




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 1:30 Joy Ride W/Jason 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>		<p>Every Day 9 AM Good Morning! 3 PM Refreshments & Snack Time</p>	<p>Remembering 11 </p>	<p>Special Days in September <u>September 3th</u> Labor Day <u>September 9th</u> Grandparents Day <u>September 9th</u> Rosh Hashanah <u>September 11th</u> Patriots Day <u>September 18th</u> Yom Kippur <u>September 22nd</u> Fall Begins</p>	<p>Legacies Daily 7 C: Cognitive, Visual, Language E: Exercise L: Life Enrichment M: Music O: Outdoors R: Reminiscent S: Social and Spiritual</p>	<p>1 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p>2 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 1:30 Joy Ride W/Jason 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>3 Labor Day  9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Drumming 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>4 9:30 Sit and Be Fit 10:00 Tennis Game 10:30 Poetry 11:00 Trivia 1:30 Laughing Yoga W/Martin 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>5 9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee 1:30 Booster Club 2:30 Sing-A-Long 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>6 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>7 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Trivia 1:30 Math Game 2:00 Laughter Club/Stroll 3:30 Linda Lenke Sing A Long 4:00 Sit and Be Fit 6:00 Movie</p>	<p>8 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p>9 <u>Grandparents Day & Rosh Hashanah</u> 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 1:30 Joy Ride W/Jason 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>10 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Music Time 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>11 <u>Patriots Day</u> 9:30 Sit and Be Fit 10:00 Tennis Game 10:30 Poetry 11:00 Trivia 1:30 Laughing Yoga W/Martin 2:30 Music Exploration W/Lior 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>12 9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee 1:30 Booster Club 2:30 Sing-A-Long 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>13 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>14 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Trivia 1:30 Math Game 2:00 Sing a Long 3:30 Linda Lenke Sing A Long 4:00 Sit and Be Fit 6:00 Movie</p>	<p>15 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag <u>1:00pm Barber for Men</u> 1:30 Piano W/Kim 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p>16 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 1:30 Joy Ride W/Jason 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>17 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Music Time 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>18 <u>Yom Kippur</u> 9:30 Sit and Be Fit 10:00 Tennis Game 10:30 Poetry 11:00 Trivia 1:30 Laughing Yoga W/Martin 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>19 9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee 1:30 Booster Club 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>20 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>21 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Drum Circle W/Kathy 1:30 Math Game 2:00 Sing a Long 3:30 Linda Lenke Sing A Long 4:00 Sit and Be Fit 6:00 Movie</p>	<p>22 <u>Fall Begins</u> 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>
<p>23 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 1:30 Joy Ride W/Jason 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>24 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Music Time 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>25 9:30 Sit and Be Fit 10:00 Tennis Game 10:30 Poetry 11:00 Trivia 1:30 Laughing Yoga W/Martin 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>26 9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee 1:30 Booster Club 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>27 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Art W/Dolores 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>28 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Trivia 1:30 Music W/Tom & Friends 2:00 Sing a Long 3:30 Linda Lenke Sing A Long 4:00 Sit and Be Fit 6:00 Movie</p>	<p>29 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Sit & Be Fit-C 3:30 Crossword-C 6:00 Movie-T</p>		<p><i>Morning Sit & Be Fit Every Day</i> 9am Chapel <i>Mondays & Wednesdays</i> 9am <i>Alameda South Shore</i> Shopping Trip <i>First Friday-Noon</i> Quick Rides Sign Up Please</p>	<p>Medical Transportation: Tuesdays & Thursdays 9am-3pm W/48 hours in advance reservation at the front desk</p> 	<p>Special Days in September September 3th <i>Labor Day</i> September 9th <i>Grandparents Day</i> September 9th <i>Rosh Hashanah</i> September 11th <i>Patriots Day</i> September 18th <i>Yom Kippur</i> September 22nd <i>Fall Begins</i></p>	<p>Locations of Activities AS = Art Studio 2nd Floor C = Chapel LR = Living Room L = Library B = Bistro T = Theatre FD = Front Desk SW II = Salem Woods II P = Patio Outside Front Office</p>	<p>1</p> <p>9:00 Morning Music-T 10:00 Morning Movie-T 10:00 Coffee & News-L 11:00 Evoke Thought-L 1:00 Afternoon Sit & Be Fit-C 1:30 Sing a Long W/MK-T 2:30 Saturday Matinee-T 3:00 Baking W/Mary Kay-B 6:00 Bingo W/Nola-AS</p>
<p>2</p> <p>9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Sit & Be Fit-C 3:30 Crossword-AS 6:00 Movie-T</p>	<p>3 Labor Day </p> <p>9:00 Morning Music-T 10:00 Share Your Thoughts-CL 11:00 Current Events-LR 1:00 Sit & Be Fit-C 1:00 Joy Ride W/Jason-Sign Up 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T</p>	<p>4</p> <p>9:00 Morning Music 10:00 Biography-CL 11:00 Current Events-CL 1:00 Music Exploration W/Loir-C 2:15 Walking Group-FD 3:00 Coffee & Conversation-B 3:30 Book Club-L 6:00 Movie-T</p>	<p>5</p> <p>9:00 Morning Music-T 10:00 Current Events-CL 11:00 Finish the Phrase-CL 11:15 UC Berkeley Concert-Sign Up 1:00 Sit & Be Fit-C 2:00 Where in the World?-L 3:30 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Nola-AS 6:00 Movie-T</p>	<p>6</p> <p>9:00 Morning Music-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 11:00 Current Events-LR 1:00 Movie in the Afternoon-T 1:00 Arts & Crafts-AS 1:30 Ice Cream Social Fundraiser-B 2:00 You Be the Judge-AS 3:30 Brain Games-C 3:30 Religions of the World-L 6:00 Movie-T</p>	<p>7</p> <p>9:00 Morning Music-T 10:00 Current Events-LR 10:30 Music & Meditation W/Yael-C 12:00 Quick Rides-Sign Up 1:00 Nature Documentary-T 2:00 Walking Group-FD 3:00 Happy Hour-B 6:00 Movie-T</p>	<p>8</p> <p>9:00 Morning Music-T 10:00 Coffee & News-L 10:00 Morning Movie-T 11:00 Evoke Thought-L 1:00 Afternoon Sit & Be Fit-C 1:30 Laughing Yoga W/Martin-C 3:00 Baking W/Mary Kay-B 3:00 Saturday Matinee-T 6:00 Bingo W/Nola-AS</p>
<p>9 Grandparents Day & Rosh Hashanah</p> <p>9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Sit & Be Fit-C 3:30 Crossword-C 6:00 Movie-T</p>	<p>10</p> <p>9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Exploring Music W/Mary Fleming-C 1:00 Sit & Be Fit-C 1:00 Men's Group-T 2:00 American History-LR 2:00 Joy Ride W/Jason-Sign Up 3:30 Brain Games-C 6:00 Movie-T</p>	<p>11 Patriots Day</p> <p>9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Loir-C 2:00 Remembering 9/11-C 2:30 Resident Council-C 3:00 Coffee & Conversation-B 3:30 Book Club-L 6:00 Movie-T</p>	<p>12</p> <p>9:00 Morning Music-T 10:00 Oakland Zoo-Sign Up 11:00 Finish the Phrase-CL 1:00 Sit & Be Fit-C 2:00 Where in the World?-L 3:30 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Jackie-AS 6:00 Movie-T</p>	<p>13</p> <p>9:00 Morning Music-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 1:00 Arts & Crafts-AS 1:00 Movie in the Afternoon-T 2:00 You Be the Judge-AS 2:00 Gardening Group-CL 3:30 Brain Games-C 3:30 Religions of the World-L 6:00 Movie-T</p>	<p>14</p> <p>9:00 Morning Music-T 10:00 Jewelry Class-AS 10:00 Current Events-CL 10:30 Music W/Mary Kay-C 1:00 Music W/Yael-C 2:00 Nature Documentary-T 2:00 Walking Group-FD 3:00 Happy Hour-B 6:00 Movie-T</p>	<p>15</p> <p>9:00 Morning Music-T 10:00 Morning Movie-T 10:00 Coffee & News-L 11:00 Evoke Thought-L 1:00 Afternoon Sit & Be Fit-C 1:00 Barber-Hair Salon 1:30 Sing a Long-T 3:00 Piano W/Kim-C 6:00 Bingo W/Nola-AS</p>
<p>16</p> <p>9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Sit & Be Fit-C 3:30 Crossword-C 6:00 Movie-T</p>	<p>17</p> <p>9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Current Events-LR 1:00 Sit & Be Fit-C 1:00 Joy Ride W/Jason-Sign Up 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T 7:00 Movie-T</p>	<p>18 Yom Kippur</p> <p>9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Lior-C 2:15 Walking Group-FD 2:30 Food Group W/Cyrus-C 3:00 Coffee & Conversation-B 3:30 Book Club-L 6:00 Movie-T</p>	<p>19</p> <p>9:00 Morning Music-T 10:00 Current Events-CL 11:15 Lunch Out -Sign Up 11:00 Finish the Phrase-CL 1:00 Sit & Be Fit-C 2:00 Where in the World?-LR 3:30 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Jackie-AS 6:00 Movie-T</p>	<p>20</p> <p>9:00 Music & Coffee W/MK-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 11:00 Current Events-LR 1:00 Movie in the Afternoon-T 1:00 Arts & Crafts-AS 2:00 You Be the Judge-AS 2:00 Gardening Group-CL 3:30 Brain Games-C 3:30 Religions of the World-L 6:00 Movie-T</p>	<p>21</p> <p>9:00 Morning Music-T 10:00 Jewelry Class-AS 10:00 Current Events-CL 10:30 Music & Meditation W/Yael-C 1:00 Drummin' for Life W/Kathy-C 2:00 Nature Documentary-T 2:00 Walking Group-FD 3:00 Happy Hour-B 6:00 Movie-T</p>	<p>22 Fall Begins</p> <p>9:00 Morning Music-T 10:00 Morning Movie-T 10:00 Coffee & News-L 11:00 Evoke Thought-L 1:00 Afternoon Sit & Be Fit-C 1:30 Laughing Yoga W/Martin-C 3:00 Saturday Matinee-T 6:00 Bingo W/Nola-AS</p>
<p>23</p> <p>9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Sit & Be Fit-C 3:30 Crosswords-C 6:00 Movie-T</p>	<p>24</p> <p>9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Current Events-LR 1:00 Sit & Be Fit-C 1:00 Men's Group-T 2:00 American History-LR 2:00 Joy Ride W/Jason-Sign Up 3:30 Brain Games-C 6:00 Movie-T</p>	<p>25</p> <p>9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Lior-C 2:15 Walking Group-FD 3:00 Coffee & Conversation-B 3:30 Book Club-L 6:00 Movie-T</p>	<p>26</p> <p>9:00 Morning Music-T 10:00 Current Events-CL 11:00 Finish the Phrase-CL 11:15 UC Berkeley Concert-Sign Up 1:00 Movie-T 1:00 Sit & Be Fit 3:30 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Jackie-AS 6:00 Movie-T</p>	<p>27</p> <p>9:00 Music & Coffee W/MK-T 9:30 Drawing & Painting Class-AS 10:00 Trivia-LR 11:00 Current Events-LR 1:00 Movie in the Afternoon-T 1:00 Arts & Crafts-AS 2:00 You Be the Judge-AS 2:00 Gardening Group-CL 3:30 Brain Games-C 3:30 Religions of the World-L 6:00 Movie-T</p>	<p>28</p> <p>9:00 Morning Music-T 10:00 Current Events-CL 10:30 Music W/Mary Kay-C 1:00 Nature Documentary-T 2:00 Walking Group-FD 3:00 Birthday Happy Hour-W/Tom & Friends-C 6:00 Movie-T</p>	<p>29</p> <p>9:00 Morning Music-T 10:00 Morning Movie-T 10:00 Coffee & News-L 11:00 Evoke Thought-L 1:00 Afternoon Sit & Be Fit-C 1:30 Sing a Long-T 3:00 Saturday Matinee-T 6:00 Bingo W/Nola-AS</p>