

# September 2019 Life Enrichment Calendar

Life enrichment program may alter as residents’ needs and choices change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Walkers Club (G) 10:30 Catholic Eucharistic Service(T) <b>1:30 Brain Games: <i>Positive Thinking &amp; Scams (T)</i></b> 2:30 Pet Therapy Visit 4:00 Weddington UMC Worship & Communion Service (T) 7:00 Movie (T)	<b>Labor Day 2</b> <b>10:00 Outing: Publix</b> 10:30 Craft (H) 2:00 Group Fitness (F) 3:00 Trivia (H) 7:00 Movie (T)	<b>9:00 Outing: CVS 3</b> 10:00 Strength Class (F) 10:30 Bible Study (H) <b>1:00 Watch: <i>Dogs, Episode 1 (T)</i></b> 2:00 Chair Yoga (T) 2:00 Arts & Crafts: Beading (H) 2:30 Pet Therapy with Britan 3:00 Small Group Fitness (F) <b>3:30 Finish the Lyric (H)</b> 4:00 Balance Class (F) 7:00 Movie (T)	<b>National Price is Right Day! 4</b> 10:00 Cardio Class (F) <b>10:30 The Price is Right (H)</b> 1:30 Card Games (G) 2:00 Stretch & Flexibility (F) 2:00 Cooking Class: Cinnamon Cranberry Oat Bars (H) 3:00 Group Walking (F) <b>3:00 Concert with David Jennings(B)</b> 4:00 Corn Hole (F) 7:00 Movie (T)	<b>10:00 Strength Class (F) 5</b> 10:30 Gardening and Puzzles (C) <b>1:00 Watch: <i>Dogs, Episode 1 (T)</i></b> 2:00 Chair Yoga (T) <b>2:30 Men’s Club with Kevin (G)</b> <b>2:30 Operation Gratitude (H)</b> 3:00 Balance (F) <b>3:30 Therapy Thursday: Relaxation, Tea, Aromatherapy and Sunshine(C)</b> 4:00 Small Group Fitness (F) 7:00 Movie (T)	<b>10:00 Cardio Class (F) 6</b> <b>10:15 Outing: Charlotte Greek Festival</b> 10:30 BINGO (H) 1:30 Card Games (G) 2:00 Spelling Bee (H) 2:00 Stretch and Flexibility (F) 3:00 Group Walking (F) <b>3:00 Happy Hour &amp; Concert with Patrick Hudson (B)</b> 4:00 Fun Fitness Friday (F) 7:00 Movie (T)	<b>7</b> 10:00 Music BINGO (H)  1:45 Movie Matinee (T)  2:00 Group Crossword (H)  3:00 Table Top Games (G)  7:00 Movie (T)
<b>Grandparent’s Day 8</b> 10:00 Walkers Club (G) 10:30 Catholic Eucharistic Service(T) <b>11:30 Grandparent’s Day Lunch</b> 1:00 NFL Sunday Game (G) <b>1:30 Grandparents Day Ice Cream Social (H)</b> 2:30 Pet Therapy Visit 4:00 Weddington UMC Worship & Communion Service (T) 7:00 Movie (T)	<b>10:00 Outing: Bank &amp; Post Office 9</b> 10:00 Cardio Class (F) <b>10:30 Devotion with Jim Stump (T)</b> <b>11:30 Men’s Lunch with Tony (PD)</b> 2:00 Relaxation Meditation (F) <b>2:00 Outing: Harris Teeter</b> 3:00 Stretch and Flexibility (F) 3:30 Cranium Crunches (H) 4:00 Group Walking (F) <b>5:30 Name That Tune (B)</b> 7:00 Movie (T)	<b>9:00 Outing: CVS 10</b> 10:00 Strength Class (F) 10:30 Bible Study (H) <b>1:00 Watch: <i>Dogs, Episode (2)</i></b> 2:00 Chair Yoga (T) <b>2:00 Arts &amp; Crafts: Mason Jar Flower Canvas (H)</b> 2:30 Pet Therapy with Britan 3:00 Small Group Fitness (F) 3:30 Music BINGO (H) 4:00 Balance Class (F) 7:00 Movie (T)	<b>11</b> 10:00 Cardio Class (F) 10:30 Giant Crossword (H) <b>11:30 Lunch with Rev. Briggs (B)</b> 2:00 Stretch & Flexibility (F) 2:00 Cooking Class: Creamy Spinach Phyllo Rolls (H) 3:00 Group Walking (F) <b>3:00 Concert with Ethan (B)</b> 4:00 Corn Hole (F) <b>4:00 Dinner Outing: Chuy’s</b> 7:00 Movie (T)	<b>National Chocolate Milkshake Day 12</b>  <b>10:00-1:00 We will be having a Car Show—come check out the vintage cars!</b>  <b>1:00 Watch: <i>Dogs, Episode 2 (T)</i></b> 2:00 Chair Yoga (T) <b>2:30 Chocolate Milkshake Social (G)</b> 3:00 Balance (F) <b>3:30 Therapy Thursday: Relaxation, Tea, Aromatherapy and Sunshine(C)</b> 4:00 Small Group Fitness (F) 7:00 Movie (T)	<b>9:00 Outing: Target 13</b> 10:00 Cardio Class (F) 10:30 BINGO (H) <b>11:15 Outing: Mellow Mushroom</b> 1:30 Card Games (G) 2:00 Stretch and Flexibility (F) 2:00 Spelling Bee (H) 3:00 Group Walking (F) <b>3:00 Happy Hour &amp; Concert with Carol Wood (B)</b> 4:00 Fun Fitness Friday (F) 7:00 Movie (T)	<b>14</b> 9:30 Stretch (F)  10:00 Music BINGO (H)  1:45 Movie Matinee (T)  2:00 Group Crossword (H)  3:00 Table Top Games (G)  7:00 Movie (T)
<b>15</b> 10:00 Walkers Club (G) 10:30 Catholic Eucharistic Service (T) 1:00 NFL Sunday Game (G) <b>1:30 Brain Games: <i>Sleep &amp; Perspective (T)</i></b> 2:30 Pet Therapy Visit 4:00 Weddington UMC Worship & Communion Service (T) 7:00 Movie (T)	<b>9:45 Outing: Observation Flight Deck 16</b> 10:00 Cardio Class (F) <b>10:30 Metropolitan Music Ministries(B)</b> <b>2:00 Outing: Dollar Store</b> 2:00 Relaxation Meditation (F) <b>2:30 Musical Matinee: La La Land</b> 3:00 Stretch and Flexibility (F) 3:30 Cranium Crunches (H) 4:00 Group Walking (F) 7:00 Movie (T)	<b>9:00 Outing: CVS 17</b> 10:00 Strength Class (F) 10:30 Bible Study (H) <b>1:00 Watch: <i>Dogs, Episode 3 (T)</i></b> 2:00 Chair Yoga (T) 2:00 Arts & Crafts: Beading (H) 2:30 Pet Therapy with Britan 3:00 Small Group Fitness (F) <b>3:00 In Good Company Grief Group(IL)</b> <b>3:30 Finish the Lyric (H)</b> 4:00 Balance Class (F) <b>5:00 September Birthday Dinner (B)</b> 7:00 Movie (T)	<b>18</b> 10:00 Cardio Class (F) <b>10:30 Culinary Meeting (B)</b> <b>1:30 Life Enrichment Meeting (H)</b> 2:00 Stretch & Flexibility (F) <b>2:00 Candy Creations</b> 3:00 Group Walking (F) <b>3:30 Concert: Pete Melrose (B)</b> 4:00 Resistance Chair Training (F) <b>5:30 Music Bingo (H)</b> 7:00 Movie (T)	<b>19</b> <b>10:00 Resident Council (H)</b> <b>11:15 Catholic Mass (T)</b> <b>1:00 Watch: <i>Dogs, Episode 3 (T)</i></b> 2:00 Chair Yoga (T) <b>2:00 Presentation with Rosanne “Songbirds Part 2: Popular Female Singers of the 50s” (H)</b> 3:00 Balance (F) <b>3:30 Therapy Thursday: Relaxation, Tea, Aromatherapy and Sunshine(C)</b> 4:00 Small Group Fitness (F) 7:00 Movie (T)	<b>9:00 Outing: Whole Foods 20</b> 10:00 Cardio Class (F) 10:30 BINGO (H) <b>11:00 Queen’s Landing Boat Tour</b> 1:30 Card Games (G) 2:00 Stretch and Flexibility (F) 2:00 Spelling Bee (H) 3:00 Group Walking (F) <b>3:00 Happy Hour &amp; Concert with Jodi Watson (B)</b> 4:00 Fun Fitness Friday (F) 7:00 Movie (T)	<b>21</b> 9:30 Stretch (F)  10:00 Music BINGO (H)  1:45 Movie Matinee (T)  2:00 Group Crossword (H)  3:00 Table Top Games (G)  7:00 Movie (T)
<b>22</b> 10:00 Walkers Club (G) 10:30 Catholic Eucharistic Service(T) 1:00 NFL Sunday Game (G) <b>1:30 Brain Games: <i>Animal vs Human &amp; Imagination (T)</i></b> 2:30 Pet Therapy Visit 4:00 Weddington UMC Worship & Communion Service (T) 7:00 Movie (T)	<b>First Day of Fall 23</b> <b>10:00 Outing: Bank &amp; Post Office</b> 10:00 Cardio Class (F) 10:30 Trivia & Riddles 2:00 Relaxation Meditation (F) <b>2:30 Cranium Crunches (H)</b> 3:00 Stretch and Flexibility (F) <b>3:30 Women’s Social (B)</b> 4:00 Group Walking (F) <b>5:30 Name That Tune (B)</b> 7:00 Movie (T)	<b>9:00 Outing: CVS 24</b> 10:00 Strength Class (F) 10:30 Bible Study (H) <b>1:00 Watch: <i>Dogs, Episode 4 (T)</i></b> 2:00 Chair Yoga (T) <b>2:30 Bayada Health Chat: Cholesterol Health &amp; Staying Active (H)</b> 2:30 Pet Therapy with Britan 3:00 Small Group Fitness (F) 3:30 Music BINGO (H) 4:00 Balance Class (F) 7:00 Movie (T)	<b>25</b> 10:00 Cardio Class (F) <b>10:30 Concert with Jeff Whittington (B)</b> 2:00 Stretch & Flexibility (F) 2:00 Cooking Class: Marshmallow Caramel Oreo S’more Bars (H) 3:00 Group Walking (F) <b>3:30 Arm Chair Travel to Peru with Alyssa (H)</b> 4:00 Resistance Chair Training (F) <b>5:30 Wine Down Wednesday and Homemade Body Scrubs (H)</b> 7:00 Movie (T)	<b>26</b> 10:00 Strength Class (F) <b>10:30 Coffee, Donuts &amp; Creative Coloring (H)</b> 10:30 Pet Therapy with Delilah <b>1:00 Watch: <i>Dogs, Episode 4 (T)</i></b> 2:00 Chair Yoga (T) <b>2:30 Oktoberfest Social (B)</b> <b>2:30 Men’s Club with Kevin (G)</b> 3:00 Balance (F) <b>3:30 Therapy Thursday: Relaxation, Tea, Aromatherapy and Sunshine(C)</b> 4:00 Small Group Fitness (F) 7:00 Movie (T)	<b>9:00 Outing: Stein Mart 27</b> 10:00 Cardio Class (F) 10:30 BINGO (H) <b>11:30 High Holidays (IL)</b> <b>11:30 Outing: Duckworth’s</b> 2:00 Stretch and Flexibility (F) 2:00 Spelling Bee (H) 3:00 Group Walking (F) <b>3:00 Happy Hour &amp; Concert with Jennifer Remien (B)</b> 4:00 Fun Fitness Friday (F) 7:00 Movie (T)	<b>28</b> 9:30 Stretch (F)  10:00 Music BINGO (H)  1:45 Movie Matinee (T)  2:00 Group Crossword (H)  3:00 Table Top Games (G)  7:00 Movie (T)
<b>29</b> 10:00 Walkers Club (G) 10:30 Catholic Eucharistic Service(T) 1:00 NFL Sunday Game (G) <b>1:30 Brain Games: <i>Meet the Brain &amp; The God Brain (T)</i></b> 4:00 Weddington UMC Worship & Communion Service (T) 7:00 Movie (T)	<b>30</b> <b>9:30 Outing: Duke Mansion Garden</b> 10:00 Cardio Class (F) 10:30 Trivia & Riddles (H) <b>2:00 Movie Matinee: Yours, Mine, and Ours (T)</b> 2:00 Relaxation Meditation (F) <b>2:00 Outing: Publix</b> 3:00 Stretch and Flexibility (F) 3:30 Cranium Crunches (H) 4:00 Group Walking (F) 7:00 Movie (T)			<b>September Birthdays!</b> Glenna E.....September 6 <sup>th</sup> ! Allen S.....September 6 <sup>th</sup> ! Pauline O..... September 10 <sup>th</sup> ! Bessie H.....September 15 <sup>th</sup> ! Shirley S.....September 19 <sup>th</sup> ! Margaret S.....September 26 <sup>th</sup> !  	<b>Life Enrichment Programs Will Last 45-50 Minutes When Not Specified.</b>	<u>Location Key:</u> Game Room: (G) Fitness Center: (F) Upstairs Parlor: (U) Theatre: (T) Private Dining Room: (PD) Dining Room: (D) Bistro: (B) Parking Lot: (PL) Hobby Room: (H) Courtyard: (C)

## New and Special Events:

### Classic Car Show

Join us this month for our Car Show on September 12<sup>th</sup> from 10am-1pm. We will have lots of cars lined up in our parking lot for us to walk around and even look inside. We hope that we see some cars that may bring back some fond memories!

### Armchair Travel to Peru

Alyssa had the opportunity to travel to Peru this summer right after graduation. She took beautiful pictures and has some great stories and facts to share with all of you. Come to the hobby room to travel through her visit with her!

### Queen's Landing Boat Tour

What's better than cruising Lake Norman on a river boat while having lunch? Take in the beautiful autumn weather as we dine on the "Catawba Queen" of Lake Norman. Please ask Ashley or Alyssa if you have any questions!

### Duke Mansion Gardens

Now that the weather will start to cool off, we can enjoy some outdoor time at the Duke Mansion. Nestled away in the Queens neighborhood of Charlotte, the historic site is now a bed and breakfast with beautiful gardens for us to explore. Don't forget to bring your camera!

### September Outings

Keep an eye out for tons of fun and exciting outings this September, including:

- Charlotte Greek Festival
- Mellow Mushroom
- Queen's Landing Boat Tour
- Duckworth's
- Movie Outing
- Harris Teeter
- Dollar Store
- Publix
- Observation Flight Deck
- Duke Mansion Garden

*And many more!*

## Creativity Corner

Join us for our August Creativity Classes, including:

- Beading
- Mason Jar Flower Canvas
- Homemade Body Scrubs



## Entertainers

This month's special musical performances include:

*David Jennings*

*Patrick Hudson*

*Melodic Minors*

*Metropolitan Music Ministries*

*Pete Melrose*

*Jodi Watson*

*Carol Wood*

*John Lewis*

*Jennifer Remien*

*Ethan Uslan*

## Cooking Class

This month's cooking creations include:

September 4<sup>th</sup>:

*Cinnamon Cranberry Oat Bars*

September 11<sup>th</sup>:

*Creamy Spinach Phyllo Rolls*

September 18<sup>th</sup>:

*Candy Creations*

September 25<sup>th</sup>:

*Marshmallow Caramel Oreo S'more Bars*



# Life Enrichment Calendar

## September 2019

## Assisted Living

