

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

						9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1 Relaxation/ Meditation 2p Target Golf 3p Snack & Chat 6p Music & Dancing 7p Evening Snack	1 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack
9:30 Creativity Boxes 10a Coffee & Chat 10:30 Hymn Sing A long 3p Snack & Chat 6p Oldies Sitcom 7p Evening Snack	3 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation/ Meditation 2p Ping Pong 3p Snack & Chat 6p Sing a long 7p Evening Snack Labor Day	4 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Bowling 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	5 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Craft 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	6 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 11a Church 1p Relaxation/Meditation 2p Manicures 3p Snack & Chat 6p Puzzles 7p Evening Snack	7 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1 Relaxation/ Meditation 2p Arm Chair Travel Italy 3p Snack & Chat 6p Music & Dancing 7p Evening Snack	8 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack	9 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack
National Assisted Living Week 10-16th 9:30 Creativity Boxes 10a Coffee & Chat 10:30 Hymn Sing A long 3p Snack & Chat 3:25p Packer Game 6p Oldies Sitcom 7p Evening Snack Grandparents Day	10 Intergenerational Partners 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation/ Meditation 2p Aqua Painting 3p Snack & Chat 6p Sing a long 7p Evening Snack	11 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Outside Courtyard 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	12 Art Day 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Craft 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	13 Residents Awards / Music 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 11a Church 1p Relaxation/Meditation 2p Manicures 3p Snack & Chat 4:30p Family B.B.Q. 6p Puzzles 7p Evening Snack	14 Staff Recognition 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1 Relaxation/ Meditation 2p Target Golf 3p Snack & Chat 6p Music & Dancing 7p Evening Snack Rosh Hashanah Begins	15 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack Oktoberfest Begins	16 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack Autumn Begins
9:30 Creativity Boxes 10a Coffee & Chat 10:30 Hymn Sing A long 12p 3p Snack & Chat 6p Oldies Sitcom 7p Evening Snack	17 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation/ Meditation 2p Ping Pong 3p Snack & Chat 6p Sing a long 7p Evening Snack	18 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Family Connections 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	19 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Craft 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	20 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 11a Church 1p Relaxation/Meditation 2p Manicures 3p Snack & Chat 6p Puzzles 7p Evening Snack	21 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1 Relaxation/ Meditation 2p Arm Chair Travel 25 Greatest Natural Wonders of the World 3p Snack & Chat 6p Music & Dancing 7p Evening Snack	22 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack Autumn Begins	23 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack Autumn Begins
9:30 Creativity Boxes 10a Coffee & Chat 10:30 Hymn Sing A long 3p Snack & Chat 6p Oldies Sitcom 7p Evening Snack Yom Kippur	24 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation/ Meditation 2p Aqua Painting 3p Snack & Chat 6p Sing a long 7p Evening Snack	25 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Feel the Fashion 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	26 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1p Relaxation 2p Craft 3p Snack & Chat 6p Wheel of Fortune 7p Evening Snack	27 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 11a Church 1p Relaxation/Meditation 2p Manicures 3p Snack & Chat 6p Puzzles 7p Evening Snack	28 9:40 Exercise 10a Snack & Chat 10:30 Creativity Boxes 1 Relaxation/ Meditation 2p Target Golf 3p Snack & Chat 6p Music & Dancing 7p Evening Snack Sukkot Begins	29 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack	30 9:30 Creativity Boxes 10a Coffee & Chat 1:30 Movie Matinee/Popcorn 3p Snack & Chat 6p Reminisce Ball 7p Evening Snack