MON SUN TUE WED **THUR** FRI SAT 7:30 AM Hot Breakfast (IL Traditions 9:30 AM Chair Location Key: Restaurant) Staff Key 9:30 AM Chair Exercises- 3rd Flr IL Ed. AL Activities Rm Exercises-3rd Center RL (IL Education Center) National Assisted Living TC - Trudy Claudy (located on 2nd Floor Assisted Living) 10:00 AM Oil Painting OA (2nd Floor DZ - Deborah Ziegler AL Living Room Week Flr IL Ed. Center RL LO - Lori Olah (located on 1st Floor Assisted Living) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) S - Staff 9/10 - 9/16 1:30 AM Balance & Stretching DZ (MC Living II 3rd Floor Lounge (IL Education OA - Outside Agency Room) (located across from the "Season of Reflection" 1:30 AM Inspirational Readings followed by RL - Resident Led Center) Education Center - Independent Living) 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 - (located on 3rd Floor 7:00 PM Evening Independent Living) (Education Center - IL) 7:00 PM Evening Snack Staff (AL) Snack Staff (AL) 2:30 AM Chair Exercises- 3rd Flr IL P:30 AM Chair Exercises- 3rd Flr IL Ed. :30 AM Chair Exercises- 3rd Flr IL 9:30 AM Chair Exercises- 3rd Flr II. Ed. 9:30 AM Chair 1:00 PM Bingo 9 Center RL (IL Education Center) Center RL (IL Education Center) 9:30 AM Chair Exercises- 3rd Flr IL Ed. Center RL (IL Education Ed. Center RL (IL Education 5 10:00 AM Poppy the Therapy Dog OA 0:00 AM Oil Painting OA (2nd Floor Ed. Center RL (IL Education Exercises-3rd RL (2nd Floor 10:00 AM Arthritis Fitness DZ (AL 0:30 AM Ready for Bingo!? DZ (AL 10:30 AM Fun Playing Bingo DZ (AL 10:30 AM Sweatin' to the Oldies DZ Activities Room) 10:30 AM Bingo Fun for All! RL (AL Dining Room) Dining Room)
1:30 AM Balance & Stretchina DZ (MC Livina Room) 10:30 AM Word Scramble DZ (AL Activities (AL Activities Room) Flr IL Ed. Center RL Game Room) 1:30 AM Inspirational Readings followed by Dining Room) 11:00 AM Mental Fitness DZ (AL Activities Room) Room) 1:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:30 AM Inspirational Readings followed by 1:30 AM Inspirational Readings followed by 11:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge) 1:00 PM Corn Hole Fun! RL (Outdoors (weather (IL Education 7:00 PM Evening 1:00 PM Time for Bingo RL (2nd Floor Game Meditation RL (IL 3rd Floor Lounge) Meditation RL (IL 3rd Floor Lounge) Meditation RL (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:00 PM Dice RL (IL 2nd Floor Game Room) permitting - otherwise, IL Living Room))
:30 PM Mahjong OA (IL 2nd Floor Game Room) :00 PM Coloring Group-RL (2nd Floor Kitchen 1:30 PM Fun Playing Trivia DZ (AL Living Room)
2:30 PM Walk for Good Health DZ (Outdoors -Center) Snack Staff (AL) 2:30 PM Time for Afternoon Tea! DZ (IL Living 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) 1:30 PM Trivia DZ (AL Living Room) :30 PM Scrabble RL (2nd Floor IL Game Room) Weather Permitting) 7:00 PM Evening 3:00 PM Afternoon Tea & Cookies DZ (AL Living 3:00 PM Juice & Cookies RL (AL Living Room) 1:30 PM Trivia DZ (AL Living Room) 3:30 PM Corn Hole Fun for All DZ (AL Living 3:00 PM Snack & Social Hour Get Together DZ (AL 4:00 PM Trivia RL (AL Living Room) 3:00 PM Sing-along DZ (AL Living Room) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) Living Room) Room) Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 2:30 AM Chair Exercises- 3rd Flr IL 9:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair Exercises- 3rd Flr IL 9:30 AM Chair Exercises- 3rd Flr IL 7:30 AM Delicious Hot Breakfast! (II. 1:00 PM Bingo Rosh Hashanah 16 Ed. Center RL (IL Education Center RL (IL Education Center) Traditions Restaurant) Ed. Center RL (IL Education Ed. Center RL (IL Education 30 AM Chair Exercises- 3rd Flr IL Ed. 10:30 AM Sweatin' to the Oldies DZ (AL Center) 9:30 AM Chair RL (2nd Floor 0:00 AM Arthritis Fitness DZ (AL Activities Room) Center RL (IL Education Center) 10:00 AM Balance & Stretching DZ 10:30 AM Ready for Bingo!? DZ 1:00 AM IL Resident Council Meeting 0:00 AM Oil Painting OA (2nd Floor Activities Room) (AL Activities Room) (AL Dining Room) Kitchen - II) Exercises-3rd RL (3rd Floor Education Center) 0:30 AM Word Scramble DZ (AL Activities Game Room) 10:30 AM Brain Games DZ (AL Activities Room) 10:30 AM Fun Playing Bingo DZ (AL Dining Room) 1:30 AM Inspirational Readings followed 11:00 AM Mental Fitness DZ (AL Áctivities Room) Room) 11:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by 11:30 AM Inspirational Readings followed by 1:30 AM Inspirational Readings followed by Flr IL Ed. Center RL (IL by Meditation RL (IL 3rd Floor Lounge) 1:30 AM Inspirational Readings followed by 7:00 PM Evening Meditation RL (IL 3rd Floor Lounge) Meditation RL (IL 3rd Floor Lounge) 1:00 PM Time for Bingo RL (2nd Floor Game Meditation RL (IL 3rd Floor Lounge) 1:00 PM Bridge OA (Game Room 2nd Floor) 1:00 PM Dice RL (IL 2nd Floor Game Room) **Education Center)** :00 PM Coloring Group-RL (2nd Floor Kitchen 1:00 PM Corn Hole Fun! RL (Outdoors (weather 1:30 PM Animal Shelter Furry Visitors! OA (All Units) 2:30 PM Time for Happy Hour! DZ (IL Living Room) 1:30 PM All About Apples - presented by Snack Staff (AL) permitting - otherwise, IL Living Room)) I:30 PM Family Feud DZ LO (AL Activities Trudy (AL Dining Room) 7:00 PM Evening Snack 1:30 PM Mahjong OA (IL 2nd Floor Game Room)
2:00 PM Free Wellness Introduction Workshop :30 PM Scrabble RL (2nd Floor IL Game Room) 3:00 PM Sing-along DZ (AL Living Room) 2:30 PM Time for Afternoon Tea! DZ (IL Living 1:30 PM Trivia DZ (AL Living Room) 3:00 PM Snack & Social Hour Get Together DZ (AL 3:30 PM Corn Hole Fun for All DZ (AL Living (Education Center - IL)
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1:30 PM Trivia DZ (AL Living Room) 2:30 PM Celebrating Our Birthdays for the Month! (IL 3:00 PM First United Methodist Church Service 2:30 PM Time for Happy Hour! DZ (IL Living Room) Traditions Dining Room) :30 PM Scrabble RL (2nd Floor IL Game Room) 7:00 PM Evening 3:30 PM Corn Hole DZ (AL Living Room) (Traditions Dining Room) 3:00 PM Sing-along DZ (AL Living Room) 3:00 PM Afternoon Tea & Cookies DZ (AL Living :30 PM Trivia DZ (AL Living Room) 3:30 PM Corn Hole Fun for All DZ (AL Living Room) 5:30 PM Stamp Club OA (Education Center - 3rd 3:00 PM Snack & Social Hour Get Together DZ (Al 3:00 PM Crafts for All! DZ (AL Activities Room) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) Living Room) Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) 7:00 PM Evening Snack Staff (AL) :30 AM Chair Exercises- 3rd Flr IL 2:30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair Exercises- 3rd Flr IL Ed. :30 AM Chair Exercises- 3rd Flr IL Ed. 9:30 AM Chair Yom Kippur Center RL (IL Education Center) :30 AM Chair Exercises- 3rd Flr IL Ed. Ed. Center RL (IL Education Center RL (IL Education Center) Center RL (IL Education Center) 0:00 AM Oil Painting OA (2nd Floor 10:30 AM Sweatin' to the Oldies DZ Center RL (IL Education Center) 10:30 AM Ready for Bingo!? DZ (AL **Begins** Exercises- 3rd 0:00 AM Balance & Stretching DZ 0:00 AM Arthritis Fitness DZ (AL (AL Activities Room) Dining Room) 10:30 AM Fun Playing Bingo DZ (AL 1:30 AM Inspirational Readings 11:00 AM Mental Fitness DZ (AL (AL Activities Room) Activities Room) Dining Room) Activities Room) 10:30 AM Brain Games DZ (AL Activities Room) followed by Meditation RL (IĽ 3rd Floor Lounge) 1:00 PM Bingo RL 10:30 AM Word Scramble DZ (AL Activities Flr IL Ed. Center RL 1:30 AM Balance & Stretching DZ (MC Living Room) 11:30 AM Inspirational Readings followed by :00 PM Time for Bingo RL (2nd Floor Game 1:30 AM Inspirational Readings followed by Room) 1:30 AM Inspirational Readings followed by Meditation RL (IL 3rd Floor Lounge)
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September 2023

163 Heritage Circle—Oneonta, NY 13820

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