September 2023

★ Spiritual♥ Emotional

Intellectual

 Social

■ Leisure ← Physical

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				S E A S O N O F REFLECTION NATIONAL ASSISTED LIVING WEEK* - SEPTEMBER 10-16, 2023	8:30 Gospel Music 9:30 Relax with Yoga 10:00 Walmart- Outing 2:00 Popcorn & Movie 5:00 Table Activities: Puzzles & Cards Cards	World Coconut Day 2 8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:00 Chair Volleyball ← 2:00 Snack & Trivia 5:00 Table Activities: Puzzles & Cards ●
8:30 Gospel Music 9:30 Relax with Yoga ← 11:00 Bible Study w/ Jim Weakley ★ 5:00 Table Activities: Puzzles & Cards	Labor Day 4 8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:30 Music & Manicures ♥ 2:00 Snack & Trivia ● 5:00 Table Activities: Puzzles & Cards ●	5 8:30 Gospel Music 9:30 Relax with Yoga 2:00 Rick Martin/Singing 3:00 Bingo 5:00 Table Activities: Puzzles & Cards Cards	6 8:30 Gospel Music 9:30 Relax with Yoga 2:00 Arts & Craft: Joy Chain 3:00 Wine Down Wednesdays 5:00 Table Activities: Puzzles & Cards	7 8:30 Gospel Music 9:30 Relax with Yoga ← 10:30 Music & Manicures ♥ 3:00 Bingo 5:00 Table Activities: Puzzles & Cards ●	8:30 Gospel Music 9:30 Relax with Yoga 10:00 Chair Volleyball 2:00 Movie & Popcorn 5:00 Table Activities: Puzzles & Cards Cards	9:30 Gospel Music 9:30 Relax with Yoga 10:00 Chair Volleyball 2:00 Snack & Trivia 5:00 Table Activities: Puzzles & Cards
Beginning of Assisted Living 10 Week 8:30 Gospel Music 9:30 Relax with Yoga 11:00 Bible Study w/ Jim Weakley★ 5:00 Table Activities: Puzzles & Cards●	Sports Day! 11 8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:30 Music & Manicures ♥ 2:00 Snack & Trivia ● 5:00 Table Activities: Puzzles & Cards ●	Nat'l Hug & High Five Day 8:30 Gospel Music 9:30 Relax with Yoga 2:00 Chair Volleyball 3:00 Bingo 5:00 Table Activities: Puzzles & Cards Cards	13 8:30 Gospel Music 9:30 Relax with Yoga 2:00 Entertainment with Carol Dabney 3:00 Wine Down Wednesdays 5:00 Table Activities: Puzzles & Cards	CARNIVAL	Potato Bar!! 15 8:30 Gospel Music 9:30 Relax with Yoga 10:00 Walmart- Outing 5:00 Table Activities: Puzzles & Cards Cards	End of Assisted Living Week 8:30 Gospel Music 9:30 Relax with Yoga 10:00 Chair Volleyball 2:00 Snack & Trivia 5:00 Table Activities: Puzzles & Cards
8:30 Gospel Music ● 9:30 Relax with Yoga ← 11:00 Bible Study w/ Jim Weakley ★ 5:00 Table Activities: Puzzles & Cards ●	Nat'l Cheeseburger Day 8:30 Gospel Music 9:30 Relax with Yoga 10:30 Music & Manicures 2:00 Snack & Trivia 3:00 Garth Travis Band 5:00 Table Activities: Puzzles & Cards	Nat'l Butterscotch Pudding Day 19 8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:00 Resident Council Meeting 2:00 Chair Volleyball ← 3:00 Bingo ■ 5:00 Table Activities: Puzzles & Cards ●	8:30 Gospel Music ● 9:30 Relax with Yoga ← 2:00 Fire & Brimstone Entertainment ♥ 3:00 Wine Down Wednesdays 5:00 Table Activities: Puzzles & Cards ●	8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:30 Music & Manicures ♥ 3:00 Bingo ■ 5:00 Table Activities: Puzzles & Cards ●	Richard Poole 22 8:30 Gospel Music 9:30 Relax with Yoga 10:00 Ice Cream Cone Treat 2:00 Movie & Popcorn 5:00 Table Activities: Puzzles & Cards Cards	First Day of Fall 23 8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:00 Chair Volleyball ← 2:00 Snack & Trivia 5:00 Table Activities: Puzzles & Cards ●
8:30 Gospel Music ● 9:30 Relax with Yoga ← 11:00 Bible Study w/ Jim Weakley ★ 5:00 Table Activities: Puzzles & Cards ●	Patricia Mize 25 8:30 Gospel Music 9:30 Relax with Yoga ← 10:30 Music & Manicures ♥ 2:00 Snack & Trivia ● 5:00 Table Activities: Puzzles & Cards ●	26 8:30 Gospel Music 9:30 Relax with Yoga 2:00 Chair Volleyball 3:00 Bingo 5:00 Table Activities: Puzzles & Cards Cards	8:30 Gospel Music ● 9:30 Relax with Yoga ← 2:00 Count Your Steps w/ Kristen ← 3:00 Wine Down Wednesdays 5:00 Table Activities: Puzzles & Cards ●	8:30 Gospel Music ● 9:30 Relax with Yoga ← 10:30 Music & Manicures ♥ 3:00 Bingo ■ 5:00 Table Activities: Puzzles & Cards ●	8:30 Gospel Music 9:30 Relax with Yoga 10:00 Walmart- Outing 2:00 Music w/ Mary Ann: Piano 5:00 Table Activities: Puzzles & Cards	30 8:30 Gospel Music 9:30 Relax with Yoga 10:00 Chair Volleyball 2:00 Snack & Trivia 5:00 Table Activities: Puzzles & Cards Cards 30