (Porter Place South)
10:30 Morning Hellos (Selden Place)
10:45 Fall Themed Bingo (Lindsay Place)
11:00 Sewing with Beth (Morgan Place)
2:00 Entertainment with Kristina Suski- guitar & vocals (Auditorium)

Saturday, October 10th

10:00 Exercise (channel 2494)
10:30 Game: "America Says" (Porter Place South)
11:45 Would You Rather? (Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
4:00 Time with Beth (Lindsay Place)

Sunday, October 11th

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 UNO (Morgan Place)

Monday, October 12th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Making Applesauce (Porter Place North)
10:30 Exercise: Scouting Theme (Lindsay Place)
10:30 Something Italian (Selden Place)
10:30 Music Therapy (Morgan Place)
10:45 Making Apple Butter (Porter Place South)
11:00 Neighborhood Meeting: Calendar Planning (Lindsay Place)
2:15 Bingo (Morgan Place)
2:30 Service Project: Gifts for Kindergarteners (Porter Place South)
3:00 Room Visits (Lindsay Place)
3:30 Travelogue: Italy (Selden Place)
4:00 Applesauce & Apple Butter Tasting (Porter Place)

Tuesday, October 13th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 All About Vermont (Morgan Place)
10:30 Music Therapy (Lindsay Place)
10:30 Catholic Mass (Auditorium)
10:45 Jeopardy (Selden Place)
10:45 Wreath Decorating (Porter Place South)
2:00 Morgan Place Scenic Drive- sign up with Theo
2:00 Game: Outburst (Porter Place South)
2:15 Virtual Reality: Camping Worldwide (Lindsay Place)
3:00 Making Hats & Scarves with Allen's Creek 5th Graders (Porter Place South)
3:00 Picture This (Selden Place)
4:00 Refreshments (Porter Place South)

Wednesday, October 14th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Move to the Music (Porter Place North)
10:30 Mini Fall Tree Banner Craft (Morgan Place)
10:30 Music Therapy (Selden Place)
10:45 Reminiscing: Youth Scouting (Lindsay Place)
10:45 Music & Movement (Porter Place South)
2:00 Art for the Young at Heart (Selden Place)
2:30 Classical Music Hour (Lindsay Place)
2:30 Rosary (Selden Place)
3:30 October Word Mining (Morgan Place)
3:30 Room Visits (Selden Place)
3:45 Five Card Fun (Porter Place South)

Thursday, October 15th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Game: Scatterpins (Porter Place North)
10:30 Morning Movement (Morgan Place)
10:45 The History of Scouting (Lindsay Place)
10:45 Exercise & Trivia (Selden Place)
10:45 Pin Toss Game (Porter Place South)
2:30 Cocktail Hour (Auditorium)

Friday, October 16th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Music Therapy (Porter Place South)
10:30 Friday Film (Selden Place)
10:45 Trivia: Who Am I? (Lindsay Place)
11:00 Hula Hoop Exercise (Morgan Place)
2:00 Entertainment with Mike Sidoti -vocals (Auditorium)

Saturday, October 17th

10:00 Exercise (channel 2494)
10:30 Traveling Music Visits (Porter Place & Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
2:30 Music with Denton (Lee Place)

Sunday, October 18th

10:30 Sunday Worship Service (Auditorium & channel 2494)
1:30 Music Hour with Sam (channel 2494)
2:00 Games with Theo (Morgan Place)

Monday, October 19th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Pumpkin Contest Decorating (Porter Place North)
10:30 US Trivia (Selden Place)
10:30 Music Therapy (Morgan Place)
10:45 Bean Bag Number Toss (Lindsay Place)
10:45 Pumpkin Contest Prep (Porter Place South)
2:00 Halloween Word Games (Porter Place South)
2:15 Bingo (Morgan Place)
3:00 Room Visits (Lindsay Place)
3:00 Pillow Stuffing (Selden Place)
3:30 Parkinson's Support Group (Porter Place Game Room)

Tuesday, October 20th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 All About Kentucky (Morgan Place)
10:30 Music Therapy (Lindsay Place)
10:30 Rock Steady Boxing (Porter Place Game Room)
11:00 Making Muffins (Selden Place)
1:30 Porter Place Outing: Power's Farm Market- sign up with Beth
2:30 Men's Group (Porter Place Game Room)
3:00 Remembrance Service (Auditorium)
3:00 Pumpkin Decorating with Allen's Creek 5th Graders (Lindsay Place)
4:00 Refreshments from Powers Farm (Porter Place South)
5:00 Muffins with Dinner (Selden Place)

Wednesday, October 21st

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Pumpkin Contest Decorating (Morgan Place)
10:30 Music Therapy (Selden Place)
10:45 Crossword Puzzles (Porter Place South)
10:30 Sounds of the Senses (Porter Place Game Room)
10:45 Pumpkin Decorating (Lindsay Place)
1:45 Movie: The Wizard of Oz (Lindsay Place)
2:30 Rosary (Selden Place)
3:30 History of Halloween Candy (Morgan Place)
3:30 Harmonica Club (Porter Place Game Room)
3:30 Afternoon Video (Selden Place)
3:30 Refreshments (Porter Place)

Thursday, October 22nd

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Beats & Bible with Father Gary (Porter Place Game Room)
10:30 Exercise with Theo (Morgan Place)
10:45 Pumpkin Contest Finishing Touches (Lindsay Place)
10:45 Pumpkin Wrestling (Selden Place)
2:30 Cocktail Hour (Auditorium)

Friday, October 23rd

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:00 Painting with Stacy (Selden Place)
10:30 Music Therapy (Porter Place)
10:30 Cranium Crunches (Lindsay Place)
10:30 Morning Hellos (Selden Place)
11:15 Time with Kate (Morgan Place)
2:00 Entertainment with Kim Pendleberry-harp (Auditorium)

Saturday, October 24th

10:00 Exercise (channel 2494)
10:00 Traveling Jokes (Porter Place)
11:00 Knock Knock Jokes (Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
2:00 Just Joking (Lindsay Place)

Sunday, October 25th

10:30 Sunday Worship Service
(Auditorium & channel 2494)
1:30 Music Hour with Sam
(channel 2494)
2:00 Tissue Paper Pumpkin Craft
(Morgan Place)

Monday, October 26th

9:15 St. Thomas More Mass
(channel 2494)
10:00 Exercise (channel 2494)
10:15 Game: Hmmmm…ble
(Porter Place North)
10:30 Music Therapy (Morgan Place)
10:30 Pumpkin Polishing (Selden Place)
10:45 Game: Through the Web Toss
(Lindsay Place)
10:45 Song Pictionary (Porter Place South)
2:00 Sewing (Porter Place South)
2:15 Bingo (Morgan Place)
3:00 Room Visits (Lindsay Place)
3:30 Wine & Cheese Social
(Porter Place Game Room)

Tuesday, October 27th

9:15 St. Thomas More Mass
(channel 2494)
10:00 Exercise (channel 2494)
10:30 All About Tennessee
(Morgan Place)
10:30 Music Therapy (Lindsay Place)
10:30 Hymns with Rev. Brennan
(Porter Place Game Room)
10:30 Morning Game (Selden Place)
1:30 Ice Cream Outing- sign up with Mimi
2:00 Pumpkin Chocolate Chip Muffin Baking Class (Morgan Place)
2:00 Finish the Halloween Story
(Porter Place South)
3:00 Halloween games with Allen's Creek 5th Graders (Lindsay Place)
3:30 Refreshments
(Porter Place South)
4:00 Pumpkin Toss
(Porter Place South)

Wednesday, October 28th

9:15 St. Thomas More Mass
(channel 2494)
10:00 Exercise (channel 2494)
10:15 Morning Stretch
(Porter Place North)
10:30 Jack O'Lantern Jar Craft
(Morgan Place)
10:30 Music Therapy (Selden Place)
10:45 Halloween Trivia & More
(Lindsay Place)
10:45 Exercise with Beth
(Porter Place South)
1:30 Food Forum
(Family Gathering Room)
2:15 Refreshments (Lindsay Place)
2:30 Rosary (Selden Place)
3:30 Visits with Mimi (Selden Place)
3:30 Halloween Alpha-Ball (Morgan Place)
3:30 Book Club: What You Are Looking For Is In The Library by Michiko Aoyama
(Porter Place Game Room)

Thursday, October 29th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:15 Halloween iSpy (Porter Place North)
10:30 Morning Movement (Morgan Place)
10:45 Virtual Reality: Fall Traditions (Lindsay Place)
10:45 Exercise & Trivia (Selden Place)
10:45 Halloween Scavenger Hunt (Porter Place South)
2:30 Cocktail Hour (Auditorium)

Friday, October 30th

9:15 St. Thomas More Mass (channel 2494)
10:00 Exercise (channel 2494)
10:30 Music Therapy (Porter Place)
10:30 Halloween Parade with Allen's Creek Students (All Neighborhoods)
2:00 Entertainment with Josh Hauck -piano (Auditorium)

Saturday, October 31st

10:00 Exercise (channel 2494)
10:30 Traveling Music Visits (Porter Place & Selden Place)
1:30 Music Hour with Sam (channel 2494)
2:00 Cards (Morgan Place)
2:30 Music with Denton (Lee Place)

Halloween Happenings:

Pumpkin Decorating Contest:
October 27th- November 2nd
Stop down to the front porch to vote on your favorite pumpkin

Parade with Allen's Creek Students:
Beginning at 10:45 AM on Halloween, students from the school next door will be walking throughout the building in their Halloween costume.

Spectrum Music Channel Guide

1901 - Today's Hits	1926 - 80s
1902 - Trending Hits	1927 - 90s
1903 - Feel Good Favorites	1928 - 60s Generation
1904 - Pop Energy	1929 - 70s
1905 - Hip-Hop and R&B	1930 - Solid Gold Oldies
1906 - Dance	1931 - Pop & Country
1907 - Hip Hop Classics	1932 - Today’s Country
1908 - Throwback Jamz	1933 - Country Favorites
1909 - R&B Classics	1934 - Classic Country
1910 - R&B	1935 - Country Rock
1911 - Gospel	1936 - Sleep Noise
1912 - Contemporary Christian	1937 - Relaxing Vibes
1913 - Rock	1938 - Calming Classical
1914 - Yacht Rock	1939 - Joyful Instrumentals
1915 - 60s & 70s Mellow	1940 - Pop Instrumentals
1916 - Adult Alternative	1941 - Light Classical
1917 - Alternative & Rock Hits	1942 - Classical Masterpieces
1918 - Classic Rock	1943 - Soundscapes
1919 - Soft Rock	1944 - Smooth Jazz
1920 - Happy Hits	1945 - Jazz
1921 - Pop Hits	1946 - Blues
1922 - Today's Latin Hits	1947 - Singers & Swing
1923 - Tropicales	1948 - Easy Listening
1924 - Romantic Latin Pop	1949 - Classic Christmas
1925 - 70s & 80s Favorites	1950 - Sounds of the Season

Friendly Home - Spectrum Channel Guide - updated 1/16					
Logo	Channel	Network	Logo	Channel	Network
	1	Spectrum News Rochester		52	TLC
	3	News Nation		53	MSG Sportsnet
	7	WUHF-FOX		54	Bravo
	8	WROC-CBS		56	HGTV
	10	WHEC-NBC		57	Fox News Channel
	11	PBS - WXXI		58	Cartoon Network
	13	WHAM-ABC		59	SYFY
	16	WHAM-The CW		61	Disney Channel
	17	RFIT Telemundo		62	CMT
	18	WBGT - MY 18		63	HISTORY
	20	CNN		64	TVLAND
	21	HLN		65	ION
	22	CNBC		67	FX
	23	The Weather Channel		68	Animal Planet
	24	ESPN		70	NAT GEO
	25	ESPN2		71	Galavision
	27	Paramount Network		72	WE TV
	28	MTV		73	C-SPAN2
	29	VH1		74	C-SPAN3
	30	Nickelodeon		75	Oxygen True Crime
	31	FREEFORM		76	truTV
	32	USA Network		77	BBC America
	33	TNT		78	Travel Channel
	34	AMC		79	Bloomberg Television
	35	Lifetime		80	Fox Business Network
	36	Discovery Channel		81	Daystar
	37	A&E		82	Fox Sports 1
	38	Comedy Central		83	New York Legislative Channel
	39	E!		84	FX Movie Channel
	40	Hallmark Chnnnel		85	Hallmark Movies & Mysteries
	41	BET		86	INSP
	43	EWTN		87	Investigation Discovery
	44	C-SPAN		88	SEC Network
	45	Food Network		89	SonLife
	46	SNY		90	Motor Trend
	47	YES Network		91	Victory Channel
	48	MSNBC		95	FXX
	49	TBS		1389	WXXI Reachout Radio
	50	TBN		1390	Friendly Home Broadcast Channel
	51	MSG		1900- 1950	Music Choice Channels

Massage Therapy

October 1st & 15th

1:30 PM- 3:00 PM

(Tranquility Room)

By appointment only

Contact: Courtney Pierce at 789-3121 or cpierce@friendlyhome.org

Independent Leisure Opportunities

- Books (including large print & audio books)
- Magazines
- Puzzles: crossword, word search, jigsaw
- Adult coloring materials
- Playing cards
- Knitting/Crocheting supplies

If there is anything that is not listed, don't hesitate to ask your Life Enrichment Specialist

Wifi for Member Use:

Network: FH Member

Password: FCA@TFH!

Stop by our art gallery (in the hallway by the courtyard) to see some beautiful artwork!

Member Art Gallery: Edith "Edie" McSorley

Art Gallery Display: Ann Limbeck & Jennie Miller