

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V 9:30 Balloon Battles (HCAR) CC 11:00 Creative Cooking (HCAR) GF 1:30 Movie (AL) Living Room I 3:00 Devotions (HCAR)	2 Labor Day V 9:30 Morning Exercise (HCAR) I 10:15 Monday Morning Service (HCAR) I 11:00 Catholic Service (PDR) S 2:00 Chef's Circle (HCAR) K 3:00 Ice Cream Social (HCAR)	3 V 10:00 Trilogy Fit Exercise (HCAR) O 1:30 Park Lake Creamery (O) K 6:00 Bingo with Evelyn (HCAR)	4 CC 9:00 Hospitality Cart (AL) CC 10:00 Meridian Hearing (HCAR) V 10:30 Wednesday Walkers JG 2:00 Men's Group: Cards & Beer (HCAR) K 3:30 Card Game: Garbage (HCAR)	5 CC 10:00 Ladies Club (HCAR) S 11:00 Inspired Living Committee O 1:15 Shopping: Dollar Tree (O) MM 2:30 Music in the garden K 6:00 Skip-Bo (HCAR)	6 V 10:00 Balloon Battles (HCAR) CC 11:00 Creative Cooking: (HCAR) K 1:30 Keno (HCAR) S 3:00 Happy Hour (HCDR)	7 V 9:30 Morning Exercise (HCAR) A 11:00 Craft Hour (HCAR) K 1:30 BINGO (HCAR) S 2:00 Grandparents Day Sleep Over
8 V 9:30 Balloon Battles (HCAR) JG 1:30 Movie: (AL) Living Room I 3:00 Devotions (HCAR)	9 V 9:30 Morning Exercise (HCAR) M 10:15 Piano with Dan HCDR I 10:15 Monday Morning Service (HCAR) I 11:00 Catholic Service (PDR) S 2:30 Chef's Circle (HCAR) K 3:00 Ice Cream Social (HCAR)	10 V 10:00 Trilogy Fit Exercise (HCAR) M 1:15 Potter Park (HCAR) K 6:00 Bingo with Evelyn (HCAR)	11 CC 9:00 Hospitality Cart (AL) V 10:30 Wednesday Walkers O 11:30 Lucky's Steakhouse (O) M 3:00 Piano with Wendy (HCDR)	12 V 10:00 Trilogy Fit Exercise (HCAR) GF 2:30 Ice Cream in the Garden K 6:00 UNO (HCAR)	13 V 10:00 Balloon Battles (HCAR) CC 11:00 Creative Cooking: (HCAR) K 1:30 Keno (HCAR) S 3:00 Happy Hour (HCDR)	14 V 9:30 Morning Exercise (HCAR) A 11:00 Craft Hour (HCAR) K 1:30 BINGO (HCAR) M 3:00 Sing Fit (HCAR)
15 V 9:30 Balloon Battles (HCAR) S 11:00 Brunch I 3:00 Devotions (HCAR)	16 V 9:30 Morning Exercise (HCAR) I 10:15 Monday Morning Service (HCAR) I 11:00 Catholic Service (PDR) S 2:00 Chef's Circle (HCAR) L 3:00 Yam Club (HCAR)	17 O 10:00 Shopping: Meijer (O) I 10:15 Moming church service M 10:20 Drum Circle (HCAR) K 6:00 Bingo with Evelyn (HCAR)	18 CC 9:00 Hospitality Cart (AL) V 10:30 Wednesday Walkers JG 12:00 Men's Group: Meatballs & Cheese (HCAR) K 3:30 Card Game: Garbage (HCAR)	19 O 9:00 Casino (O) CC 10:00 Ladies Club (HCAR) I 6:00 Bible Study (HCAR)	20 V 10:00 Balloon Battles (HCAR) CC 11:00 Creative Cooking: (HCAR) K 1:30 Keno (HCAR) S 3:00 Happy Hour (HCDR)	21 V 9:30 Morning Exercise (HCAR) A 11:00 Craft Hour (HCAR) K 1:30 BINGO (HCAR) M 3:00 Sing Fit (HCAR)
22 Fall Begins V 9:30 Balloon Battles (HCAR) GF 1:30 Movie (AL) Living Room I 3:00 Devotions (HCAR)	23 V 9:30 Morning Exercise (HCAR) I 10:15 Monday Morning Service (HCAR) I 11:00 Catholic Service (PDR) S 2:00 Chef's Circle (HCAR) K 3:00 Ice Cream Social (HCAR)	24 V 10:00 Trilogy Fit Exercise (HCAR) O 1:15 Shopping: Target (O) CC 1:15 East Lansing Mobile Library (HCAR) K 6:00 Bingo with Evelyn (HCAR)	25 CC 9:00 Hospitality Cart (AL) V 10:30 Wednesday Walkers A 1:30 Craft Hour (HCAR) M 3:30 Entertainment: Music by Note Worthy (HCAR)	26 V 10:00 Trilogy Fit Exercise (HCAR) O 1:15 AndyT's Farm Market (O) M 2:00 Entertainment with Greg (HCAR) K 6:00 Euchre Club: (HCAR)	27 V 10:00 Balloon Battles (HCAR) CC 11:00 Creative Cooking: (HCAR) K 1:30 Keno (HCAR) S 3:00 Happy Hour (HCDR)	28 V 9:30 Morning Exercise (HCAR) A 11:00 Craft Hour (HCAR) K 1:30 BINGO (HCAR) M 3:00 Sing Fit (HCAR)
29 Rosh Hashanah Begins V 9:30 Balloon Battles (HCAR) GF 1:30 Movie (AL) Living Room I 3:00 Devotions (HCAR)	30 V 9:30 Morning Exercise (HCAR) I 10:15 Monday Morning Service (HCAR) I 11:00 Catholic Service (PDR) S 2:00 Chef's Circle (HCAR) L 3:00 Yam Club (HCAR)	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About	The Life Enrichment Department is always looking for volunteers. We are always in need of help at our weekly Happy Hour, monthly Sunday Brunch, quarterly Themed Dinners and Family Nights and more! Please contact a team member if interested.	HCAR- Health Center Activity Room ALAR- Assisted Living Activity Room PDR- Private Dining Room VC- Village Center (Dining Room) \$- Requires Money	Join our new wellness group "Trilogyfit" on Monday, Wednesday and Friday mornings.	

Health Campus Inspired Living The Willow Champions

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September 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	Labor Day	3		4		5		6		7	
V Mindful Movements K Categories CC Apple Snickers Salad Relax & Recharge A Sunflower Painting M Listen to the Wind GG Word Works Healthy Hands GF A Time For 'Vegas Night Cap!'		V Stayin' Alive Disco Chair Yoga K Inspired Tales CC Icebox Berry Cheesecake Relax & Recharge A Labor Day Cards M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games		V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Uncle Sam Ice Cream Cones Relax & Recharge A Pressed Flowers M Summer Singin' M SingFit GG Fair Midway Games		V Soccer K Yard Sale CC No Bake Avalanche Cookies Relax & Recharge O Cops & Donuts (O) A Fleece Blankets M Gone Fishin' M Velcro Catch GG Healthy Hands		V Let's Take A Trip K Glorious Verbs! CC Cheese Pizza Relax & Recharge A Newspaper Art M Hats Off to You M SingFit GG Aim for the Stars Healthy Hands		V Pump It Up K Summer Vacation CC Coffee Ice Cream Relax & Recharge A Watercolor Silhouettes M Margaritaville Happy Hour M Float With Me Happy Hour A Marble Painting GG Sorting Fair Winners		V Dance Party K Summer Colors CC Salami Roll Ups Relax & Recharge A Grandparent's Day Family Tree M Campfire Songs M SingFit GG Name 3 Toss & Catch Healthy Hands	
8		9		10		11		12		13		14	
V Mindful Movements K Categories CC Grandma's Chocolate Chip Cookies Relax & Recharge A Slime Experiment M Listen to the Wind GG Word Works Healthy Hands		V Stayin' Alive Disco Chair Yoga K Inspired Tales M Music Circle CC Apple Pie Cake Relax & Recharge A Wrap'n Llama M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands		V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC 7UP Biscuits Relax & Recharge A Warm Vanilla Sugar Scrub M Summer Singin' M SingFit GG Fair Midway Games		V Soccer K Yard Sale CC Banana Breeze Relax & Recharge A Fleece Blankets M Music with Wendy M Gone Fishin' GG Velcro Catch Healthy Hands		V Let's Take A Trip O Michigan Princess CC Apple Cinnamon Bread Relax & Recharge A Fall Leaf Garland M Hats Off to You M SingFit GG Aim for the Stars Healthy Hands		V Pump It Up K Summer Vacation CC Pepperoni Pizza Cups Relax & Recharge A Nature Bookmarks M Margaritaville Happy Hour M Float With Me Happy Hour A Marble Painting GG Sorting Fair Winners		V Dance Party K Summer Colors CC Tootsie Roll Cheesecake Relax & Recharge A The Dot Art-Day 1 M Campfire Songs M SingFit GG Name 3 Toss & Catch Healthy Hands	
15		16		17		18		19		20		21	
V Mindful Movements K Categories CC Coleslaw Salad S Sunday Brunch Relax & Recharge A The Dot Art-Day 2 M Listen to the Wind GG Word Works Healthy Hands		V Stayin' Alive Disco Chair Yoga K Inspired Tales CC Homemade Guacamole Relax & Recharge A Clay Mountain Photo Holder M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games		V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Apple Dumplings Relax & Recharge A Clay Mountain Photo Holder M Summer Singin' M SingFit GG Fair Midway Games		V Soccer K Yard Sale CC Peanut Butter Cup Brownie Trifle Relax & Recharge O Lake Lansing (O) A Fleece Blankets M Gone Fishin' GG Velcro Catch		V Let's Take A Trip K Glorious Verbs! CC Superfood Cookies Relax & Recharge A Ask a Beautiful Question M Hats Off to You M SingFit GG Aim for the Stars Healthy Hands		V Pump It Up K Summer Vacation CC Waldorf Salad Relax & Recharge A Oktoberfest Centerpieces M Margaritaville Happy Hour M Float With Me Happy Hour A Marble Painting GG Sorting Fair Winners		V Dance Party K Summer Colors CC Cookies and Cream Cookies Relax & Recharge A Paper Picture Frames M Campfire Songs M SingFit GG Name 3 Toss & Catch Healthy Hands	
22	Fall Begins	23		24		25		26		27		28	
V Mindful Movements K Categories CC Browned Butter White Chocolate Blondies Relax & Recharge A Rustic Wood Pumpkins M Listen to the Wind GG Word Works Healthy Hands		V Stayin' Alive Disco Chair Yoga K Inspired Tales CC Garlic Stuffed Mushrooms Relax & Recharge A Apple Chalkboard Greetings M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games		V Somewhere Over the Rainbow Chair Yoga K Roll to 20! CC Peach Cobbler Muffins Relax & Recharge A Creative Storytelling M Summer Singin' M SingFit GG Fair Midway Games		V Balance K Yard Sale CC Cheddar & Chive Drop Biscuits Relax & Recharge O Country Drive (O) A Fleece Blankets M Gone Fishin' GG Velcro Catch Healthy Hands		V Let's Take A Trip K Glorious Verbs! CC Johnny Appleseed Bars Relax & Recharge A Fall Leaf Candle Mason Jar M Hats Off to You M SingFit GG Aim for the Stars Healthy Hands		V Pump It Up K Summer Vacation CC Melted Turkey & Swiss Sliders Relax & Recharge A Popcorn Fall Trees M Margaritaville Happy Hour M Float With Me Happy Hour A Marble Painting GG Sorting Fair Winners		V Dance Party K Summer Colors CC Game Day Wonton Poppers Relax & Recharge A Clay Pinch Pots M Campfire Songs M SingFit GG Name 3 Toss & Catch Healthy Hands	
29	Rosh Hashanah Begins	30		A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality		EVERY MORNING (approx times) 9:30 Get up and go 10:00 Brain Ticklers 10:45 Creative Cooking		EVERY AFTERNOON 1:00 Reminiscence 2:00 Creative Hands 3:00 Musical Celebration 4:00 Group Games		EVERY EVENING 6:00 Gathering of Friends \$- Requires Money for outing			
V Mindful Movements K Categories CC Pumpkin Cookies with Brown Butter Icing Relax & Recharge A Clay Pinch Pots M Listen to the Wind GG Word Works Healthy Hands		V Stayin' Alive Disco Chair Yoga K Inspired Tales CC Caramel Apple Cinnamon Rolls Relax & Recharge A Have a Gentle Conversation M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games											