

**The Oaks at Woodfield
Life Enrichment - Assisted Living**

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 S 9:00 Leisure Cart (CW) I 10:00 Church Services (TS) M 1:30 Remembering GERSHWIN TUNES (TS) V 2:30 Chair Swimming (TS)	2 Labor Day V 10:15 Labor Day BOCCE BALL (TS) K 1:30 Labor Day Pictionary (TS) K 2:30 LABOR DAY TRIVIA & FUN FACTS (TS)	3 V 9:15 Wii Bowling (TS) I 9:15 Communion (CW) V 9:30 Chair Yoga w/Cheri (AR) V 10:30 Balloon Games (TS) CC 1:00 Pet Visits (CW) O 1:15 OUT to the Movies \$ K 1:15 Games w/MARIA (TS) L 3:30 CROCHET w/Pat (AR) S 4:30 Leisure Cart (TS)	4 V 10:15 Trilogy Exercise (TS) K 1:15 Card Club (TS) V 1:15 HEART WALK (TS) M 2:30 Sing & Sign (AR) V 3:15 Chair Yoga (TS)	5 I 10:00 Bible Study (L) K 10:30 CHESS CLUB (TS) O 10:45 OUT to Ichiban's for lunch (\$) V 2:00 Play Croquet (P) S 2:30 Chef's Circle (AR) GF 6:30 Bingo (TS)	6 V 10:15 Trilogy Exercise (TS) GG 10:30 Craft Show with FWOGC (TS) L 11:00 Planes, Trains & Automobiles (TS) I 1:15 In The SPOTLIGHT (TS) V 1:45 Wii Bowling (TS) S 3:00 "There's No Place Like Home!" CSS Happy	7 GG 10:00 Bingo (TS) S 10:15 Leisure Cart (CW) V 1:30 Bocce Ball (TS) S 4:00 GRANDPARENTS' DAY SLEEPOVER (4 PM-10 PM) "Carnival Theme" (AR) S 4:00 *Bring your grandchildren to the
8 S 9:00 Leisure Cart (CW) I 10:00 Church Services (TS) S 11:00 Grandparents' Day BRUNCH (11-1) HC-Parking Lot S 11:00 Live Entertainment, Bounce Houses, Balloon Art, Prizes, and more CC 2:30 ASSISTED LIVING WEEK-	9 V 10:15 Trilogy Exercise (TS) I 11:00 Book Club (AR) A 1:15 "RE-LEAF IMPRESSION" (TS) CC 2:15 CORN ON THE COBB PARTY (P) A 3:30 DRAMA CLUB w/Betty (AR)	10 V 9:15 Wii Bowling (TS) I 9:15 Communion (CW) V 10:00 Cardio Drumming (AR) CC 1:00 Pet Visits (CW) K 1:15 Games w/MARIA (TS) O 1:30 OUT to Goodwill A 2:30 "Blind CONTOUR DRAWING" (TS) L 3:30 CROCHET w/Pat (AR)	11 A 9:30 "SPLATTER PAINT AUTUMN TREE" (TS) V 10:15 Trilogy Exercise (TS) S 11:00 Calendar Planning (TS) K 1:15 Card Club (TS) M 2:30 Birthday Party w/ELVIS (HC-DR) V 3:45 Chair Yoga (TS)	12 I 10:00 Bible Study (L) O 10:30 OUT to Tiger Game \$ (limited seating) CC 10:30 Volunteer Projects: Campus & Community (AR) S 2:30 Chef's Circle (AR) L 3:00 For-Mar On the Road (TS)	13 V 10:15 Trilogy Exercise (TS) A 11:00 "HAPPINESS COLLAGES" (TS) I 1:15 In The SPOTLIGHT (TS) V 1:45 Wii Bowling (TS) S 3:00 Happy Hour w/Jymy Dill (TS)	14 GG 10:00 Bingo (TS) S 10:15 Leisure Cart (CW) A 3:00 Resident ART SHOW: light refreshments served (TS)
15 S 9:00 Leisure Cart (CW) I 10:00 Church Services (TS) M 1:30 Sunday Rhythm & Sing (P) V 2:30 Chair Swimming (TS)	16 V 10:15 Trilogy Exercise (TS) I 11:00 Book Club (AR) K 1:15 The WRITE WORD Game (TS) CC 2:15 MY FAVORITE RECIPES: Cooking (HC-DR) A 3:30 DRAMA CLUB w/Betty (AR)	17 V 9:15 Wii Bowling (TS) I 9:15 Communion (CW) V 9:30 Chair Yoga w/Cheri (AR) O 10:30 OUT to The Lake Inn for Lunch \$ V 10:30 Balloon Games (TS) CC 1:00 Pet Visits (CW) K 1:15 Games w/MARIA (TS) L 3:30 CROCHET w/Pat (AR)	18 V 10:15 Trilogy Exercise (TS) S 11:00 Resident Council (AR) K 1:15 Card Club (TS) V 1:15 HEART WALK (TS) M 2:30 Sing & Sign (AR) V 3:15 Chair Yoga (TS)	19 I 10:00 Bible Study (L) K 10:30 CHESS CLUB (TS) O 11:30 OUT to COOKS DAIRY Tour & Lunch S 2:30 Chef's Circle (AR) A 3:30 Paint LAKE SUPERIOR Rocks w/Amanda (TS) GF 6:30 Bingo (TS)	20 V 10:15 Trilogy Exercise (TS) L 11:00 Planes, Trains & Automobiles (TS) I 1:15 WIZARD OF OZ Trivia & Photo Booth (TS) V 1:45 Wii Bowling (TS) S 3:00 CSS FINALE: Happy Hour in THE EMERALD CITY w/Daniel B. (TS)	21 GG 10:00 Bingo (TS) S 10:15 Leisure Cart (CW) V 1:30 Crafts Corner (TS) K 2:30 Games (AR/TS)
22 Fall Begins S 9:00 Leisure Cart (CW) I 10:00 Church Services (TS) M 1:30 Sunday Rhythm & Sing (P) V 2:30 Chair Swimming (TS)	23 V 10:15 Trilogy Exercise "FALL PREVENTION" (TS) I 11:00 Book Club (AR) K 1:15 BERMUDA TRIANGLE Survival Game (TS) CC 2:15 "It's FALL, Y'all!" Pumpkin, Apples, & Autumn Spice (HC-DR) A 3:30 DRAMA CLUB w/Betty	24 V 9:15 Wii Bowling (TS) I 9:15 Communion (CW) V 10:00 Cardio Drumming (AR) V 10:30 Balloon Games (TS) CC 1:00 Pet Visits (CW) K 1:15 Games w/MARIA (TS) O 1:30 OUT to 7 Lakes for GAMES & much S'MORE!	25 V 10:15 Trilogy Exercise (TS) IG 11:45 Men's Lunch & Learn (AR) K 1:15 Card Club (TS) V 1:15 HEART WALK (TS) M 2:30 Sing & Sign (AR) V 3:15 Chair Yoga (TS) GF 6:00 "Wine" Down Wednesday (AL-DR)	26 I 10:00 Bible Study (L) A 10:45 Cork-y APPLE Decoration (AR) O 1:15 OUT to Yates Cider Mill (\$) S 2:30 Chef's Circle (AR) GF 6:30 Bingo (TS)	27 V 10:15 Trilogy Exercise (TS) L 11:00 Planes, Trains & Automobiles (TS) I 1:15 In The SPOTLIGHT (TS) V 1:45 Wii Bowling (TS) S 3:00 Happy Hour w/MO (TS)	28 GG 10:00 Bingo (TS) S 10:15 Leisure Cart (CW) V 1:30 Crafts Corner (TS) K 2:30 Games (AR/TS)
29 Rosh Hashanah Begins S 9:00 Leisure Cart (CW) I 10:00 Church Services (TS) L 1:30 Shofar BLOWING 101 & ROSH HASHANAH True or False (TS) V 2:30 Sunday Stretch, Apples, & Honey (TS)	30 V 10:15 Trilogy Exercise (TS) I 11:00 Book Club (AR) K 1:15 SKIP-BO (TS) CC 2:15 SPLIT PEA SOUP (HC-DR) A 3:30 DRAMA CLUB w/Betty (AR)	A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About	GRANDPARENTS DAY BRUNCH: September 8th 11 a.m.-1 p.m.-- great food, live entertainment with Fading World, bounce houses, balloons art, prizes, and more! Come enjoy the fun with your family! Please RSVP to the Director of Food Services by Thursday, September 5th. Each resident is allowed 2 guests for	TS - Town Square AR - Activity Room CW - Campus Wide AL-LR - Assisted Living-Living Room AL-DR - Assisted Living-Dining Room HC-DR - Health Center-Dining Room SR - Sun Room	"Activities subject to change, you will be informed via LifeShare." *State Survey Results located in lobby near business office. *Ombudsman number located in Town Square near drinking fountain.	DETROIT TIGER GAME: September 12th See Life Enrichment for details. Seats are limited.

The Oaks at Woodfield
Life Enrichment - Health Center

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 S 9:00 Leisure Cart (CW) MM 9:15 REMINISCE (200-LR) I 10:00 Church Services (TS) M 1:30 Remembering GERSHWIN TUNES (TS) V 2:30 Chair Swimming (TS)	2 Labor Day MM 9:15 EZ DOES IT-Trivia (200-LR) V 10:15 Labor Day BOCCE BALL (TS) K 1:30 Labor Day Pictionary (TS) K 2:30 LABOR DAY TRIVIA & FUN FACTS (TS)	3 V 9:15 Wii Bowling (TS) I 9:15 Communion (CW) V 10:30 Balloon Games (TS) CC 1:00 Pet Visits (CW) O 1:15 OUT to the Movies \$ K 1:15 Games w/MARIA (TS) L 3:30 CROCHET w/Pat (AR) MM 4:15 Sensations (200-LR) S 4:30 Leisure Cart (TS)	4 V 10:15 Trilogy Exercise (TS) S 11:00 Resident Council (Library) K 1:15 Card Club (TS) V 1:15 HEART WALK (TS) M 2:30 Sing & Sign (AR) V 3:15 Chair Yoga (TS) MM 4:15 Sensations (200-LR)	5 I 10:00 Bible Study (L) K 10:30 CHESS CLUB (TS) O 10:45 OUT to Ichiban's for lunch (\$) V 2:00 Play Croquet (P) MM 4:15 Sensations (200-LR) GF 6:30 Bingo (TS)	6 MM 9:30 Mindful Moments (200-LR) V 10:15 Trilogy Exercise (TS) GG 10:30 Craft Show with FWOGC (TS) L 11:00 Planes, Trains & Automobiles (TS) I 1:15 In The SPOTLIGHT (TS) V 1:45 Wii Bowling (TS)	7 MM 9:15 REMINISCE (200-LR) GG 10:00 Bingo (TS) S 10:15 Leisure Cart (CW) V 1:30 Bocce Ball (TS) S 4:00 GRANDPARENTS' DAY SLEEPOVER (4 PM-10 PM) "Carnival Theme" (AR) S 4:00 *Bring your
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22 Fall Begins S 9:00 Leisure Cart (CW) MM 9:15 REMINISCE (200-LR) I 10:00 Church Services (TS) M 1:30 Sunday Rhythm & Sing (P) V 2:30 Chair Swimming (TS)	23 V 10:15 Trilogy Exercise "FALL PREVENTION" (TS) I 11:00 Book Club (AR) K 1:15 BERMUDA TRIANGLE Survival Game (TS) CC 2:15 "It's FALL, Y'all!" Pumpkin, Apples, & Autumn Spice (HC-DR) S 3:00 Chef's Circle (P)	24 V 9:15 Wii Bowling (TS) I 9:15 Communion (CW) V 10:30 Balloon Games (TS) CC 1:00 Pet Visits (CW) K 1:15 Games w/MARIA (TS) O 1:30 OUT to 7 Lakes for GAMES & much S'MORE! L 3:30 CROCHET w/Pat (AR)	25 V 10:15 Trilogy Exercise (TS) IG 11:45 Men's Lunch & Learn (AR) K 1:15 Card Club (TS) V 1:15 HEART WALK (TS) M 2:30 Sing & Sign (AR) V 3:15 Chair Yoga (TS) MM 4:15 Sensations (200-LR)	26 I 10:00 Bible Study (L) A 10:45 Cork-y APPLE Decoration (AR) O 1:15 OUT to Yates Cider Mill (\$) MM 4:15 Sensations (200-LR) GF 6:30 Bingo (TS)	27 MM 9:30 Mindful Moments (200-LR) V 10:15 Trilogy Exercise (TS) L 11:00 Planes, Trains & Automobiles (TS) I 1:15 In The SPOTLIGHT (TS) V 1:45 Wii Bowling (TS) S 3:00 Happy Hour w/MO (TS)	28 MM 9:15 REMINISCE (200-LR) GG 10:00 Bingo (TS) S 10:15 Leisure Cart (CW) V 1:30 Crafts Corner (TS) K 2:30 Games (AR/TS)
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The Oaks at Woodfield
Daily Rhythms - Legacy Lane

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mindful Movements Categories Apple Snickers Salad Relax & Recharge Sunflower Painting Listen to the Wind Word Works Healthy Hands A Time For 'Vegas Night Cap!'	2 Labor Day Stayin' Alive Disco Chair Yoga Inspired Tales Icebox Berry Cheesecake Relax & Recharge Labor Day Cards Dancing Monday Water Balloon Bucket Toss Healthy Hands LifeShare Games	3 Somewhere Over the Rainbow Chair Yoga Communion (CW) Roll to 20! Uncle Sam Ice Cream Cones Relax & Recharge Pet Visits (CW) Pressed Flowers Summer Singin'	4 Soccer Yard Sale No Bake Avalanche Cookies Relax & Recharge Fleece Blankets Gone Fishin' Velcro Catch Healthy Hands Shake Loose A Memory	5 Let's Take A Trip Glorious Verbs! Cheese Pizza Relax & Recharge Newspaper Art Hats Off to You Aim for the Stars Healthy Hands Hangman	6 Pump It Up Summer Vacation Coffee Ice Cream Relax & Recharge Watercolor Silhouettes Float With Me Happy Hour Sorting Fair Winners Healthy Hands LifeShare Games	7 Dance Party Summer Colors Salami Roll Ups Relax & Recharge Grandparent's Day Family Tree Campfire Songs Name 3 Toss & Catch GRANDPARENTS' DAY SLEEPOVER (4 PM-10 PM) "Carnival Theme"
8 Mindful Movements Categories Grandma's Chocolate Chip Cookies Grandparents' Day BRUNCH (11-1) HC-Parking Lot Live Entertainment, Bounce Houses, Balloon Art, Prizes, and more Relax & Recharge	9 Stayin' Alive Disco Chair Yoga Inspired Tales Apple Pie Cake Relax & Recharge Wrap'n Llama Scenic Drive at 7 Lakes Healthy Hands LifeShare Games Nighttime Traditions	10 Somewhere Over the Rainbow Chair Yoga Communion (CW) Roll to 20! 7UP Biscuits Relax & Recharge Pet Visits (CW) Warm Vanilla Sugar Scrub Summer Singin'	11 Soccer Yard Sale Banana Breeze Relax & Recharge Fleece Blankets Birthday Party w/ELVIS (HC-DR) Gone Fishin' Velcro Catch Healthy Hands	12 Let's Take A Trip Glorious Verbs! Apple Cinnamon Bread Relax & Recharge Fall Leaf Garland Hats Off to You Aim for the Stars Healthy Hands Hangman	13 Pump It Up Summer Vacation Pepperoni Pizza Cups Relax & Recharge Nature Bookmarks Float With Me Happy Hour Sorting Fair Winners Healthy Hands LifeShare Games	14 Dance Party Summer Colors Tootsie Roll Cheesecake Relax & Recharge The Dot Art-Day 1 Campfire Songs Name 3 Toss & Catch Healthy Hands Old Time Theater
15 Mindful Movements Categories Coleslaw Salad Relax & Recharge The Dot Art-Day 2 Listen to the Wind Word Works Healthy Hands A Time For 'Vegas Night Cap!'	16 Stayin' Alive Disco Chair Yoga Inspired Tales Homemade Guacamole Relax & Recharge Clay Mountain Photo Holder Dancing Monday Water Balloon Bucket Toss Healthy Hands LifeShare Games	17 Somewhere Over the Rainbow Chair Yoga Communion (CW) Roll to 20! Apple Dumplings Relax & Recharge Pet Visits (CW) Clay Mountain Photo Holder Summer Singin'	18 Soccer Yard Sale Peanut Butter Cup Brownie Trifle Relax & Recharge Fleece Blankets Gone Fishin' Velcro Catch Healthy Hands Shake Loose A Memory	19 Let's Take A Trip Glorious Verbs! Superfood Cookies Relax & Recharge OUT Touring Cook's Farm Hats Off to You Aim for the Stars Healthy Hands Hangman	20 Pump It Up Summer Vacation Waldorf Salad Relax & Recharge Oktoberfest Centerpieces Float With Me Happy Hour Sorting Fair Winners Healthy Hands LifeShare Games	21 Dance Party Summer Colors Cookies and Cream Cookies Relax & Recharge Paper Picture Frames Campfire Songs Name 3 Toss & Catch Healthy Hands Old Time Theater
22 Fall Begins Mindful Movements Categories Browned Butter White Chocolate Blondies Relax & Recharge Rustic Wood Pumpkins Listen to the Wind Word Works Healthy Hands	23 Stayin' Alive Disco Chair Yoga Inspired Tales Garlic Stuffed Mushrooms Relax & Recharge OUT Volunteer at Humane Society Water Balloon Bucket Toss Healthy Hands LifeShare Games Nighttime Traditions	24 Somewhere Over the Rainbow Chair Yoga Communion (CW) Roll to 20! Peach Cobbler Muffins Relax & Recharge Pet Visits (CW) Creative Storytelling Summer Singin'	25 Balance Yard Sale Cheddar & Chive Drop Biscuits Men's Lunch & Learn (AR) Relax & Recharge Fleece Blankets Gone Fishin' Velcro Catch Healthy Hands	26 Let's Take A Trip Glorious Verbs! Johnny Appleseed Bars Relax & Recharge Fall Leaf Candle Mason Jar Hats Off to You Aim for the Stars Healthy Hands Hangman	27 Pump It Up Summer Vacation Melted Turkey & Swiss Sliders Relax & Recharge Popcorn Fall Trees Float With Me Happy Hour Sorting Fair Winners Healthy Hands LifeShare Games	28 Dance Party Summer Colors Game Day Wonton Poppers Relax & Recharge Clay Pinch Pots Campfire Songs Name 3 Toss & Catch Healthy Hands Old Time Theater
29 Rosh Hashanah Begins Mindful Movements Categories Pumpkin Cookies with Brown Butter Icing Relax & Recharge Clay Pinch Pots Listen to the Wind Word Works Healthy Hands	30 Stayin' Alive Disco Chair Yoga Inspired Tales Caramel Apple Cinnamon Rolls Relax & Recharge Have a Gentle Conversation Dancing Monday Water Balloon Bucket Toss Healthy Hands LifeShare Games			"Activities subject to change, you will be informed via LifeShare."	Let your smile change the world, but don't let the world change your smile.	You can't start the next chapter in your life if you keep re-reading the last one.