SEPTEMBER 2018 THE MERIDIA de Kester Park						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:00a.m Exercise IDR 10:30a.m Board Games DR 3:00 p.m BINGO IDR 4:00p.m Church Service IDR			P = POOL DR = DINING ROOM IDR = INDEPENDENT DINING ROOM IGR = INDEPENDENT GAME ROOOM			<b>1</b> <b>10:00 a.m Balloon Volleyball</b> <b>IGR</b> <b>11:00a.m BIG LOTS</b> 1:00 p.m Card Games - Bridge <b>2:00 p.mBINGO IDR</b> 3:00p.m Board Games DR
2 10:00a.m Exercise IDR 10:30a.m Board Games DR 3:00 p.m BINGO IDR 4:00p.m Church Service IDR	<b>3</b> 10:00a.m Exercise IDR <b>10:30a.m Dominos DR</b> 1:00a.m Sing A Long IDR 2:00p.m Coloring & Paint DR 3:00 p.m BINGO IDR 6:30p.m Canasta DR	4 10:00a.m Exercise IDR 10:00 a.m Balloon Volleyball IDR 1:30p.m Food Committee Meeting 1:30 p.m Meridian Movie 2:00 p.m Crosswords IDR 3:00 p.m BINGO IDR	5 10:00a.m Exercise IDR 11:00a.m Walking club w/ legacy IDR 2:30p.m Ice Cream Social DR 3:00p.mBINGO IDR	6 10:00am Exercise IDR 10:30 a.m. Wheel of Fortune IDR 1:30p.m Meridian Movie 2:00p.m SEWING CLASS 101 IDR 3:00p.m BINGO IDR 6:00 p.m Resident Council Meeting DR	10:00a.m Water Aerobics w/ Legacy P 11:00 a.m Lunch Bunch at SAL'S PIZZAS 1:30p.m Meridian Movie 2:00 p.m Canasta DR 3:00p.m Dominoes 4:00p.m Happy Hour w/ HCN healthcare Entertainment w/ El GrupoCache' IDR	<b>8</b> 10:00 am Balloon Volleyball IGR 11:00a.m DOLLAR TREE 1:30 p.m Board Game DR 2:00p.m BINGO 3:00p.m Meridian Movie
9 10:00 a.mSunday Brunch IDR 11:30a.m Exercise IDR 1:30p.m Board Games DR 3:00 p.m BINGO IDR 4:00p.m Church Service IDR	<b>10</b> 10:00a.m Exercise IDR <b>10:30a.m Dominos DR</b> 1:00p.m Sing A Long IDR <b>2:00p.m Coloring &amp; Paint DR</b> <b>3:00 p.m BINGO IDR</b> 6:30p.m Canasta DR	11 10:00a.m Exercise 10:30a.m Balloon Volleyball IDR 1:30 p.m Meridian Movie 2:00 p.m Crosswords IDR 3:00p.m BINGO IDR	<b>12</b> 10:00a.m Exercise IDR 11:00a.m Walking club w/legacy IDR 1:00 p.m PAINT CLASS IGR 2:30p.m Ice Cream Social DR 3:00p.m BINGO IDR	1:30p.m Meridian Movie	14. 10:00a.m Water Aerobics w/ Legacy P 11:00a.m Lunch Bunch at OJEDA'S 1:30p.m Meridian Movie 2:00 p.m Canasta DR 3:00p.m Dominoes 4:00 p.m. HAPPY HOUR w/ MVP & All Star Healthcare IDR	<b>15</b> 10:00 a.m Balloon Volleyball IGR 11:00 a.m Bed Bath and Beyond 1:30 p.m Board Game DR 2:00 p.m BINGO IDR 3:00p.mMeridian Movie
16 10:00a.m Exercise IDR 10:30a.m Board Games DR 1:30p.m Movie Time 3:00 p.m BINGO IDR 4:00p.m Church Service IDR	<b>17</b> 10:00a.m Exercise IDR <b>10:30a.m Dominos DR</b> 1:00p.m Sing A Long IDR <b>2:00p.m Coloring &amp; Paint DR</b> <b>3:00 p.m BINGO IDR</b> 6:30p.m Canasta DR	18 10:00a.m Exercise IDR 10:30 a.m Balloon Volleyball IDR 1:30p.m Meridian Movie 2:00 p.m Crosswords IDR 3:00p.m BINGO IDR	<b>19</b> 10:00a.m Exercise IDR 11:00a.m Walking club w/ legacy IDR 2:30p.mIce Cream Social w/ Dallas pharmacy IDR 2:00p.m Wii Bowling IDR 3:00p.mBINGO IDR 4:00p.m Town Hall Meeting	20 10:00 a.m Exercise IDR 10:30 a.m. Wheel of Fortune IDR 1:30p.mMeridian Movie 2:00p.m Dominoes IDR 3:00p.m BINGO IDR	21 10:00a.m Water Aerobics w/ Legacy P 11:00a.m Lunch Bunch at CRACKER BARREL 1:30p.m Meridian Movie 2:00 p.m Canasta DR 3:00p.m Dominoes 4:00 p.m. HAPPY HOUR w/ Infinite Care Home Health IDR	<b>22</b> 10:30 a.m Dominoes CR <b>11:00 a.m Family Dollar</b> 1:00 p.m Card Games - Bridge <b>1:00p.m BRAUM'S</b> <b>2:00 p.m BINGO DR</b> 3:00 p.m Poker CR <b>3:00 p.m Meridian Movie</b>
23 10:00a.m Exercise IDR 10:30a.m Board Games DR 1:30p.m Movie Time 3:00 p.m BINGO IDR 4:00p.m Church Service IDR	24 10:00a.m Exercise Video DR 10:30a.m Dominos DR 1:00p.m Sing A Long IDR 2:00p.m Coloring & Paint DR 3:00 p.m BINGO IDR 6:30p.m Canasta DR	25 10:00a.m Exercise IDR 10:30 a.m Balloon Volleyball IDR 1:30p.m Meridian Movie 2:00 p.m Shop With Taylor Marie's IGR 2:00 p.m Crosswords IDR 3:00 p.m BINGO IDR	26 10:00 a.m Exercise IGR 11:00 a.m. Walking Club w/ Legacy 1:00p.m PAINT CLASS DR 2:00p.m Residents Birthday party Ice Cream Social All - Star Healthcare DR 3:00p.m BINGO IDR	27 10:00 a.m Exercise IDR 10:30 a.m. Wheel of Fortune IDR 1:30p.m Meridian Movie 2:00p.m Dominoes IDR 3:00 p.m Funny Money Auction IDR	28 10:00a.m Water Aerobics w/ Legacy P 11:00a.m Lunch Bunch at VALENTINO CHINESE 1:30p.m Meridian Movie 2:00p.m Canasta IDR 3:00p.m Dominoes 4:00 p.m Voters Registration HAPPY HOUR Entertainment w/ El GrupoCache' IDR	29 10:00 a.m Balloon Volleyball IGR 11:00a.m THRIFT STORE 1:30 p.m Board Game DR 2:00 p.m BINGO IDR 3:00p.mMeridian Movie



Meridian Lifestyle ProgramsSEPTEMBER 2018SundayMondayTuesdayWednesdayThursdayFriday						THE MERIDIAN at Kessler Park
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 11:00 a.m Exercise GR 1:15 p.m Board Games GR 2:00 p.m Card Games 3:00 p.m BINGO DR 4:00 p.m Church Service DR			P = POOL GR = GAME ROOM DR = DINING ROOM CR = CARD ROOM ADR = ASSIDTED DINING ROOM			<b>1</b> 10:30 a.m Dominoes CR 11:00 a.m Board Games GR <b>11:00a.m BIG LOTS</b> 1:00 p.m Card Games - Bridge <b>1:30 p.m Activity Committee</b> Meeting <b>2:00 p.m BINGO DR</b>
<b>2</b> 11:00 a.m Exercise GR 1:15 p.m Board Games GR 2:00 p.m Card Games 3:00 p.m BINGO DR 4:00 p.m Church Service DR	<b>3</b> <b>10:00 a.mExercise GR</b> 11:00 a.m. Dominoes DR 1:00 p.m Chorus Sing-Along DR 2:00p.m JENGA IDR <b>3:00 p.m BINGO</b> 4:00 p.m Dominoes DR	<b>4</b> 10:00 a.m Exercise GR 10:30 a.m Balloon Volleyball GR 1:30 p.m Food Committee Meeting 1:30 p.m SKIP BO Card Game 3:00 p.m BINGO DR 4:00p.m POKER Game	<b>5</b> 10:00am Grocery Store - ALDI 10:00 a.m Exercise GR 11:00 a.m. Walking Club w/ Legacy TBA - Banks , Pharmacy Post Office Errands ONLY 2:00p.m.– Ice Cream Social DR 3:00 p.m BINGO DR 4:00 p.m Dominoes CR	<b>6</b> 10:00a.m.– Exercise GR 10:30 a.m. Wheel of Fortune GR 1:30 p.m Meridian Movie 2:00p.m SEWING CLASS 101 GR 3:00 p.m. BINGO DR 4:00p.m.– POKER Game	7 9:00 a.m. Grocery Store-Tom Thumb 10:00 a.mWater Aerobics w/ Legacy P 11:00 a.m Board Games GR 11:00 a.m Lunch Bunch at SAL'S PIZZAS 2:00 p.m Canasta ADR 4:00 p.m HAPPY HOUR w/ HCN Healthcare Entertainment w/ El GrupoCache'	<b>8</b> 10:30 a.m Dominoes CR 11:00 a.mBoard Games GR <b>11:00a.m DOLLAR TREE</b> 1:00 p.m Card Games Bridge CR 2:00p.m BINGO
9 10:00 a.mSunday Brunch DR 11:30 a.m Exercise GR 1:00 p.m Card Games GR 1:30 p.m Board Games GR 3:00p.m BINGO DR 4:00 p.m Church Service DR	<b>10</b> <b>10:00 a.m Exercise GR</b> 11:00 a.m Dominoes DR 1:00 p.m Chorus Sing-Along <b>2:00 p.m JENGA IDR</b> <b>3:00p.m BINGO</b> 4:00 p.m Dominoes DR	<b>11</b> 10:00 a.m Exercise GR 10:30 a.m Balloon Volleyball GR 1:30 p.m Meridian Movie 1:45p.m Dominoes 2:00 p.m Garden Club Tea GR 3:00 p.m BINGO DR 4:00 p.m Entrainment w/ Sherrill Dougles	<b>12</b> 10:00 a.m Walmart 10:00 a.m Exercise GR PICK UP CLEANERS (TBA) 11:00 a.mWalking Club w/ Legacy 1:00p.mPAINT CLASS GR TBA CINEMA 2:00p.m Ice Cream Social DR 3:00 p.m BINGO DR	<b>13</b> 10:00a.m Exercise GR 10:30 a.mWheel of Fortune GR 12:00 p.m Welcome Committee Lunch DR 2:00 p.m Entertainment w/ Paul Baskin 3:00 p.m BINGO DR 6:00 p.m Resident Council Meeting DR	14 9:00 a.m Grocery Store-Kroger 10:00 a.m Water Aerobics w/ Legacy P 11:00 a.m Board Games GR 11:00a.m Lunch Bunch at OJEDA'S 2:00p.m Canasta ADR 2:30 p.m Walgreens 4:00 p.m. HAPPY HOUR GR w/ MVP & All Star Healthcare	<b>15</b> 10:30 a.m Dominoes CR <b>11:00 a.m Bed Bath and</b> <b>Beyond</b> 1:00 p.m Card Games - Bridge <b>2:00 p.m BINGO DR</b> 3:00 p.m Poker CR <b>3:00p.m Short Story Reading</b>
<b>16</b> 11:00 a.m Exercise GR 11:30 a.m Board Games GR 1:00 p.m Card Games GR <b>3:00 p.m BINGO DR</b> <b>4:00 p.m Church Service DR</b>	<b>17</b> <b>10:00 a.m Exercise GR</b> 11:00 a.m. Dominoes CR 1:00 p.m. Chorus Sing-Along DR 2:00 p.m JENGA IDR <b>3:00p.m BINGO</b> 4:00 p.m Dominoes DR	<b>18</b> 10:00 a.m. Exercise GR 10:30 a.m Balloon Volleyball GR <b>1:30 p.m Meridian Movie</b> 2:00 p.m Crosswords DR 3:00p.m BINGO DR 4:00 p.m Skip Bo Card Game	<b>19</b> 10:00 a.m Target 10:00 a.m Exercise GR <b>11:00 a.m. Walking Club w/ Legacy</b> TBA -Banks , Pharmacy Post Office JUDIT CLEANERS Errands ONLY 2:00 p.m Ice Cream Social w/Dallas pharmacy 3:00 p.m BINGO DR 4:00p.m TOWN HALL MEETING	20 10:00a.m Exercise GR 10:30 a.m Wheel of Fortune GR 1:30 p.m Meridian Movie 2:00p.m Dominoes CR 3:00p.m BINGO DR 4:00 p.m Poker Tournament CR	21 9:00 a.m. Grocery Store-Tom Thumb 10:00 a.m Water Aerobics w/ Legacy P 11:00 a.m Board Games GR 11:00 a.m Lunch Bunch at CRACKER BARREL 1:30p.m Meridian Movie 2:00 p.m Canasta ADR 4:00 p.m. HAPPY HOUR GR w/ Infinite Care Home Health	<b>22</b> 10:30 a.m Dominoes CR <b>11:00 a.m Family Dollar</b> 1:00 p.m Card Games - Bridge <b>1:00p.m BRAUM'S</b> <b>2:00 p.m BINGO DR</b> 3:00 p.m Poker CR
23 11:00 a.m Exercise GR 11:30 a.m Dominoes CR 2:00 p.mBoard Games GR 3:00 p.m BINGO DR 4:00 p.m Church Service DR	<b>24</b> <b>10:00 a.m Exercise GR</b> 11:00 a.m. Dominoes CR 1:00 p.m. Chorus Sing-Along DR 2:00p.m JENGA IDR <b>3:00 p.m BINGO</b> 4:00 p.m Dominoes DR	25 10:00 a.m Exercise GR 10:30 a.m Balloon Volleyball GR 1:00 p.m Poker CR 2:00 p.m Shop With Taylor Marie's GR 2:00 p.m Crosswords DR 3:00 p.m BINGO DR 4:00 p.m Dominoes DR	26 10:00am Grocery Store - ALDI 10:00 a.m Exercise GR PICK UP CLEANERS (TBA) 2:00 p.m Residents Birthday Party Ice Cream Social DR 3:00 p.m Silver Derby Horse Races DR	27 10:00a.m.– Exercise GR 10:30 a.m Wheel of Fortune GR 1:30 p.m Meridian Movie 2:00p.m Dominoes CR 3:00p.m Funny Money Auction DR	28 9:00 a.m Grocery Store - Kroger 10:00 a.m Water Aerobics w/ Legacy P 11:00a.m Lunch Bunch at VALENTINO CHINESE 2:00p.m Canasta ADR 2:30 p.m Walgreens 4:00 p.m Voters Registration HAPPY HOUR Entertainment w/ El GrupoCache'	29 10:30 a.m Dominoes CR 11:00 a.m. Board Games GR 11:00 a.m THRIFT STORE 1:00 p.m Card Games Bridge GR 2:00 p.m BINGO GR

<b>W</b>	THE MERIDIAN
	at Kessler Park