



September Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 9:45 🧘 Morning Stretch 10:30 🍵 Tea Social 1:15 BINGO	2 10:00 🪑 Chair Stretching 10:15 🎵 Music w/Michael 1:30 😊 Mix & Mingle	3 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	4 9:00 🩺 Weight & Blood Pressure 1:30 Scrabble	5 9:00 ✝️ Communion 10:15 😊 Trivia/Quiz 1:15 BINGO	6 10:00 🍪 Snack Cart 10:30 🎨 Weekend Coloring 1:15 🎵 Music with Mark Jasper 2:00 🍪 Snack Cart
7 10:30 🎤 Sing-along 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	8 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	9 9:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30. 😊 Name Game 1:15 🌿 Waterleaf Spa Day	10 10:0 🧘 Aromatherapy Yoga 10:30 🍹 Juicing 11:00 😊 Word Games 1:15 BINGO	11 10:00 🧘 Balance/Strength 10:30 🏐 Volleyball 1:15 🎵 Music w/Julian	12 9:00 ✝️ Communion 10:30 🪑 Chair Dancing 11:00. 😊 Morning Chat 1:15 🎁 BINGO STORE 🎁	13 10:00 🍪 Snack Cart 10:15 Exercise with Rowena 1:15 Violin with Antonio 🎻 2:00 🍪 Snack Cart
14 10:30 🌸 Flower Arranging 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍪 Snack Cart	15 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	16 10:00 🪑 Chair Stretching 10:15 🎱 Ball Toss 10:30. 🍷 Food Tasting 1:15 🌿 Mapleleaf Spa Day	17 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	18 10:00 🧘 Balance/Strength 10:30 🎵 Name The Tune 1:15 📅 Resident Council Meeting 2:00 Board Games	19 9:00 ✝️ Communion 10:30 🪑 Chair Dancing 11:00 📰 Current News 1:15 BINGO	20 10:00 🍪 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
21 10:30 Volleyball 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	22 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	23 10:00 🪑 Chair Stretching 10:15 😊 Trivia/Quiz 1:00. 🎨 Arts & Crafts	24 10:00 🧘 Aromatherapy Yoga 10:30 😊 Relaxing Hand Massages 1:15 BINGO	25 10:00 🧘 Balance/Strength 10:30 📖 Reading Group 2:00 😊 Board Games	26 9:00 ✝️ Communion 10:30 🪑 Chair Dancing 11:00 😊 Charades 1:15 🏹 Bowling	27 10:00 🍪 Snack Cart 10:30 🍹 Juicing 1:15 Violin with Antonio 🎻 2:00 🍪 Snack Cart
28 10:30 Armchair Travel 12:00 🍽️ Lunch 1:30 Church Service 2:00 🍪 Snack Cart	29 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	30 10:00 🪑 Chair Stretching 10:30. 🍷 Food Demonstration 1:15 ♠️ Poker Club				