

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2023						1 9:00 AM Chair Yoga 10:00 AM BINGO 10:30 AM Coffee Talk Social 1:00 PM Rest & Relax 2:30 PM Afternoon Snack 3:00 PM Music Therapy: 50s Classics 5:30 PM Evening Stretch 6:00 PM Devotional
3 8:45 PM Music Therapy: Gospel 9:00 AM Scripture Reading 10:00 AM Joel Osteen on Tv/ Snack & Hydration 11:00 AM Family Feud 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snack 3:00 PM This Day in History 5:30 PM TV Sitcoms 6:00 PM Devotional	4 9:00 AM Arm Stretches 10:00 AM Sing-A-Longs 10:30 AM Baking Cookies 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snacks 3:00 PM Matching Cards Game 5:30 PM Move & Groove 6:00 PM Devotional	5 9:00 AM Morning Stretch 9:45 AM Daily Devotional 10:00 AM Arts & Crafts: Beading 11:30 PM Puppy Party 1:00 PM Rest & Relaxation 2:00 PM BINGO 3:00 PM Indoor Volleyball 5:30 PM Sit & Be Fit	6 9:00 AM Leg Stretches 10:00 AM Poem Reading w/ Rose 10:30 AM Walking w/ Sharon 1:00 PM Rest & Relaxation 2:30 PM Snacks / Hydration 3:00 PM Memory Box (Photos) 5:30 PM ZUMBA! 6:00 PM Devotional	7 9:00 AM Resistance Band Workout 10:00 AM Gardening: Landscaping 10:30 AM Morning Snack 1:00 PM Rest & Relaxation 2:30 PM Sweet Tea Social 3:00 PM Puzzles: JIGSAW 5:30 PM Dumbbell Workout 6:00 PM Daily Chronicles	8 9:00 AM Move & Groove 10:00 AM Sing-A-Longs 10:30 AM Morning Snack 1:00 PM September Birthday Celebration! 2:30 PM Afternoon Snacks 3:00 PM BINGO 5:30 PM Arm Stretches 6:00 PM Daily Chronicles	9 8:30 AM Chair Yoga 9:00 AM Fancy Nails 10:00 AM Indoor Volleyball 10:30 AM Ice Cream Social 1:00 PM Rest & Relaxation 2:30 PM Puzzles: Crosswords 3:00 PM Movie Night 5:30 PM Leg Stretches 6:00 PM Devotional
10 8:45 PM Music Therapy: Gospel 9:00 AM Scripture Reading 10:00 AM Joel Osteen on Tv/ Snack & Hydration 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snack 3:00 PM This Day in History 5:30 PM TV Sitcoms 6:00 PM Devotion	11 9:00 AM Sit & Be Fit 10:00 AM Book Club Social 10:30 AM Baking: Mini Pizza Rolls 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snack 3:00 PM Memory Box (Paintings) 5:30 PM Evening Stretch 6:00 PM Daily Chronicles	12 9:00 AM ZUMBA! 10:00 AM Music Therapy: Creating Tunes 10:30 AM Morning Snacks 1:00 PM Rest & Relax 2:30 PM Puzzles: Word Search 3:00 PM Arts & Crafts: Flowerpots Creation 5:30 PM Leg Stretches 6:00 PM Devotional	13 9:00 AM Dumbbell Workout 10:00 AM Walking w/ Sharon 10:30 AM Snacks / Hydration 11:00 PM Poems w/ Rose 1:00 PM Rest & Relax 2:30 PM Ice Cream Social 3:00 PM Music Therapy: Motown Classics 5:30 PM Chair Yoga 6:00 PM Daily Chronicles	14 9:00 AM Morning Stretch 10:00 AM Gardening: Planting Seeds 1:00 PM Rest & Relax 2:30 PM Snacks / Hydration 3:15 PM New Residents Orientation 5:30 PM Evening Stretch	15 9:00 AM Morning Stretch 10:00 AM Memory Box (concert memories) 10:30 AM Hydration Hour 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snacks 3:00 PM BINGO 5:30 PM Sit & Be Fit 6:00 PM Devotional	16 8:30 AM Leg Stretches 9:00 AM Fancy Nails 10:00 AM Balloon Kickball 10:30 AM Morning Snack 1:00 PM Rest & Relaxation 2:30 PM Cookies & Tea 3:00 PM Aroma Therapy 5:30 PM Popcorn Cinema 6:00 PM Daily Chronicles
17 10:00 AM Joel Osteen 11:00 AM Scripture Reading 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snack 3:00 PM This Day in History 5:30 PM TV Sitcoms 6:00 PM Devotional	18 9:00 AM Leg Stretches 10:00 AM Matching Card Game 10:30 AM Baking: Mini Pretzels 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snacks 3:00 PM Balloon Volleyball 5:30 PM ZUMBA! 6:00 PM Devotional	19 9:00 AM Chair Yoga 10:00 AM Do You Remember? 10:30 AM Tea Talk Social 1:00 PM Rest & Relaxation 2:30 PM Arts & Crafts: Portrait Painting 3:00 PM BINGO 5:30 PM Dumbbell Workout 6:00 PM Daily Chronicles	20 9:00 AM Leg Stretches 10:00 AM Poem Reading w/ Rose 10:30 AM Walking w/ Sharon 1:00 PM Rest & Relaxation 2:30 PM Snacks / Hydration 3:00 PM Memory Box (Photos) 5:30 PM ZUMBA! 6:00 PM Devotional	21 9:00 AM Arm Stretches 10:00 AM Gardening: Watering the Plants 10:30 AM Snack / Hydration 1:00 PM Rest & Relaxation 2:30 PM Fruit Cup Social 3:00 PM Magazine Cutout Collage 5:30 PM Move & Groove 6:00 PM Daily Chronicles	22 9:00 AM ZUMBA! 10:00 AM Sing-A-Longs 10:30 AM Let's Dance! 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snacks 3:00 PM BINGO 5:30 PM Leg Stretches 6:00 PM Daily Chronicles	23 8:30 AM Move & Groove 9:00 AM Fancy Nails 10:00 AM Lets Dance 10:30 AM Snack / Hydration 1:00 PM Rest & Relaxation 2:30 PM Aroma Therapy 3:00 PM Puzzles : JIGSAW 5:30 PM Arm Stretches 6:00 PM Devotional
24 8:45 PM Music Therapy: Gospel 9:00 AM Scripture Reading 10:00 AM Joel Osteen on Tv/ Snack & Hydration 1:00 PM Rest & Relaxation 2:30 PM Afternoon Snack 3:00 PM This Day in History 5:30 PM TV Sitcoms 6:00 PM Devotional	25 9:00 AM Dumbbell Workout 10:00 AM BINGO 10:30 AM Baking Cookies 2:30 PM Hydration Hour 3:00 PM Memory Box (Weddings/Military) 5:30 PM Chair Yoga	26 9:00 AM Morning Stretch 10:00 AM Balloon Volleyball 10:30 AM Snacks / Hydration 1:00 PM Rest & Relaxation 2:30 PM Snacks and Chat Social 3:00 PM Book Club Social 5:30 PM Evening Stretch 6:00 PM Devotional	27 9:00 AM Move & Groove 10:00 AM Walking w/Sharon 10:30 AM Poems by Rose 1:00 PM Rest & Relaxation 2:30 PM Snacks & Hydration 3:00 PM Music Therapy: 60s Classics 5:30 PM Arm Stretches 6:00 PM Daily Chronicles	28 9:00 AM Sit & Be Fit 10:00 AM Gardening: Watering the Plants 10:30 AM Morning Snacks 1:00 PM Rest & Relaxation 2:30 PM Sweet Tea Social 3:00 PM Arts & Crafts: Beading 5:30 PM Evening Stretch 6:00 PM Devotional	29	30