

September 2020– Keystone Cedars Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Angi/Shawna 9:45 Trivia– AR 10:30 Chair Yoga– AR 1:30 Apple Tasting-AR 2:00 Walking Group– L 3:30 UNO– AR	2 Angi/Shawna 9:00 I AM FIT– AR 10:15 Sing A Long– AR 2:00 BINGO– DR 3:00 BINGO– DR	3 Angi/Tasha 9:30 Stretch & Flex– AR 10:15 Brain Boosters– AR 2:00 Walking Group– L 3:30 Music w/ Cathy– AR	4 Angi/Haley 9:00 I AM FIT– AR 10:15 “The Price is Right” 1:30 What’s your Heritage 2:30 Happy Hour	5 Shawna 9:30 Chair Yoga– AR 10:15 BINGO– AR 11:15 BINGO– AR
6	7 LABOR DAY Jo/Angi 9:30 Stretch and Flex 10:30 Yard Games Picnic Style Lunch	8 Angi/Shawna 9:00 “Who is Johnny Appleseed?”- AR 10:30 Chair Yoga– AR 2:00 Walking Group—L	9 Angi/Shawna 9:00 I AM FIT– AR 10:15 Women’s Coffee Chat 2:00 BINGO– DR 3:00 BINGO—DR	10 Angi/Tasha 9:15 CR Hearing Center 9:30 Stretch & Flex– AR 10:15 Brain Boosters –AR 2:00 Walking Group– L	11 Angi/Haley 9:00 I AM FIT– AR 10:15 Door Sign Step 1 1:30 MUSIC: Mike Williams -CY 2:30 Happy Hour	12 Jo 9:30 Chair Yoga– AR 10:15 BINGO– AR 11:15 BINGO– AR
13	14 Angi/Haley 9:00 I AM FIT– AR 10:15 Men’s Coffee Chat 1:30 What is in your purse 3:00 Snacks at the Pond	15 Angi/Shawna 9:30 Popular Baby Names 10:30 Chair Yoga– AR 2:00 Walking Group– L 2:00 BINGO– DR 3:00 BINGO—DR	16 Angi/Shawna 9:00 I AM FIT– AR 10:00 GO Fish 1:15 Fire Drill 2:30 La La Ladies—CY	17 Angi/Tasha 9:30 Stretch & Flex– AR 10:15 Brain Boosters-AR 2:00 Walking Group– L	18 Angi/Haley 9:00 I AM FIT– AR 10:15 Door Sign Step 2 1:30 This Day in History 2:30 Happy Hour	19 Haley 9:30 Chair Yoga– AR 10:15 BINGO– AR 11:15 BINGO– AR
20	21 Angi/Haley 9:00 I AM FIT– AR 10:15 Homemade Bread 1:30 Faces & Places 3:00 Bean Bag Toss	22 Angi/Shawna 9:30 Nature Walk 10:30 Chair Yoga– AR 1:30 Scarecrow Craft– AR 3:00 Kickball– AR	23 Angi/Shawna 9:00 I AM FIT– AR 10:15 Design Coffee Mugs 2:00 BINGO– DR 3:00 BINGO– DR	24 Angi/Tasha 9:30 Stretch & Flex – AR 10:15 Brain Boosters –AR 2:00 Walking Group– L 2:30 Popcorn Cart	25 Angi/Haley 9:00 I AM FIT– AR 10:15 Manicures & Hand Massages 1:30 Poems & Riddles 2:30 Happy Hour	26 Tasha 9:30 Chair Yoga– AR 10:15 BINGO– AR 11:15 BINGO– AR
27	28 Angi/Haley 9:00 I AM FIT – AR 10:15 Make Necklaces 1:30 Horseshoes 3:00 Sing A Long	29 Angi/Shawna 9:00 “I Spy” 10:30 Chair Yoga– AR 1:30 4 pics 1 word 2:30 Nachos Door to Door	30 Angi/Shawna 9:00 I AM FIT– AR 10:15 Magazine Collage 2:00 BINGO– DR 3:00 BINGO– DR			