

September Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 🏐 Volleyball 12:00 🍴 Lunch 1:30 🏛️ Church Service-visual 2:00 🍷 Snack Cart	2 🇺🇸 Labor Day. 10:00 🧘 Morning Stretch 10:30. 🍵 Tea Social 1:15. BINGO	3 9:45 🧘 Morning Stretch 10:15 🎵 Music with Michael 1:15 Scrabble	4 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	5 9:00 Weight & Blood Pressure 1:30 Relaxing Hand Massages & Room Visits	6 9:00 🏛️ Communion 10:30. 🪑 Chair Dancing 11:00 Morning Chat 1:15. BINGO	7 10:00 🍷 Snack Cart 10:30 🎨 Weekend Coloring 1:15. 🎵 Music with Mark Jasper
8 10:30. Sing-along 12:00 🍴 Lunch 1:30 🏛️ Church Service 2:00 🍷 Snack Cart	9 10:15 🎵 Music with Alfredo 1:15 BINGO	10 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30 Trivia/Quiz 1:30. WL SPA DAY	11 🇺🇸 Patriot Day 10:00 🧘 Aromatherapy Yoga 10:30 🍹 Juicing 11:00. Name 5 Game 1:15. BINGO	12 10:00 Balance/Strength 10:30 🎨 Arts & Crafts 1:15. 🎵 Music with Julian	13 9:00 🏛️ Communion 10:30 🪑 Chair Dancing 11:00. Charades 1:15 BINGO	14 10:00 🍷 Snack Cart 10:30 Exercise with Rowena 1:15 🎻 Violin Concert with Antonio
15 10:30 🏠 Armchair Travel 12:00 🍴 Lunch 1:30 🏛️ Church Service-visual 2:00 🍷 Snack Cart	16 9:45 🧘 Morning Stretch 10:15 🎵 Music with Michael 1:15 BINGO	17 10:00 🪑 Chair Stretching 10:30 Food Tasting 1:15 ML SPA DAY	18 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramics Class 1:15. BINGO	19 10:00 Balance/Strength 10:30 🏐 Volleyball 1:15 Resident Council Meeting 2:00. Board Games	20 9:00 🏛️ Communion 10:30 🪑 Chair Dancing 11:00 Current News 1:15. BINGO	21 10:00 🍷 Snack Cart 10:30 🎨 Weekend Coloring 1:30. Afternoon Movie
22 10:30 🌸 Flower Arranging 12:00 🍴 Lunch 1:30 🏛️ Church Service 2:00 🍷 Snack Cart	23 9:45 🧘 Morning Stretch 10:15 🎵 Music with Alfredo 1:15 BINGO	24 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30 Word Games 1:15 Poker Club	25 10:00 🧘 Aromatherapy Yoga 10:30 Sayings We Remember 1:15 BINGO	26 10:00 Balance/Strength 10:30 Mix and Mingle 1:15. Bowling	27 9:00 🏛️ Communion 10:30. 🪑 Chair Dancing 11:00. September Birthday Quiz 1:15. BINGO	28 10:00 🍷 Snack Cart 10:30 🍹 Juicing 1:15 🎻 Violin Concert with Antonio
29 10:30 🏐 Volleyball 12:00 🍴 Lunch 1:30 Afternoon Movie 2:00 🍷 Snack Cart	30 9:45 🧘 Morning Stretch 10:15 🎵 Music with Alfredo 1:15 BINGO	🏛️ Sunday Church Service will be provided by Acts 2 Network				