

St. Mary Healthcare Center Activity Calendar

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 K 10:00 Life Share Games or Colorama V 11:00 Morning Stretch MM 1:30 Theme Sensations - Cooking I 2:30 Worship Services w/ Pastor David S 3:35 Senior Scenic Outing	2 Labor Day 9:30 Nail Spa w/ Brenda MM 11:00 Theme Sensations - Summer Grilling V 11:30 Ce Ce at the Piano K 1:30 History of Labor Day K 2:30 Quarter Bingo L 3:35 Silver Strings Dulcimer Introduction	3 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Fall Harvest K 11:45 Tuesday Trivia V 1:30 Senior Walking Club O 2:00 Shopping Spree at Meijer K 6:30 Quarter Bingo	4 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Baby Things V 1:30 Afternoon Workout S 2:00 Chefs Circle M 2:30 VCC Singers A 3:30 Make Grandparents Greeting Cards	5 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - A 1:15 Oil Painting Class w/ Bill V 1:30 Senior Walking Club O 2:30 Fall Travels	6 K 10:00 Daily News and Donuts V 1:30 Balloon Volley - HC MM 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Al Jones K 11:00 The History of Labor Day	7 K 10:00 Saturday Morning Movie - On Golden Pond MM 1:15 Theme Sensations - Fishing and Sports K 2:00 Quarter Bingo S 3:15 Bingo Auction S 6:00 Grandparents Celebration
8 K 10:00 Life Share Games or Colorama S 11:00 Sunday Brunch MM 1:30 Theme Sensations - Cooking I 2:30 Worship Services w/ Donna Shaw I 3:35 Gospel Music w/ Donna Shaw	9 9:30 Nail Spa w/ Brenda MM 11:00 Theme Sensations - Summer Grilling V 11:30 Ce Ce at the Piano L 1:30 Silver Strings 101 K 2:30 Quarter Bingo	10 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Fall Harvest K 11:45 Tuesday Trivia S 12:00 "Just the Guys" Luncheon CC 2:30 Creative Cooking - "Grands" Sausage	11 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Baby Things V 1:30 Afternoon Workout S 2:00 Chefs Circle A 3:30 LaLa Pottery Class w/ Angela	12 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - A 1:15 Oil Painting Class w/ Bill V 1:30 Senior Walking Club O 2:30 Fall Travels	13 K 10:00 Daily News and Donuts V 1:30 Balloon Volley - HC MM 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Ryan	14 K 10:00 Saturday Morning Movie MM 1:15 Theme Sensations - Fishing and Sports K 2:00 Quarter Bingo S 3:15 Bingo Auction
15 K 10:00 Life Share Games or Colorama V 11:00 Morning Stretch MM 1:30 Theme Sensations - Cooking I 2:30 Worship Services w/ Pastor Sue S. S 3:35 Senior Scenic Outing	16 9:30 Nail Spa w/ Brenda MM 11:00 Theme Sensations - Summer Grilling V 11:30 Ce Ce at the Piano M 1:30 Caring and Sharing Senior Band K 2:30 Quarter Bingo	17 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Fall Harvest K 11:45 Tuesday Trivia V 1:30 Senior Walking Club O 2:30 Goodwill Shopping K 6:30 Quarter Bingo	18 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Baby Things V 1:30 Afternoon Workout S 2:00 Chefs Circle M 2:30 Monthly Birthday Celebration w/ Kent A 3:30 Artistic Flare	19 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - A 1:15 Oil Painting Class w/ Bill V 1:30 Senior Walking Club O 2:30 Fall Travels	20 K 10:00 Daily News and Donuts V 1:30 Balloon Volley - HC MM 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Roy Carter	21 K 10:00 Saturday Morning Movie - Willy Wonka and the Chocolate Factory MM 1:15 Theme Sensations - Fishing and Sports K 2:00 Quarter Bingo S 3:15 Bingo Auction
22 Fall Begins K 10:00 Life Share Games or Colorama V 11:00 Morning Stretch MM 1:30 Theme Sensations - Cooking I 2:30 Worship Services w/ Pastor Darlene D. S 3:35 Senior Scenic Outing	23 9:30 Nail Spa w/ Brenda MM 11:00 Theme Sensations - Summer Grilling V 11:30 Ce Ce at the Piano L 1:30 Silver Strings 101 K 2:30 Quarter Bingo	24 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Fall Harvest K 11:45 Tuesday Trivia V 1:30 Senior Walking Club CC 2:30 Creative Cooking - "Grands" Cinnamon Biscuit	25 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - Baby Things V 1:30 Afternoon Workout S 2:00 Chefs Circle 2:30 Resident Council A 3:30 Artistic Flare S 5:00 Family Night Fish Fry	26 V 10:15 Senior Health and Fitness Class MM 11:00 Theme Sensations - A 1:15 Oil Painting Class w/ Bill V 1:30 Senior Walking Club O 2:30 Fall Travels	27 K 10:00 Daily News and Donuts V 1:30 Balloon Volley - HC MM 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Wildcat Street Band	28 K 10:00 Saturday Morning Movie MM 1:15 Theme Sensations - Fishing and Sports K 2:00 Quarter Bingo S 3:15 Bingo Auction
29 Rosh Hashanah Begins K 10:00 Life Share Games or Colorama V 11:00 Morning Stretch MM 1:30 Theme Sensations - Cooking I 2:30 Worship Services w/ Pastor Darlene D. S 3:35 Senior Scenic Outing	30 9:30 Nail Spa w/ Brenda MM 11:00 Theme Sensations - Summer Grilling V 11:30 Ce Ce at the Piano L 1:30 Silver Strings 101 K 2:30 Quarter Bingo	A - Artisans CC - Creative Cooking I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Ombudsman: Andrea Smothers (765) 423-5327 Theme of the Month - Celebrating Grandparents Activities may change date and/or location due to unforeseen circumstances. Please watch Life Share for announcements and updates!	Resident Mail is delivered Monday - Saturday to resident rooms. The Life Enrichment team would be happy to assist with outgoing mail, or it can be taken to the front office during regular business hours.	Resident Birthdays- Mary L. - 09/01 Ray B. - 09/04 Hubert S. - 09/19 Carol M. - 09/28	

St. Mary Healthcare Legacy Lane
Daily Rhythms Program

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V Mindful Movements K Categories CC Fresh Fruit Relax & Recharge A Sunflower Painting M Listen to the Wind S Senior Scenic Outing GG Word Works Healthy Hands	2 Labor Day	3 V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Fresh Fruit Relax & Recharge A Paint and Draw to Music M Summer Singin' GG Fair Midway Games Healthy Hands	4 V Soccer K Yard Sale CC Bake Cupcakes Relax & Recharge A Fleece Blankets M VCC Singers M Gone Fishin' GG Velcro Catch Healthy Hands	5 V Let's Take A Trip CC Fruited Jello Relax & Recharge V Senior Walking Club A Newspaper Art O Fall Travels M Hats Off to You GG Aim for the Stars Healthy Hands	6 V Pump It Up K Daily News and Donuts CC Bake Brownies Relax & Recharge V Balloon Volley - HC A Watercolor Silhouettes M Happy Hour w/ Al Jones GG Sorting Fair Winners Healthy Hands	7 V Dance Party K Opposites CC Bake Cinnamon Rolls Relax & Recharge A Grandparent's Day Family Tree M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater
8 V Mindful Movements K Categories CC Fresh Fruit S Sunday Brunch Relax & Recharge A Slime Experiment I Worship Services w/ Donna Shaw M Listen to the Wind	9 V Stayin' Alive Disco Chair Yoga K Inspired Tales Nail Spa w/ Brenda CC Apple Pie Cake CC No Bake Cookies Relax & Recharge A Artisans M Dancing Monday GG Water Balloon Bucket Toss	10 V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Fresh Fruit S "Just the Guys" Luncheon Relax & Recharge A Paint and Draw to Music M Summer Singin' GG Fair Midway Games	11 V Soccer K Yard Sale CC Bake Cupcakes Relax & Recharge A Fleece Blankets M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory	12 V Let's Take A Trip K Glorious Verbs! CC Fruited Jello Relax & Recharge V Senior Walking Club A Fall Leaf Garland O Fall Travels M Hats Off to You GG Aim for the Stars	13 V Pump It Up K Daily News and Donuts CC Bake Brownies Relax & Recharge V Balloon Volley - HC A Nature Bookmarks M Happy Hour w/ Ryan GG Sorting Fair Winners Healthy Hands	14 V Dance Party K Opposites CC Bake Cinnamon Rolls Relax & Recharge A Paint and Draw to Music M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater
15 V Mindful Movements K Categories CC Fresh Fruit Relax & Recharge A The Dot Art-Day 2 I Worship Services w/ Pastor Sue S. M Listen to the Wind S Senior Scenic Outing	16 V Stayin' Alive Disco Chair Yoga K Inspired Tales Nail Spa w/ Brenda CC No Bake Cookies Relax & Recharge M Caring and Sharing Senior Band A Artisans M Dancing Monday GG Water Balloon Bucket Toss	17 V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Fresh Fruit Relax & Recharge A Paint and Draw to Music M Summer Singin' GG Fair Midway Games Healthy Hands	18 V Soccer K Yard Sale CC Bake Cupcakes Relax & Recharge A Fleece Blankets M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory	19 V Let's Take A Trip K Glorious Verbs! CC Fruited Jello Relax & Recharge V Senior Walking Club A Ask a Beautiful Question O Fall Travels M Hats Off to You GG Aim for the Stars	20 V Pump It Up K Daily News and Donuts CC Bake Brownies Relax & Recharge V Balloon Volley - HC A Oktoberfest Centerpieces M Happy Hour w/ Roy Carter GG Sorting Fair Winners Healthy Hands	21 V Dance Party K Opposites CC Cookies and Cream Cookies CC Bake Cinnamon Rolls Relax & Recharge A Paint and Draw to Music M Campfire Songs GG Name 3 Toss & Catch Healthy Hands
22 Fall Begins	23 V Stayin' Alive Disco Chair Yoga K Inspired Tales Nail Spa w/ Brenda CC No Bake Cookies Relax & Recharge A Artisans M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands	24 V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Fresh Fruit Relax & Recharge A Paint and Draw to Music M Summer Singin' GG Fair Midway Games Healthy Hands	25 V Balance K Yard Sale CC Bake Cupcakes Relax & Recharge A Fleece Blankets M Gone Fishin' GG Velcro Catch Healthy Hands S Family Night Fish Fry	26 V Let's Take A Trip K Glorious Verbs! CC Fruited Jello Relax & Recharge V Senior Walking Club A Fall Leaf Candle Mason Jar O Fall Travels M Hats Off to You GG Aim for the Stars	27 V Pump It Up K Daily News and Donuts CC Bake Brownies Relax & Recharge V Balloon Volley - HC A Popcorn Fall Trees M Happy Hour w/ Wildcat Street Band Healthy Hands	28 V Dance Party K Opposites CC Bake Cinnamon Rolls Relax & Recharge A Paint and Draw to Music M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater
29 Rosh Hashanah Begins	30 V Stayin' Alive Disco Chair Yoga K Inspired Tales Nail Spa w/ Brenda CC No Bake Cookies Relax & Recharge A Artisans M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Every Morning (approx. times) 9:00 Get Up & Go 9:30 Brain Ticklers 11:00 Creative Cooking	Every Afternoon (approx. times) 1:00 Reminisce 1:30 Creative Hands 2:30 Music Celebration 3:00 Group Games 3:30 Afternoon Pick Me Up	Every Evening (approx. times) 6:00 Gathering of Friends Resident Birthdays - Key Code: HC - Health Center	