

# Winterberry Heights

## Assisted Living & Memory Care

932 Ohio Street • Bangor, Maine 04401 • Phone (207) 942-6002 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### SEPTEMBER 2019 WINTERBERRY HEIGHTS STAFF

Administrator ..... PENNY PAULIKS  
Assistant Administrator.....ALISA BRAGG  
Director of Health Services.....DEBRA BRIDGES  
Resident Services Coordinator.....ELLIE ROBERTS  
Memory Care Coordinator ..... CANDICE WHITE  
Executive Chef.....TODD FULLERTON  
Activity Coordinator ..... HEATHER LAPLANTE  
Administrative Assistant .....HEATHER CHASSE  
Maintenance .....BRUCE GUIMOND  
Transportation .....ROBERT RIVERS

### TRANSPORTATION

**Monday, 10:30 a.m.:** Shopping — Walmart  
**Tuesday, 8 a.m.-5 p.m.:** Medical Appointments  
**Wednesday, 9 a.m.:** Shopping — Hannaford  
**Thursday, 8 a.m.-5 p.m.:** Medical Appointments  
**Sunday, 8 a.m.-Noon:** Local Church Services

### Welcome New Residents

- Joe Q.
- Betty Q.
- Charles H.



### National Assisted Living Week

National Assisted Living Week was created by the National Center for Assisted Living (NCAL) in 1995 to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance inspires assisted living communities around

the country to offer a variety of events and activities to celebrate the individuals they serve. This year's theme is "A Spark of Creativity." The Spark of Creativity is meant to be inspired to create a spark into a resident's creative side, which offers cognitive and sensory benefits, which can also boost self-esteem, enhance social skills and create bonds with friends. The Spark is also meant for staff, who care for the residents, to inspire them to be creative in offering and implementing ideas and programs to improve their residents' quality of life.

We have a whole week planned with creative events and special themes each day. We love our staff and our residents!



**HAWTHORN**  
SENIOR LIVING



## Citrus Fruit Tasting

During our Culinary Education Series in August, we tasted some delicious homemade citrus popsicles and fresh citrus fruit!



## Eastern Maine Walk to End Alzheimer's

Every year, Team Winterberry hosts events to raise funds and awareness for Alzheimer's disease. Funds from these events can advance research to treat and prevent Alzheimer's, and provide programs and support to improve the lives of millions of affected Americans. The Eastern Maine Walk to End Alzheimer's is a huge event in our area to provide that awareness and support. Staff, families, friends and residents have been part of our team to come together on this special day and walk for the cause. We encourage you to join us to fight this fight. We strive for a world without Alzheimer's disease.

Are you interested in joining our team? Please look up Team Winterberry at [www.alz.org](http://www.alz.org) under Bangor Maine Walk. There you can register to walk, sign up under our team name, make a donation, sponsor a registered walker, and learn more information on the disease. The walk will be held on October 19th, 2019. For more details, see Heather in Activities.



## Flu Shot Clinic

We will be holding our annual Flu Shot Clinic with Bangor Drug on Thursday, October 17th. Residents will be given the option of either Fluzone High-Dose or Fluzone Quadrivalent. Bangor Drug will bill Medicare or insurance directly for all influenza immunizations. There will be no out-of-pocket expense for residents with Medicare. Bangor Drug accepts all insurances for Influenza Vaccinations. If applicable, residents will be invoiced for their insurance copay. If a resident is uninsured, they will be charged \$25 for Quadrivalent or \$50 for high-dose. A sign-up sheet will be posted in the Activity Room.

Please sign up for a time slot if you are getting your flu shot at our clinic.

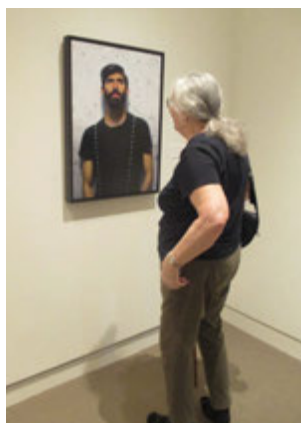






## Let's Be Active!

Research shows that a challenged and stimulated brain may well be the key to a vibrant later life. As a person ages, staying active and keeping the brain engaged may help stave off mental and physical ailments and diseases. Participating in activities or learning about new things keeps the mind sharp, improves memory, improves eye-hand coordination, increases self-confidence, gives a feeling of accomplishment, offers opportunity to learn new things and is a great opportunity to meet new people and connect with people with the same interests. We offer a wide variety of activities that nourish the mind, body and spirit. Please join us in any of our scheduled activities!



*At the Art Museum*



*Senior Prom!*



*Cooking*



*Winterberry Heights Follow Your Heart Chorus*



*Painting*



*Trip to Stephen King's House*



*Zumba Exercise*





## September is Healthy Aging Month

September is Healthy Aging® Month and the time to get started on better health practices. Healthy aging month is an annual health observance designed to focus national attention on the positive aspects of growing older. Healthy aging month was initiated to bring attention to aging in terms of “it’s never too late to start something new” — a new job, a new hobby, a new pastime, or a new exercise regimen. Here are nine tips to help you live up to your potential.

1. **Get moving** — Exercise regularly to maintain a healthy body and brain.
2. **Stay social** — Take a class, volunteer, play games, see old friends, and make new ones.
3. **Bulk up** — Eat beans and other high-fiber foods for digestive and heart health.
4. **Add some spice** — Add herbs and spices to your meals if medications dull your taste buds.
5. **Stay balanced** — Practice yoga or Tai Chi to improve agility and prevent falls.
6. **Take a hike** — Brisk daily walks this September can bolster both your heart and lungs.
7. **Sleep well** — Talk to a sleep specialist if you don’t sleep soundly through the night.
8. **Beat the blues** — If you’ve been down for a while, see a doctor. Depression can be treated.
9. **Don’t forget** — To aid your memory, make lists, follow routines, slow down and organize.

Home Health services can assist you in meeting your health and wellness goals by providing nursing, physical therapy and occupational therapy to assist with nutrition education, medication monitoring and initiation of exercise programs.

It’s never too late to get started on improving your health and well-being!

— *Kim Rideout* PT/LMT, Home Health Specialist for Kindred at Home

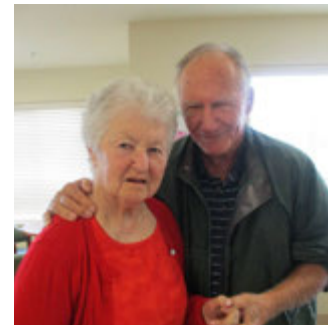
## Fun In Our Memory Care Community



*Bowling*



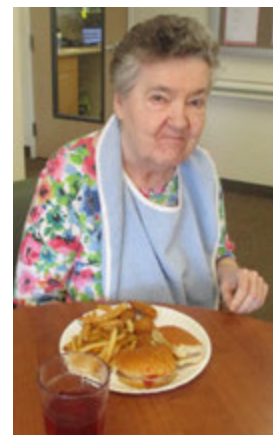
*Tea and crumpets?*



*Ialda and Wes*



*Tea party*



*Georgianna, having a special treat for her birthday!*



*Bingo!*



## Culinary Education Series: Back to School

September marks the beginning of the school year for many kids, but everyone of any age benefits from lifelong learning, being active and healthy eating! From brain games and physical exercise to nutritious foods for brain power, we are going to look at all the ways we can keep our minds sharper than a new pencil!



### Why are brain games so important?

Ever hear the term “use it or lose it?” The popular saying may seem harsh, but it isn’t far off when it comes to how our memory works. The brain is a muscle like any other one in our body, and the more we use it, the stronger it becomes. Brain games, cranium crunches, mental aerobics, whatever you would like to call it, these memory enhancement exercises work to build your cognitive reserve (memory) which in turn could protect your brain from dementia and Alzheimer’s.

### Physical exercise and brain health:

Exercise affects the brain on multiple fronts. It increases heart rate, which pumps more oxygen to the brain. It also aids the release of a plethora of hormones, all of which participate in aiding and providing a nourishing environment for the growth of brain cells.

### Brain Food:

One important ingredient to keeping our minds sharp is food! What we eat has a major impact on how our brains function. Having good nutrition habits is something to think about at any age, and benefits not only include better cardiovascular health, lower risk of diabetes and a lower chance of developing clinical depression, but good nutrition can also improve our memory ability.

### Brain Power!

Food is not only fuel for our bodies, but it is also fuel for our brains! Nutrition plays a huge role in our cognitive ability.

Here are just a few nutrition boosters to keep in mind:

#### 1. Antioxidants

Antioxidants are food compounds commonly found in Vitamins C and E and beta carotene. Among the many things that antioxidants do for the body are their ability to improve blood flow to the brain. Some foods to try that are packed with antioxidants include: kale, berries, beets, broccoli, onions, red bell peppers, oranges, cherries and most delicious of all, dark chocolate.

#### 2. Omega-3 Fatty Acids

Omega-3 Fatty Acids are essential for good brain health! These fatty acids are most commonly found in certain types of fish, especially salmon, sardines, trout, tuna and whitefish. If you don’t love fish, then try eating almonds, avocados, walnuts and flaxseeds. They are also high in omega-3 fatty acids.

#### 3. Dark Green, Leafy Veggies

These types of veggies are filled with folic acids, which, according to research, is associated with faster processing of information and memory recall. So, make sure to stock up on your kale, spinach and collard greens!

#### 4. Water

As you grow older, drinking plenty of water is vital. Aging can cause your ability to detect thirst to decrease; therefore, drink water even when you are not thirsty. Being dehydrated can create a higher potency of medication in the body, an important fact for people who take high doses of medication. Finally, dehydration can have a negative impact on mental performance.

#### 5. Eat more healthy foods!

It seems simple enough, but it is amazing how many of us forget to eat well-balanced meals throughout the day! Experts recommend a minimum of five servings of fruits and vegetables every day. How can you cram all that in? Well, start by eating a half cup of strawberries with breakfast, fill your sandwich with veggies for lunch, and a salad with your dinner. Then make sure that you have at least two snacks during the day (apple slices, carrot sticks or a banana).

During the month of September, we will focus on ways to keep our mind, body and spirit happy and healthy!



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Assisted Living & Memory Care

932 Ohio Street  
Bangor, ME 04401



# *Fall in love...* with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

**207-942-6002**

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SEPTEMBER 2019

Birthdays

Carolyn Stanchfield, 4th  
Joan Andersen, 10th  
Robert Kelly, 21st  
Lucille Veilleux, 22nd

Are you looking to enrich the lives of seniors through volunteering? Our residents have a wide range of interests and talents and look forward to meeting people like you! If you are interested in volunteer opportunities, please contact Activities Coordinator Heather LaPlante at 207-942-6002.

Please remember to sign up for shopping and other outings at the Front Desk.

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”  
—Marilyn vos Savant

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|--|--|---|---|--|
| <div>9:00 Catholic Mass in the Chapel 1</div> <div>10:00 Strength and Balance</div> <div>11:00 Puzzles</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Holy Communion Service in the Chapel</div> <div>3:00 Winterberry Church Service with Pastor Steve</div> <div>6:45 Old-Time TV Shows</div>  | <div>LABOR DAY 2</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>10:30 Shopping: Walmart</div> <div>11:00 Sudoku Puzzles</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Manicures</div> <div>3:00 Shopping at JCPenney</div> <div>6:45 Monday Night Movie</div>                             | <div>9:00 News Hour 3</div> <div>10:00 Strength and Balance</div> <div>11:00 Senior Zumba</div> <div>12:25 Dinner Table Fitness</div> <div>1:30 Heather’s General Store</div> <div>2:00 Pray the Rosary in the Chapel</div> <div>3:00 Painting Class with Janice</div> <div>6:45 Puzzles</div>   | <div>9:00 Shopping: Hannaford 4</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Scenic Bus Ride</div> <div>4:00 Penny’s Chorus Practice</div> <div>6:45 Billiards</div>   | <div>9:00 News Hour 5</div> <div>10:00 Strength and Balance</div> <div>10:30 Scrabble</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 UNO Card Game</div> <div>3:00 Music with Jim Moffitt</div> <div>6:45 Famous September Birthdays Word Search</div>   | <div>9:00 News Hour 6</div> <div>10:00 Strength and Balance</div> <div>11:00 Welcome Committee Meeting</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Movie Matinee</div> <div>3:30 Beachball Volleyball</div> <div>6:45 Relax and Chat with Friends</div>   | <div>9:00 News Hour 7</div> <div>10:00 Strength and Balance</div> <div>11:00 Guitar Music with Duane Nickerson</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Bingo</div> <div>3:00 Piano Music with Masanobu Ikemiya</div> <div>6:45 Scrabble</div>      |
| <div>Patriotic Day 8</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>10:30 Grandparents Day Donut Social</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Holy Communion Service in the Chapel</div> <div>2:00 Hat Decorating</div> <div>3:00 Church of the Open Door Service</div> <div>6:45 Old-Time TV Shows</div> | <div>Pajama Day 9</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>10:30 Shopping: Walmart</div> <div>11:00 Crosswords</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Piano Music with Clayton Rogers</div> <div>3:00 Pajama Party</div> <div>6:45 Monday Night Movie</div>                  | <div>Hat Day 10</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Senior Zumba</div> <div>12:25 Dinner Table Fitness</div> <div>1:30 Heather’s General Store</div> <div>2:00 Pray the Rosary in the Chapel</div> <div>2:30 Squirt Gun Painting</div> <div>3:00 Music with Nostalgia Music Group</div> <div>6:45 Puzzles</div> | <div>PATRIOT DAY 11</div> <div>Hawaiian Day</div> <div>9:00 Shopping: Hannaford</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Mandala Art Coloring</div> <div>3:00 Arm Chair Travels</div> <div>5:30 Family Night Supper!</div> | <div>Superhero Day 12</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Cooking with Chef Todd</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Resident Meeting</div> <div>2:30 Photobooth Fun</div> <div>3:30 Music with Fred and Deb</div> <div>6:45 Billiards</div> | <div>Sports Day 13</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Friday the 13th Superstitions</div> <div>11:30 Fun with Your Shadow</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Magazine Scavenger Hunt</div> <div>3:00 Ring Toss</div> <div>6:45 Relax and Chat with Friends</div> | <div>Mismatch Day 14</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Big Pin Bowling</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Bingo</div> <div>3:30 Cut Coupons for Overseas Troops</div> <div>6:45 Scrabble</div> |
| <div>9:00 Catholic Mass in the Chapel 15</div> <div>10:00 Strength and Balance</div> <div>11:00 Trip to the Farmers’ Market</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Holy Communion Service in the Chapel</div> <div>3:00 Winterberry Church Service with Pastor Steve</div> <div>6:45 Old-Time TV Shows</div>   | <div>9:00 News Hour 16</div> <div>10:00 Strength and Balance</div> <div>10:30 Shopping: Walmart</div> <div>10:30 Checkers</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Manicures</div> <div>3:00 Scenic Bus Ride</div> <div>6:45 Monday Night Movie</div>  | <div>9:00 News Hour 17</div> <div>10:00 Strength and Balance</div> <div>11:00 Senior Zumba</div> <div>12:25 Dinner Table Fitness</div> <div>1:30 Heather’s General Store</div> <div>2:00 Pray the Rosary in the Chapel</div> <div>3:00 Music with Ken Griffiths</div> <div>6:45 Puzzles</div>  | <div>9:00 Shopping: Hannaford 18</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Trip to Treworgy’s Orchard</div> <div>4:00 Penny’s Chorus Practice</div> <div>6:45 Billiards</div>   | <div>9:00 News Hour 19</div> <div>10:00 Strength and Balance</div> <div>10:30 Gospel Music with Doug Rodgerson</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Scrabble</div> <div>3:30 Beach Ball Volleyball</div> <div>6:45 Cribbage</div>  | <div>9:00 News Hour 20</div> <div>10:00 Strength and Balance</div> <div>11:00 Word Scrambles</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Dice Fitness</div> <div>3:00 Pictionary</div> <div>6:45 Relax and Chat with Friends</div>  | <div>9:00 News Hour 21</div> <div>10:00 Strength and Balance</div> <div>11:00 Bring and Brag</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Bingo</div> <div>3:30 Music with Chris Heard</div> <div>6:45 Scrabble</div>                                   |
| <div>9:00 Catholic Mass in the Chapel 22</div> <div>10:00 Strength and Balance</div> <div>11:00 Crosswords</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Holy Communion Service in the Chapel</div> <div>3:00 Church of the Open Door Service</div> <div>6:45 Old-Time TV Shows</div>   | <div>AUTUMN BEGINS 23</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>10:30 Shopping: Walmart</div> <div>11:00 Autumn Word Search</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Piano Music with Clayton Rogers</div> <div>3:00 Oktoberfest Party</div> <div>6:45 Monday Night Movie</div> | <div>9:00 News Hour 24</div> <div>10:00 Strength and Balance</div> <div>11:00 Senior Zumba</div> <div>12:25 Dinner Table Fitness</div> <div>1:30 Heather’s General Store</div> <div>2:00 Pray the Rosary in the Chapel</div> <div>3:00 Left, Right, Center Game</div> <div>6:45 Puzzles</div>  | <div>9:00 Shopping: Hannaford 25</div> <div>9:00 News Hour</div> <div>10:00 Strength and Balance</div> <div>11:00 Bingo</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 I Love Lucy Comedy</div> <div>3:00 Music with Stephanie Erb</div> <div>6:45 Billiards</div>  | <div>9:00 News Hour 26</div> <div>10:00 Strength and Balance</div> <div>11:00 Meeting with Chef Todd</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Craft Hour</div> <div>3:00 Scrabble</div> <div>6:45 Word Search</div>  | <div>9:00 News Hour 27</div> <div>10:00 Strength and Balance</div> <div>11:00 Mad Lib Stories</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Brain Drain Game</div> <div>3:00 Swatterball</div> <div>6:45 Relax and Chat with Friends</div>  | <div>9:00 News Hour 28</div> <div>10:00 Strength and Balance</div> <div>11:00 Putt Putt Golf</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Bingo</div> <div>3:30 Trivia</div> <div>6:45 Scrabble</div>   |
| <div>ROSH HASHANAH BEGINS AT SUNSET 29</div> <div>9:00 Catholic Mass in the Chapel</div> <div>10:00 Strength and Balance</div> <div>11:00 Checkers</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Holy Communion Service in the Chapel</div> <div>3:00 Winterberry Church Service with Pastor Steve</div> <div>6:45 Old-Time TV Shows</div>                      | <div>9:00 News Hour 30</div> <div>10:00 Strength and Balance</div> <div>10:30 Shopping: Walmart</div> <div>11:00 Puzzles</div> <div>12:25 Dinner Table Fitness</div> <div>2:00 Manicures</div> <div>3:00 September Birthday Celebration</div> <div>6:45 Monday Night Movie</div>  |  |  |   |   |  |



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Birthday  
Lucille Veilleux, 22nd

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”  
—Marilyn vos Savant

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|---|---|---|---|
| <div>1</div> <div>LABOR DAY</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:30 Snack Social</div> <div>3:30 Puzzles</div> <div>6:00 Movie</div>  | <div>2</div> <div>10:00 Fun with Fitness</div> <div>10:30 Art Hour</div> <div>2:30 Snack Social</div> <div>4:00 Current Events</div> <div>6:00 Movie</div>   | <div>3</div> <div>10:00 Beachball Fitness</div> <div>11:00 Senior Zumba</div> <div>2:30 Snack Social</div> <div>4:00 Make Paper Bag Luminaries</div> <div>6:00 Movie</div>         | <div>4</div> <div>9:00 Drumming Exercise</div> <div>10:15 Scenic Bus Ride</div> <div>2:30 Snack Social</div> <div>4:00 Read Peter Rabbit</div> <div>6:00 Movie</div>                | <div>5</div> <div>10:00 Weights and Stretches</div> <div>11:00 Cooking Corner</div> <div>1:30 Hand and Nail Care</div> <div>2:30 Snack Social</div> <div>3:00 Music with Jim Moffitt</div> <div>6:00 Movie</div>                              | <div>6</div> <div>10:00 Chair Fitness</div> <div>11:00 Wiggin' Out</div> <div>2:30 Snack Social</div> <div>4:00 Simon Says</div> <div>6:00 Movie</div>          | <div>7</div> <div>10:00 Fun with Fitness</div> <div>11:00 Guitar Music with Duane Nickerson</div> <div>2:30 Snack Social</div> <div>3:00 Piano Music with Masanobu Ikemiya</div> <div>4:00 Bingo!</div> <div>6:00 Movie</div> |
| <div>8</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:30 Snack Social</div> <div>3:30 Word Search Puzzles</div> <div>6:00 Movie</div>   | <div>9</div> <div>10:00 Fun with Fitness</div> <div>10:30 Art Hour</div> <div>2:00 Piano Music with Clayton Rogers</div> <div>2:30 Snack Social</div> <div>4:00 Current Events</div> <div>6:00 Movie</div>                           | <div>10</div> <div>10:00 Beachball Fitness</div> <div>11:00 Senior Zumba</div> <div>2:30 Snack Social</div> <div>3:00 Music with Nostalgia Music Group</div> <div>6:00 Movie</div> | <div>11</div> <div>PATRIOT DAY</div> <div>9:00 Drumming Exercise</div> <div>10:15 Scenic Bus Ride</div> <div>2:30 Snack Social</div> <div>4:00 Pop Quiz</div> <div>6:00 Movie</div> | <div>12</div> <div>10:00 Weights and Stretches</div> <div>10:30 Cooking Corner (Lemon-Apricot Fruit Pops)</div> <div>1:30 Hand and Nail Care</div> <div>2:30 Snack Social</div> <div>3:30 Music with Fred and Deb</div> <div>6:00 Movie</div> | <div>13</div> <div>10:00 Chair Fitness</div> <div>11:00 Guess the Phobia</div> <div>2:30 Snack Social</div> <div>4:00 Knockout</div> <div>6:00 Movie</div>      | <div>14</div> <div>10:00 Fun with Fitness</div> <div>11:00 Name That Tootsie Roll</div> <div>2:30 Snack Social</div> <div>4:00 Bingo!</div> <div>6:00 Movie</div>   |
| <div>15</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:30 Snack Social</div> <div>3:30 Puzzles</div> <div>6:00 Movie</div>  | <div>16</div> <div>10:00 Fun with Fitness</div> <div>10:30 Art Hour</div> <div>2:30 Snack Social</div> <div>4:00 Current Events</div> <div>6:00 Movie</div>  | <div>17</div> <div>10:00 Beachball Fitness</div> <div>11:00 Senior Zumba</div> <div>2:30 Snack Social</div> <div>3:00 Music with Ken Griffiths</div> <div>6:00 Movie</div>         | <div>18</div> <div>9:00 Drumming Exercise</div> <div>10:15 Scenic Bus Ride</div> <div>2:30 Snack Social</div> <div>4:00 Roll Call</div> <div>6:00 Movie</div>                       | <div>19</div> <div>10:00 Weights and Stretches</div> <div>10:30 Gospel Music with Doug Rodgerson</div> <div>1:30 Hand and Nail Care</div> <div>2:30 Snack Social</div> <div>6:00 Movie</div>  | <div>20</div> <div>10:00 Chair Fitness</div> <div>11:00 Poetry Reading</div> <div>2:30 Snack Social</div> <div>4:00 Make Applesauce</div> <div>6:00 Movie</div> | <div>21</div> <div>10:00 Fun with Fitness</div> <div>2:30 Snack Social</div> <div>3:30 Music with Chris Heard</div> <div>4:00 Bingo!</div> <div>6:00 Movie</div>  |
| <div>22</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:30 Snack Social</div> <div>3:30 Word Search Puzzles</div> <div>6:00 Movie</div> <div></div> | <div>23</div> <div>AUTUMN BEGINS</div> <div>10:00 Fun with Fitness</div> <div>10:30 Art Hour</div> <div>2:00 Piano Music with Clayton Rogers</div> <div>2:30 Snack Social</div> <div>4:00 Current Events</div> <div>6:00 Movie</div> | <div>24</div> <div>10:00 Beachball Fitness</div> <div>11:00 Senior Zumba</div> <div>2:30 Snack Social</div> <div>4:00 National Monuments</div> <div>6:00 Movie</div>               | <div>25</div> <div>9:00 Drumming Exercise</div> <div>10:15 Scenic Bus Ride</div> <div>2:30 Snack Social</div> <div>3:00 Music with Stephanie Erb</div> <div>6:00 Movie</div>        | <div>26</div> <div>10:00 Weights and Stretches</div> <div>11:00 Cooking Corner (PBJ Stix)</div> <div>1:30 Hand and Nail Care</div> <div>2:30 Snack Social</div> <div>4:00 Scensory Challenge</div> <div>6:00 Movie</div>                      | <div>27</div> <div>10:00 Chair Fitness</div> <div>11:00 Oceans of Lotions</div> <div>2:30 Snack Social</div> <div>4:00 Nature Walk</div> <div>6:00 Movie</div>  | <div>28</div> <div>10:00 Fun with Fitness</div> <div>11:00 Plant Bulbs</div> <div>2:30 Snack Social</div> <div>4:00 Bingo!</div> <div>6:00 Movie</div>  |
| <div>29</div> <div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>10:00 Move to the Music</div> <div>11:00 Hymn Singalong</div> <div>2:30 Snack Social</div> <div>4:00 Scavenger Hunt</div> <div>6:00 Movie</div>   | <div>30</div> <div>10:00 Fun with Fitness</div> <div>10:30 Art Hour</div> <div>2:30 Snack Social</div> <div>4:00 Current Events</div> <div>6:00 Movie</div>  |   |   |   |   |   |