

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|---|---|--|--|--|
| <div>Staff Key TC - Trudy Claudy DZ - Deborah Ziegler LO - Lori Olah S - Staff OA - Outside Agency RL - Resident Led</div> | | <div>Location Key: AL Activities Rm (located on 2nd Floor Assisted Living) AL Living Room (located on 1st Floor Assisted Living) IL 3rd Floor Lounge (located across from the Education Center - Independent Living) Education Center - (located on 3rd Floor Independent Living)</div> | | <div>National Assisted Living Week 9/10 - 9/16 "Season of Reflection"</div> | <div>7:30 AM Hot Breakfast (IL Traditions Restaurant) 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Movie & Chocolate Chip Cookies! DZ (Education Center - IL) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 7:00 PM Evening Snack Staff (AL)</div> |
| <div>1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>Labor Day 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Bingo Fun for All! RL (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 2:30 PM Time for Afternoon Tea! DZ (IL Living Room) 3:00 PM Juice & Cookies RL (AL Living Room) 4:00 PM Trivia RL (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Arthritis Fitness DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Sing-along DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo!? DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 1:30 PM Fun Playing Trivia DZ (AL Living Room) 2:30 PM Walk for Good Health DZ (Outdoors - Weather Permitting) 3:30 PM Corn Hole Fun for All DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Poppy the Therapy Dog OA (All Units) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:00 AM Mental Fitness DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Dice RL (IL 2nd Floor Game Room) 1:30 PM Dear Abby?! DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Sing-along DZ (AL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Corn Hole Fun! RL (Outdoors (weather permitting - otherwise, IL Living Room)) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 7:00 PM Evening Snack Staff (AL)</div> |
| <div>1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM All About Apples - presented by Trudy (AL Dining Room) 2:30 PM Time for Afternoon Tea! DZ (IL Living Room) 3:30 PM Corn Hole DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Arthritis Fitness DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Manicures DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo!? DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 1:30 PM Family Feud DZ LO (AL Activities Room) 3:30 PM Corn Hole Fun for All DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:00 AM Resident Council Meeting RL (3rd Floor Education Center) 11:00 AM Mental Fitness DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Dice RL (IL 2nd Floor Game Room) 1:30 PM Animal Shelter Furry Visitors! OA (All Units) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Sing-along DZ (AL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>7:30 AM Delicious Hot Breakfast! (IL Traditions Restaurant) 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Corn Hole Fun! RL (Outdoors (weather permitting - otherwise, IL Living Room)) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 2:00 PM Free Wellness Introduction Workshop (Education Center - IL) 3:00 PM Birthday Tea Time! DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>Rosh Hashanah 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 7:00 PM Evening Snack Staff (AL)</div> |
| <div>1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM Three C's - Cookies, Coffee & Coloring DZ! (AL Activities Room) 2:30 PM Celebrating Our Birthdays for the Month! (IL Traditions Dining Room) 3:30 PM Corn Hole DZ (AL Living Room) 5:30 PM Stamp Club OA (Education Center - 3rd Floor) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Arthritis Fitness DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Crafts for All! DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo!? DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 1:30 PM Fun Playing Trivia DZ (AL Living Room) 2:30 PM Walk for Good Health DZ (Outdoors - Weather Permitting) 3:00 PM First United Methodist Church Service (Traditions Dining Room) 3:30 PM Corn Hole Fun for All DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Poppy the Therapy Dog OA (All Units) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:00 AM Mental Fitness DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Dice RL (IL 2nd Floor Game Room) 1:30 PM Dear Abby?! DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Sing-along DZ (AL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Corn Hole Fun! RL (Outdoors (weather permitting - otherwise, IL Living Room)) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 7:00 PM Evening Snack Staff (AL)</div> |
| <div>Yom Kippur Begins 1:00 PM Bingo RL (2nd Floor Game Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>Yom Kippur Ends 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ (AL Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:30 PM Three C's - Cookies, Coffee & Coloring! (AL Activities Room) 2:30 PM Time for Afternoon Tea! DZ (IL Living Room) 3:30 PM Corn Hole DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Arthritis Fitness DZ (AL Activities Room) 10:30 AM Word Scramble DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Coloring Group-RL (2nd Floor Kitchen - IL) 1:30 PM Scrabble RL (2nd Floor IL Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Crafts for All! DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM Ready for Bingo!? DZ (AL Dining Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Time for Bingo RL (2nd Floor Game Room) 1:30 PM Fun Playing Trivia DZ (AL Living Room) 2:30 PM Walk for Good Health DZ (Outdoors - Weather Permitting) 3:30 PM Corn Hole Fun for All DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL) 7:00 PM Photography Group OA (Education Center)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:30 AM SWEATIN' to the Oldies DZ (AL Activities Room) 11:00 AM Mental Fitness DZ (AL Activities Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Dice RL (IL 2nd Floor Game Room) 1:30 PM Dear Abby?! DZ (AL Living Room) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 3:00 PM Sing-along DZ (AL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 10:00 AM Oil Painting OA (2nd Floor Kitchen - IL) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Corn Hole Fun! RL (Outdoors (weather permitting - otherwise, IL Living Room)) 1:30 PM Mahjong OA (IL 2nd Floor Game Room) 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL)</div> | <div>9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Center) 7:00 PM Evening Snack Staff (AL)</div> |

September 2023