

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Leon V. 9/5 ✂ Karen S. 9/11 ✂ Vickie K. 9/14 ✂ Catherine A. 9/16 ✂ Chuck G. 9/26 ✂ Mandy L. 9/28

9:00-11:00 Croissants and Coffee in the Courtyard 10:00 TV Catholic Mass 6:30 Evening Movie	3	9:00 DVD Exercise 10:00 Men's Coffee Chat 10:30 Walking Warriors 11:00 Worship Service 1:30 IVEL Weights & Plates 2:30 Music Bingo 4:00 Left, Right, Center 8:00 Campfire Sing-A-Long	4	9:00-11:30 Waffles the Dog Visit 9:00 DVD Exercise 10:00 Zumba 1:00-3:00 East Lansing Library Tech Help with Mike 1:00 Where am I? 2:30 Cool Beans Coffee 3:30 Bingo 6:30 Bridge	5	9:00 DVD Exercise 10:00 Bible Study 10:30 Walking Warriors 10:30 Blood Pressure Clinic 11:00 Balance Assessments 1:00 Cardio Drumming 2:00 Outing: Mystery Drive 6:00 Trivia	6	9:00 DVD Exercise 10:30 Zumba 1:00 Knitting Group 1:30 Craft: Fall Sunflowers 3:30 Bingo 6:30 Euchre	7	9:00 DVD Exercise 10:30 Zumba 11:00 IVEL Walking Club 1:00 IVEL Power Pump 1:30 Resident Bible Study 2:00 Scattergories 3:30 Bingo 6:30 Evening Movie	8	9:00 DVD Exercise 10:00 Wii Bowling 3:30 MSU vs Richmond 6:30 Evening Movie	9
9:00-11:00 Croissants and Coffee in the Courtyard 10:00 TV Catholic Mass 6:30 Evening Movie	10	9:00 DVD Exercise 10:00 Men's Coffee Chat 10:30 Walking Warriors 11:00 Worship Service 11:15-4:15 Manis/Pedis 12:30 East Lansing Library 1:30 IVEL Fit Flex 2:30 Jeopardy 4:00 Left, Right, Center 6:30 Bridge	11	9:00 DVD Exercise 10:00 Zumba 10:30 Avon with Bonnie 1:00 IVEL Says 2:30 Cool Beans Coffee 3:30 Bingo 6:30 Jonathan Stars Concert	12	9:00 DVD Exercise 10:00 Bible Study 10:30 Walking Warriors 10:30 Blood Pressure Clinic 11:00 Balance Assessments 1:00 Cardio Drumming 2:00 Shopping with Bill 3:00 Craft: Fall Pumpkin Hangers 6:00 Trivia	13	9:00 DVD Exercise 10:30 Zumba 12:00 Paparazzi Jewelry 1:00 Knitting Group 1:30 Apple Cider Happy Hour 3:30 Bingo 6:30 Euchre	14	9:00 DVD Exercise 11:00 IVEL Walking Club 1:00 IVEL Theraband Fitness 1:30 Resident Bible Study 2:00 Cooking: Caramel Apple Cinnamon Rolls 3:30 Bingo 6:30 Evening Movie	15	9:00 DVD Exercise 10:00 Wii Bowling 2:00 Weekend Bingo 5:00 MSU vs Washington 6:30 Evening Movie	16
9:00-11:00 Croissants and Coffee in the Courtyard 10:00 TV Catholic Mass 2:00 Craft Club 6:30 Evening Movie	17	9:00 DVD Exercise 10:00 Men's Coffee Chat 10:30 Walking Warriors 11:00 Worship Service 1:30 IVEL Balance Fitness 2:30 Music Bingo 4:00 Left, Right, Center 6:30 Bridge	18	9:00-11:30 Waffles the Dog Visit 9:00 DVD Exercise 10:00 Zumba 1:00 Wheel of Fortune 2:30 Cool Beans Coffee 3:30 Bingo 6:30 Root Beer Floats	19	9:00 DVD Exercise 10:00 Bible Study 10:00 Outing: Frankenmuth And Bronners 10:30 Walking Warriors 10:30 Blood Pressure Clinic 2:00 Scarecrow Crunch Mix 4:00 Would You Rather? 6:00 Trivia	20	9:00 DVD Exercise 10:30 Zumba 11:30 Lunchtime Piano 1:00 Knitting Group 1:30 Oktoberfest: Soft Pretzel Bar 3:30 Bingo 6:30 Euchre	21	9:00 DVD Exercise 11:00 IVEL Walking Club 1:00 IVEL Strength 1:30 Resident Bible Study 2:00 Fall is Here! Social 3:30 Bingo 6:30 Evening Movie	22	9:00 DVD Exercise 10:00 Wii Bowling 2:00 Cookie Decorating 3:30 MSU vs Maryland 6:30 Evening Movie	23
9:00-11:00 Croissants and Coffee in the Courtyard 10:00 TV Catholic Mass 1:00-7:00 IVEL Swap and Shop 6:30 Evening Movie	24	9:00 DVD Exercise 10:00 Men's Coffee Chat 10:30 Walking Warriors 11:00 Worship Service 11:15-4:15 Manis/Pedis 12:30 East Lansing Library 1:30 IVEL Cardio Kickboxing 2:30 Hollywood Squares 4:00 Left, Right, Center 6:30 Bridge	25	9:00 DVD Exercise 10:00 Zumba 1:00 Oktoberfest: Keg Bowling 2:30 Cool Beans Coffee 3:30 Bingo 6:30 Euchre	26	9:00 DVD Exercise 10:00 Bible Study 10:30 Walking Warriors 10:30 Blood Pressure Clinic 11:00 Balance Assessments 2:00 Shopping with Bill 3:00 Craft: Dryer Vent Duct Pumpkins 6:00 Trivia	27	9:00 DVD Exercise 10:30 Zumba 11:00 Cupcake Tin Game 1:00 Knitting Group 1:30 Oktoberfest: Jello Cups And Pretzel Garland 3:30 Bingo 6:30 Bill Stoskopf Concert	28	9:00 DVD Exercise 11:00 IVEL Walking Club 1:00 IVEL Mystery Fitness 1:30 Resident Bible Study 2:00 Birthday Social 3:30 Bingo 6:30 Evening Movie	29	9:00 DVD Exercise 10:00 Wii Bowling 3:30 MSU vs Iowa 6:30 Evening Movie	30

Activities are subject to change.