

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activities may vary



# SEPTEMBER 2023



Assisted Living

Key Note

AR- Activity Room LR- Living Room  
RG- Rear Garden DR- Dining Room

College Color Day. 1  
 9:15 Morning Walk  
 10:30 Volleyball - LR  
 10:00 Ross & Ralph's  
 11:15 Stretch & Flex- LR  
 1:15 Yoga- LR  
 2:30 Target- LR  
 2:30 Family Feud w/Oscar-AR  
 3:30 Poker- AR

World Beard Day. 2  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 Rummikub- AR  
 4:00 Sing A Long - LR  
 5:30 Movie Night  
 (See Posting)- LR

9:15 Bullseye- AR 3  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 **Grace Community Church Services- LR**  
 1:30 Bingo- AR  
 3:15 Poker- AR  
 5:30 Movie Night- LR  
 (See posting)

Labor Day. 4  
 9:15 Morning Walk  
 10:00 Rummikub- AR  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:30 Bingo- AR  
 3:30 Labor Day Karaoke- LR

National Wild Life Day. 5  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Emma- AR  
 2:30 Poker- AR  
 3:30 **National Wild Life w/ Suzanne- LR**

6  
 9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:00 **Queen of the Flowers: Memories of a Puerto Rican Girl- LR**  
 3:00 Rummikub

National Bingo Day. 7  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 **National Bingo Day w/ Celso- AR**  
 3:00 Rummikub- AR

International Literacy Day. 8  
 9:15 Morning Walk  
 10:00 Ralph's  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:15 **Yoga- LR**  
 2:30 99¢ Store  
 2:30 Arts & Crafts- AR  
 3:30 Poker- AR

9  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 **Painting w/Rodrigo- AR**  
 5:30 Movie Night  
 (See Posting)- LR

Grandparents Day  
Film Festival Week Begins  
Assisted Living Week Begins 10  
 9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 Bingo- AR  
 3:15 Poker- AR  
 5:30 Movie Night - LR  
 (See posting)

Patriot Day. 11  
 9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:30 Bingo- AR  
 3:30 **A Moment of Remembrance- LR**  
 5:30 Movie Night- LR  
 (See Posting)

Lassie's Birthday. 12  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Emma- AR  
 2:30 ASL Intro. w/ Carl- AR  
 3:30 Poker- AR  
 5:30 Movie Night- LR  
 (See Posting)

International Chocolate Day. 13  
 9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:15 **International Chocolate Day w/ Theresa- AR**  
 2:15 Rummikub- AR  
 3:00 Jewelry Making w/ Cecilia- AR

14  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:00 **Celebration of Jewish Life w/ Rabbi Jim- AR**  
 11:15 Sit & Fit- LR  
 1:15 Arts & Crafts- AR  
 2:15 Karaoke- LR  
 3:15 Rummikub- AR  
 5:30 Movie Night- LR  
 (See Posting)

Rosh Hashanah 15  
 9:15 Morning Walk  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 12:30 **Mexican Independence Day Celebration- DR**  
 2:00 Yoga- LR  
 4:30 **Rosh Hashanah- DR**

Mexican Independence Day. 16  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo-AR  
 3:15 **Cell Phones 101 w/ Joe- AR**  
 5:30 Movie Night  
 (See posting)- LR  
 Oktoberfest Begins

Country Music Day. 17  
 9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 **Grace Community Church Services- LR**  
 1:30 Bingo- AR  
 3:15 Poker- AR  
 5:30 Movie Night- LR  
 (See posting)

National First Love Day. 18  
 9:15 Morning Walk  
 10:00 Rummikub- AR  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:30 Bingo- AR  
 3:30 Family Feud- AR

19  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Emma- AR  
 2:30 Arts & Crafts- AR  
 3:30 Poker- AR

National Quesadilla Day. 20  
 9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex - LR  
 1:30 Bingo- AR  
 3:00 **A Taste From Home w/ Cecilia- AR**  
 4:00 Rummikub- AR

World Alzheimers Day. 21  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:00 Karaoke - AR  
 2:00 **World Alzheimers Day Celebration- RG**  
 3:15 Rummikub- AR

National Centenarian's Day. 22  
 9:15 Morning Walk  
 10:00 Ralph's  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:15 **Yoga- LR**  
 2:30 Target  
 2:30 Family Feud w/Oscar- AR  
 3:30 A Tall Tale- AR

23  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:00 **Painting w/Rodrigo- AR**  
 5:30 Movie Night- LR  
 (See posting)  
 Autumn Begins

24  
 9:15 Bullseye- AR  
 10:30 Volleyball - LR  
 11:15 Sit & Fit - LR  
 1:30 Bingo- AR  
 3:15 Poker- AR  
 5:30 Movie Night- LR  
 (See posting)  
 Yom Kippur

25  
 9:15 Morning Walk  
 10:00 Rummikub- AR  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:30 Bingo- AR  
 3:30 Family Feud w/ Oscar- AR

Deaf Awareness Day. 26  
 9:15 Walk & Chat  
 10:00 Rummikub- AR  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:15 Trivia w/ Emma- AR  
 2:30 Zumba Dancing- LR  
 3:00 ASL Lesson w/ Carl- AR

27  
 9:15 Walk for Wellness  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex- LR  
 1:15 **Arts & Crafts w/ Theresa- AR**  
 3:00 Spa Relaxation w/ Cecilia- AR

28  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Sit & Fit- LR  
 1:00 **Resident Council- LR**  
 1:30 **Town Hall Meeting- LR**  
 3:00 Rummikub- AR

Coffee Day. 29  
 9:15 Morning Walk  
 10:00 Ralph's  
 10:30 Volleyball - LR  
 11:15 Stretch & Flex- LR  
 1:15 **Yoga- LR**  
 2:30 Target  
 2:30 Family Feud w/Oscar-AR  
 3:30 Gabfest- AR  
 Sukkot Begins

30  
 9:15 Walk & Chat  
 10:30 Volleyball- LR  
 11:15 Stretch & Flex-LR  
 1:30 Bingo- AR  
 3:15 **Cell Phones 101 w/ Joe- AR**  
 5:30 Movie Night  
 (See posting)- LR

Memory Care

Activities may vary

College Colors Day

World Beard Day

# September 2023

<p>3</p> <p>9:15 Sit &amp; Fit 10:30 Walk &amp; Chat 11:45 Bullseye 1:00 Karaoke <b>1:30 Grace Community Church- LR</b> 2:00 Racquetball 3:00 Pairing Socks</p>	<p>4</p> <p><b>Labor Day</b></p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts &amp; Crafts 2:30 Bingo 3:30 Karaoke Party!</p>	<p>5</p> <p><b>National Wild Life Day</b></p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Getting To Know You 12:45 Reading 101 1:45 Volleyball 2:30 Painting Lessons 4:00 Gabfest/Wildlife Photos</p>	<p>6</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Math 101 1:45 Bullseye 2:30 Zumba Rumba!</p>	<p>7</p> <p><b>National Bingo Day</b></p> <p>9:15 Walk &amp; Chat 9:30 Sit &amp; Fit 9:30 Outing w/ Oscar 10:30 Kickball 12:45 Sing Along 1:30 <b>National Bingo!</b> 3:00 Family Feud</p>	<p>8</p> <p><b>International Literacy Day</b></p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Show &amp; Tell 2:15 <b>Yoga w/ Jenny!</b> 3:00 Garden Gabfest!</p>	<p>9</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Music Videos 12:45 Reading 101 2:00 History w/ Emma 3:00 Show &amp; Tell</p>
<p>10</p> <p><u>Grandparents Day</u> <u>Film Festival Week Begins</u> <u>Assisted Living Week Begins</u></p> <p>9:15 Sit &amp; Fit 10:30 Walk &amp; Chat 11:45 Bullseye 1:00 Sing- A longs 2:00 Racquetball 3:00 Movie Time</p>	<p>11</p> <p><b>Patriot Day</b></p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick <b>12:45 Arts &amp; Crafts</b> 1:45 Bingo 2:30 Sing-Alongs 3:30 Let's Be Right!</p>	<p>12</p> <p><b>Lassie's Birthday</b></p> <p>9:15 Happy Feet 9:45 Stretch &amp; Flex 10:30 Card Match 12:45 Reading 101 1:45 Racquetball 2:30 Art w/ Lina 3:30 Movie Time- Lassie</p>	<p>13</p> <p><b>International Chocolate Day</b></p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Math with Rodrigo <b>1:45 International Chocolate Day Celebration</b> 3:00 Zen Garden Spa</p>	<p>14</p> <p>9:15 Walk &amp; Chat 9:30 Sit &amp; Fit 9:30 Outing w/ Oscar 10:30 Kickball 12:45 Sing-Alongs 1:30 Balloon Volleyball 2:30 Dot Painting 3:00 Bingo</p>	<p>15</p> <p><b>Rosh Hashanah</b></p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! <b>12:30 Mexican Independence Celebration- DR</b> 12:45 Trivia w/ Emma 2:00 Racquet Ball 3:00 <b>Yoga w/ Jenny!</b> <b>4:30 Rosh Hashanah- DR</b></p>	<p>16</p> <p><b>Mexican Independence Day</b></p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Garden Party! 12:45 Reading 101 2:00 History w/ Emma 3:00 Kickball</p> <p>Oktoberfest Begins</p>
<p>17</p> <p><u>Country Music Day</u></p> <p>9:15 Sit &amp; Fit 10:30 Walk &amp; Chat 11:00 Sing-A-Longs 1:30 Radio Days 2:00 Racquetball 3:00 Pairing Socks</p>	<p>18</p> <p><b>National First Love Day</b></p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts &amp; Crafts 1:45 Let's Bake Cookies 2:30 Bingo 3:30 Sing- A longs</p>	<p>19</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Card Match 12:45 Reading 101 1:45 Volleyball 2:30 Photo Shoot 3:30 Let's Dance</p>	<p>20</p> <p><b>National Quesadilla Day</b></p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Racquetball <b>1:30 A Taste from Home</b> 2:15 Happy Hour 3:00 Garden Chat</p>	<p>21</p> <p><b>World Alzheimer's Day</b></p> <p>9:15 Walk &amp; Chat 9:30 Sit &amp; Fit 10:30 Racquet Ball 12:45 Sing-Alongs 1:30 Arts &amp; Crafts 2:00 <b>World Alzheimer's Day Celebration- RG</b> 3:00 Kickball</p>	<p>22</p> <p><b>National Centenarian's Day</b></p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Ice Cream Party! 2:30 <b>Yoga W/ Jenny!</b> 3:30 Bullseye</p>	<p>23</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Music Videos 12:45 Reading 101 2:00 History 3:00 Show &amp; Tell</p> <p>Autumn Begins</p>
<p>24</p> <p>9:15 Sit &amp; Fit 10:30 Walk &amp; Chat 11:00 Sing-A-Longs 1:00 Bullseye 1:30 Grace Bible Study 2:30 Racquetball 3:00 Pairing Socks</p> <p>Yom Kippur</p>	<p>25</p> <p>9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts &amp; Crafts 1:45 Charades 2:30 Bingo 3:30 Folding Towels</p>	<p>26</p> <p>9:15 Happy Feet 9:45 Stretch &amp; Flex 10:30 Karaoke w/ Lina 12:45 Poetry Writing 1:30 <b>Tea Party!</b> 3:00 Movie Time</p>	<p>27</p> <p>9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Current Events w/ Rodrigo 12:45 Math with Rodrigo 1:45 Bowling 2:45 Garden Chat 3:00 Grandma Walk</p>	<p>28</p> <p>9:15 Walk &amp; Chat 9:30 Sit &amp; Fit 9:30 Outing w/ Oscar 10:30 Arts &amp; Crafts 12:45 Sing-Alongs 1:30 Balloon Volleyball 2:30 Dot Painting 3:00 Bingo</p>	<p>29</p> <p>9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia w/ Emma 2:30 <b>Yoga w/ Jenny!</b> 3:00 Getting To Know You</p> <p>Sukkot Begins</p>	<p>30</p> <p>9:15 Happy Feet Walk 9:45 Stretch &amp; Flex 10:30 Garden Party! 12:45 Reading 101 2:00 History w/ Emma 3:00 Kickball</p>