




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  CLASSICAL PIANO PERFORMANCE IN THE LOBBY 🎵 12:30 Rest and Relax 1:00  Afternoon Exercise 1:30  Brain Buster Game!</p>	<p>2</p> <p><b>Labor Day</b> 9:00  Monday Movement 9:30 Beverage Break 10:30  Armchair Travel: Canada Coast 12:30 Rest and Relax 1:15  CUDDLE CLUB: Dog Visit from Humane Society 1:30  Afternoon Walking Group ★ 2:15  BINGO</p>	<p>3</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  PERFORMANCE BY KENDALL OSBORNE 🎵 12:30 Rest and Relax 1:30  Manicures &amp; Hand Massages 3:00  BINGO</p>	<p>4</p> <p>9:30  Chair Drumming 10:00 Beverage Break 10:30  BINGO 12:00  PICNIC LUNCH AT SPIRITHORSE RANCH 🚌 12:30 Rest and Relax 1:30  Balloon Volleyball 3:00  SCENIC BUS TRIP 🚌</p>	<p>5</p> <p>9:30  Seated Tai Chi 10:00 Beverage Break 10:00  Free Blood Pressure Checks in the Cafe' 📍 10:30  Morning Walking Group ★ 12:30 Rest and Relax 1:00  Free Hearing Aid Checks &amp; Cleanings in the Cafe' 📍 1:30  Cafe Cooking: Coconut Almond Chex Mix 📍 3:00  BINGO</p>	<p>6</p> <p><b>Popcorn Day!</b> 9:30  Chair Dancing 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Movie &amp; Popcorn: "Breakfast at Tiffany's" (1 hr. 50 min.) 📺 3:30  Brain Buster Game!</p>	<p>7</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Arts &amp; Crafts: Fall Windsocks 2:00 Refreshments &amp; Snacks in the Courtyard 3:00  Evening Showtime in the Activity Room 🎭</p>
<p>8</p> <p><b>National Assisted Living Week Starts. Happy Grandparents Day!</b> 9:30  Chair Yoga 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:00  Grandparents Day Crafts in the Cafe' 📍 3:00  Evening Showtime in the Activity Room</p>	<p>9</p> <p>9:30  Monday Movement 10:00 Beverage Break 10:30  PIANO PERFORMANCE BY GREG RAHN 🎵 12:30 Rest and Relax 1:00  Visit from Sadie &amp; Skeeter the Dogs 1:30  Afternoon Walking Group ★ 3:00  BINGO</p>	<p>10</p> <p>9:30  Chair Boxing 10:00 Beverage Break 10:30  Manicures &amp; Hand Massages 12:30 Rest and Relax 1:30  Baking Class: Cookies 3:00  BINGO</p>	<p>11</p> <p><b>Patriot Day</b> 8:45  Flag Half Mast: Moment of Silence ★ 9:30  Chair Drumming 10:00 Beverage Break 10:30  SCENIC BUS TRIP GROUP A 🚌 12:30 Rest and Relax 1:15  Four-Legged Friend Visit from Hoss the Great Dane 1:30  Balloon Volleyball 2:00  SCENIC BUS TRIP GROUP B 🚌 3:00  BINGO</p>	<p>12</p> <p><b>Wear Your Best Italian Attire!</b> 9:30  Seated Tai Chi 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Armchair Travel: Italy 4:00  DESTINATION DINNER: ITALY 5:30  Grapes &amp; Grooves Community Event</p>	<p>13</p> <p>9:30  Chair Dancing 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:00  COMMUNITY ARTS &amp; TALENTS GALLERY 📺 1:30  Movie &amp; Popcorn: "On a Wing &amp; a Prayer" (1 hr. 42 min.) 📺 3:30  Coloring &amp; Puzzle Time</p>	<p>14</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Arts &amp; Crafts: Fall Paper Trees 2:00 Refreshments &amp; Snacks in the Courtyard 3:00  Evening Showtime in the Activity Room 🎭</p>
<p>15</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  CLASSICAL PIANO PERFORMANCE IN THE LOBBY 🎵 12:30 Rest and Relax 1:00  Afternoon Exercise 1:30  Brain Buster Game!</p>	<p>16</p> <p>9:30  Monday Marching 10:00 Beverage Break 10:30  Arts &amp; Crafts: September Watercoloring 12:30 Rest and Relax 1:15  CUDDLE CLUB: Dog Visit from Humane Society 1:30  Afternoon Walking Group ★ 3:00  BINGO</p>	<p>17</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  Manicures &amp; Hand Massages 12:30 Rest and Relax 1:30  Wii Sports! 3:00  BINGO</p>	<p>18</p> <p>9:30  Chair Drumming 10:00 Beverage Break 10:30  SCENIC BUS TRIP GROUP A 🚌 12:30 Rest and Relax 1:30  Balloon Volleyball 2:00  SCENIC BUS TRIP GROUP B 🚌 3:00  BINGO</p>	<p>19</p> <p>9:00  Seated Tai Chi 9:30 Beverage Break 10:30  Morning Walking Group ★ 12:30 Rest and Relax 1:30  Cafe Craft: ROCK PAINTING 📍 3:00  Armchair Travel: Monumental Treasures of the World Part 2</p>	<p>20</p> <p>9:00  Chair Dancing 9:30 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Movie &amp; Popcorn: "Love is in the Air" (1 hr. 28 min.) 📺 3:30  Coloring &amp; Puzzle Time</p>	<p>21</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Arts &amp; Crafts: Jewelry Making with Tina 2:00 Refreshments &amp; Snacks in the Courtyard 3:00  Evening Showtime in the Activity Room 🎭</p>
<p>22</p> <p><b>First Day of Autumn</b> 9:30  Chair Yoga 10:00 Beverage Break 10:30  Arts &amp; Crafts: Scarecrow Craft 12:30 Rest and Relax 1:00  Afternoon Exercise 1:30  Brain Buster Game!</p>	<p>23</p> <p>9:30  Monday Movement 10:30  Happy Hour: Coffee &amp; Current Events 11:30  Veterans' Lunch Club in the Private Dining Room 12:30 Rest and Relax 1:00  Visit from Sadie &amp; Skeeter the Dogs 1:30  Afternoon Walking Group ★ 2:00  PERFORMANCE BY SYRIA 🎵 3:00  BINGO 5:30  FAMILY NIGHT: UNDERSTANDING DEMENTIA 📺</p>	<p>24</p> <p>9:30  Chair Boxing 10:00 Beverage Break 10:30  Manicures &amp; Hand Massages 12:30 Rest and Relax 1:30  PERFORMANCE BY GLEN SNYDER 🎵 3:00  BINGO</p>	<p>25</p> <p>9:30  Chair Drumming 10:00 Beverage Break 10:30  SCENIC BUS TRIP 🚌 12:30 Rest and Relax 1:30  September Birthday Bash! 📺 3:00  BINGO</p>	<p>26</p> <p>9:30  Seated Tai Chi 10:00 Beverage Break 10:30  Morning Walking Group ★ 12:30 Rest and Relax 1:30  Cafe Craft: Pumpkin Painting 📍 3:00  BINGO</p>	<p>27</p> <p>9:30  Chair Dancing 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Movie &amp; Popcorn: "Rescued by Ruby" (1 hr. 33 min.) 📺 3:30  Coloring &amp; Puzzle Time</p>	<p>28</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  BINGO 12:30 Rest and Relax 1:30  Seated Scarf Dancing 2:00 Refreshments &amp; Snacks in the Courtyard 3:00  Evening Showtime in the Activity Room 🎭</p>
<p>29</p> <p>9:30  Chair Yoga 10:00 Beverage Break 10:30  CLASSICAL PIANO PERFORMANCE IN THE LOBBY 🎵 12:30 Rest and Relax 1:00  Afternoon Exercise 1:30  Brain Buster Game!</p>	<p>30</p> <p>9:30  Monday Marching 10:00 Beverage Break 10:30  Arts &amp; Crafts: Pressed Leaves Bookmarks 12:30 Rest and Relax 1:30  Afternoon Walking Group ★ 3:00  BINGO</p>			<p>Happy Birthday to the Following Residents</p> <ul style="list-style-type: none"> <li>• Charles P. - 9/12</li> <li>• Tom W. - 9/27</li> <li>• Sylvester C. - 9/30</li> </ul>		<p><b>All Events Are Subject to Change</b></p>