


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September cont'd</b> <span style="font-size: 2em; color: orange;">30</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:00 <b>LL</b> Eagles @ Titans [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	 <b>Symphony Square</b> Assisted Living & Memory Care 35 Old Lancaster Road Bala Cynwyd, PA 19004 610-660-6560	<b>Location Keys</b> <b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support 2nd Floor Activity Room Bistro Dining Room Library Lobby Memory Support Outing 2FL AR BR DR LI LB MS OT	8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Cubs @ Phillies [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">31</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Eagles @ Titans [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">1</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee Talk [LB] 10:30 <b>CE</b> Exercise Your Mind [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>CE</b> Poetry Reading & Discussion with Harvey [LI] 1:30 <b>LL</b> Saturday Matinee [AR] 3:30 <b>LL</b> Snack & Shmooze [BR] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Saturday Night at the Movies [AR]	
<b>September cont'd</b> <span style="font-size: 2em; color: orange;">2</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Cubs @ Phillies [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	<b>Labor Day</b> <span style="font-size: 2em; color: orange;">3</span> 8:00 <b>Breakfast</b> [DR] 10:15 <b>CE</b> Fun 'n' Games [LI] 11:00 <b>CE</b> Trivia with Tai [LB] 12:00 <b>Labor Day BBQ</b> [DR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Labor Day Po-Ke-No [LI] 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:45 <b>CE</b> Armchair Travels [AR] 5:00 <b>Dinner</b> [DR]	<b>National Cheese Pizza Day!</b> <span style="font-size: 2em; color: orange;">4</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Bingo! [LI] 3:15 <b>LL</b> Snack & Shmooze [BR] 3:45 <b>AE</b> Sing-Along with Jonathan [AR] 5:00 <b>Dinner</b> [DR]	<b>National Cheese Pizza Day!</b> <span style="font-size: 2em; color: orange;">5</span> 8:00 <b>Breakfast</b> [DR] 9:30 <b>CC</b> Shopping Trip to Giant [OT] 10:15 <b>PE</b> Morning Stretch & Meditation [AR] 11:00 <b>CE</b> Brain Games [LI] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>AE</b> Sing-Along with Memory Support [MS] 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:30 <b>LL</b> Scenes from a Show [AR] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">6</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:15 <b>CE</b> Taste & Tell with Chef Manu [BR] 3:15 <b>Snack &amp; Shmooze</b> [BR] 4:00 <b>AE</b> Singing & Dancing with Margo & Jonathan! [LB] 5:00 <b>Dinner</b> [DR] 8:00 <b>LL</b> Falcons @ Eagles [2FL]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">7</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:15 <b>SS</b> Bible Talk [LI] 10:45 <b>AE</b> Symphony Square Players [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Po-Ke-No [LI] 3:00 <b>LL</b> Happy Hour! [BR] 5:00 <b>Cafe Symphony</b> [DR] 5:00 <b>SS</b> Shabbat Service [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">8</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee Talk [LB] 10:30 <b>CE</b> Exercise Your Mind [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Saturday Matinee [AR] 3:30 <b>LL</b> Snack & Shmooze [BR] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Saturday Night at the Movies [AR]
<b>Grandparents Day</b> <b>National Assisted Living Week!</b> <b>Rosh Hashanah Begins at Sundown</b> <span style="font-size: 2em; color: orange;">9</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:00 <b>LL</b> Phillies @ Mets [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	<b>National Assisted Living Week!</b> <b>Rosh Hashanah</b> <span style="font-size: 2em; color: orange;">10</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>SS</b> Live Streamed Rosh Hashanah Services [AR] 10:15 <b>CE</b> Trivia with Tai [LI] 11:00 <b>CE</b> Word-in-a-Word [LI] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>CE</b> Fun 'n' Games 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:45 <b>CE</b> Armchair Travels [AR] 5:00 <b>Dinner</b> [DR]	<b>National Assisted Living Week!</b> <b>Rosh Hashanah</b> <span style="font-size: 2em; color: orange;">11</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 11:00 <b>SS</b> Adath Israel Students Rosh Hashanah Program [LB] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Bingo! [AR] 2:45 <b>PE</b> Chair Ballet Fitness [LB] 3:45 <b>AE</b> Sing-Along with Jonathan [AR] 5:00 <b>Dinner</b> [DR]	<b>National Assisted Living Week!</b> <b>National Chocolate Milkshake Day!</b> <span style="font-size: 2em; color: orange;">12</span> 8:00 <b>Breakfast</b> [DR] 9:30 <b>CC</b> Shopping Trip to Giant [OT] 10:15 <b>PE</b> Morning Stretch & Meditation [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>AE</b> Sing-Along with Memory Support [MS] 3:15 <b>Milkshake Time!!</b> [BR] 3:30 <b>LL</b> Scenes from a Show [AR] 5:00 <b>Dinner</b> [DR] 6:00 <b>Summer Concert Series featuring Singer Fulvio Ranni</b> [LB]	<b>National Assisted Living Week!</b> <span style="font-size: 2em; color: orange;">13</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:15 <b>CE</b> Taste & Tell with Chef Manu [BR] 4:30 <b>Family BBQ &amp; Luau</b>	<b>National Assisted Living Week!</b> <span style="font-size: 2em; color: orange;">14</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:15 <b>SS</b> Bible Talk [LI] 10:45 <b>AE</b> Symphony Square Players [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Po-Ke-No [LI] 3:00 <b>LL</b> Happy Hour! [BR] 5:00 <b>Cafe Symphony</b> [DR] 5:00 <b>SS</b> Shabbat Service [AR]	<b>Happy Birthday Sally!!</b> <b>National Assisted Living Week!</b> <span style="font-size: 2em; color: orange;">15</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee Talk [LB] 10:30 <b>CE</b> Exercise Your Mind [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Saturday Matinee [AR] 3:30 <b>LL</b> Snack & Shmooze [BR] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Saturday Night at the Movies [AR]
<b>September cont'd</b> <span style="font-size: 2em; color: orange;">16</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:00 <b>LL</b> Eagles @ Buccaneers [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">17</span> 8:00 <b>Breakfast</b> [DR] 9:30 <b>PE</b> Morning Stretch & Meditation [AR] 10:15 <b>LL</b> Trip to Ocean City, NJ - includes lunch, ice cream & more [OT] 10:15 <b>CE</b> Trivia with Tai [LI] 11:00 <b>CE</b> Word-in-a-Word [LI] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>CE</b> Fun 'n' Games 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:45 <b>CE</b> Armchair Travels [AR] 5:00 <b>Dinner</b> [DR]	<b>National Cheeseburger Day!</b> <b>Yom Kippur Begins at Sundown</b> <span style="font-size: 2em; color: orange;">18</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Bingo! [LI] 3:15 <b>LL</b> Snack & Shmooze [BR] 3:45 <b>AE</b> Sing-Along with Jonathan [AR] 5:00 <b>Dinner</b> [DR]	<b>Happy Birthday Harold!!</b> <b>Yom Kippur</b> <span style="font-size: 2em; color: orange;">19</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>SS</b> Live Streamed Yom Kippur Services [AR] 10:30 <b>CE</b> Name That Tune with Dan [LI] 11:30 <b>CE</b> Word-in-a-Word [LI] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>AE</b> Sing-Along with Memory Support [MS] 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:30 <b>LL</b> Scenes from a Show [AR] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">20</span> 8:00 <b>Breakfast</b> [DR] 9:30 <b>Shopping Trip to Giant</b> [OT] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:15 <b>CE</b> Taste & Tell with Chef Manu [BR] 3:15 <b>Snack &amp; Shmooze</b> [BR] 4:00 <b>AE</b> Singing & Dancing with Margo & Jonathan! [LB] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">21</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:15 <b>SS</b> Bible Talk [LI] 10:45 <b>AE</b> Symphony Square Players [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Po-Ke-No [LI] 3:00 <b>LL</b> Happy Hour! [BR] 5:00 <b>Cafe Symphony</b> [DR] 5:00 <b>SS</b> Shabbat Service [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">22</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee Talk [LB] 10:30 <b>CE</b> Exercise Your Mind [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Saturday Matinee [AR] 2:30 <b>AE</b> Philly Senior Stage Presents: "Oliver!" [LB] 3:30 <b>LL</b> Snack & Shmooze [BR] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Saturday Night at the Movies [AR]
<b>September cont'd</b> <span style="font-size: 2em; color: orange;">23</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee & Today's News [LB] 10:30 <b>CE</b> Games with Tai [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:00 <b>LL</b> Colts @ Eagles [2FL] 1:30 <b>LL</b> Sunday Matinee [AR] 3:30 <b>LL</b> Bingo [LI] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Sunday Night at the Movies [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">24</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:15 <b>CE</b> Music Trivia [LI] 11:00 <b>CE</b> Word-in-a-Word [LI] 12:00 <b>Lunch</b> [DR] 1:00 <b>LL</b> Movie Trip [OT] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>AE</b> Crafty Crafts [AR] 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:45 <b>CE</b> Armchair Travels [AR] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">25</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Bingo! [AR] 2:45 <b>PE</b> Chair Ballet Fitness [LB] 3:45 <b>AE</b> Sing-Along with Jonathan [AR] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">26</span> 8:00 <b>Breakfast</b> [DR] 9:30 <b>CC</b> Shopping Trip to Giant [OT] 10:15 <b>PE</b> Morning Stretch & Meditation [AR] 11:00 <b>CE</b> Brain Games [LI] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>AE</b> Sing-Along with Memory Support [MS] 3:15 <b>Snack &amp; Shmooze</b> [BR] 3:30 <b>LL</b> Scenes from a Show [AR] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">27</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:30 <b>AE</b> Express Yourself [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>CC</b> Resident Council Meeting [AR] 2:15 <b>PE</b> Fit 4 Life! [AR] 2:45 <b>CE</b> Taste & Tell with Chef Manu [BR] 4:00 <b>AE</b> Singing & Dancing with Margo & Jonathan! [LB] 5:00 <b>Dinner</b> [DR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">28</span> 8:00 <b>Breakfast</b> [DR] 9:45 <b>PE</b> Morning Stretch & Meditation [AR] 10:15 <b>SS</b> Bible Talk [LI] 10:45 <b>AE</b> Symphony Square Players [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>PE</b> Fit 4 Life! [AR] 2:00 <b>LL</b> Po-Ke-No [LI] 3:00 <b>LL</b> Happy Hour! [BR] 5:00 <b>Cafe Symphony</b> [DR] 5:00 <b>SS</b> Shabbat Service [AR]	<b>September cont'd</b> <span style="font-size: 2em; color: orange;">29</span> 8:00 <b>Breakfast</b> [DR] 10:00 <b>CE</b> Coffee Talk [LB] 10:30 <b>CE</b> Exercise Your Mind [LB] 11:30 <b>PE</b> Fit 4 Life! [AR] 12:00 <b>Lunch</b> [DR] 1:30 <b>LL</b> Saturday Matinee [AR] 3:30 <b>LL</b> Snack & Shmooze [BR] 5:00 <b>Dinner</b> [DR] 6:30 <b>LL</b> Saturday Night at the Movies [AR]

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