

September 2020– Keystone Place Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Angi/Jo 9:30 Chair Yoga– AR 10:00 Chair Yoga Video 1:00 Suncatchers– AR 2:15 Suncatchers– AR	2 Angi/Jo 10-11:30 Rummikub– AR 10:15 Walking Group 1:00 Brain Boosters 2:00/2:45 I AM FIT– AR	3 Angi/Jo 10:00 Chair Yoga Video 10:30 Chair Yoga– AR 1:30-3:15 BINGO– AR	4 Angi/Jo/Tasha 10:00 Message from Jerry 10:15 Walking Group 1-2:30 Meet w/ Jo 2:00 I AM FIT – AR 3:00 HAPPY HOUR– CY	5 10:30 Chair Yoga– AR 1:30 Movie and Popcorn
6	7 LABOR DAY	8 Angi/Jo 9:30 Chair Yoga– AR 10:00 Chair Yoga Video 1:30 Wii Bowling– AR 2:30 Wii Bowling– AR	9 Angi/Jo 10-11:30 Yahtzee– AR 10:15 Walking Group 1:00 Brain Boosters 2:00/2:45 I AM FIT– AR	10 Angi/Jo 9:30 Men’s Coffee– CY 10:30 CR Hearing Center-CH 10:30 Chair Yoga– AR 1:30-3:15 BINGO—AR	11 Angi/Jo/Tasha 10:00 Message from Jerry 10:15 Walking Group 1:00 Stitchin Sisters 2:00 I AM FIT– AR 3:00 HAPPY HOUR– CY	12 10:30 Chair Yoga– AR 1:30 Movie and Popcorn
13	14 Angi/Jo 10-11:15 Online Ordering Help– CH 10:15 Walking Group 1:30 Dolly Parton TED Talk 2:00/2:45 I AM FIT– AR	15 Angi/Jo 9:30 Chair Yoga– AR 10:00 Chair Yoga Video 1:30-3:15 BINGO– AR	16 Angi/Jo 10:00 Group Crossword-AR 10:15 Walking Group 1:00 Brain Boosters– AR 2:00/2:45 I AM FIT– AR	17 Angi/Jo 10:00 Chair Yoga Video 10:30 Chair Yoga– AR 1:30 Welcoming Social seating #1 2:30 Welcoming Social seating #2	18 Angi/Jo/Tasha 9:30 Center Piece Craft 10:45 Center Piece Craft 10:00 Message From Jerry 10:15 Walking Group 2:00 I AM FIT– AR 3:00 HAPPY HOUR– CY	19 10:30 Chair Yoga– AR 1:30 Movie and Popcorn
20	21 Angi/Jo 9-11 Meet w/ Jo 10:15 Walking Group 1:30 Submarine Tour 2:00/2:45 I AM FIT– AR	22 Angi/Jo 9:30 Chair Yoga– AR 10:00 Chair Yoga Video 1:30 Healthy Habits-AR 3:00 Healthy Habits– AR	23 Angi/Jo 10-11:30 Dominos-AR 10:15 Walking Group 1:00 Brain Boosters– AR 1:45 Fire Drill 2:00/2:45 I AM FIT– AR	24 Angi/Jo 9:30 Ladies Coffee– CY 10:30 Chair Yoga– AR 1:30-3:15 BINGO-AR	25 Angi/Jo/Tasha 10:00 Message from Jerry 10:15 Walking Group 1:00 Book Club 2:00 I AM FIT– AR 3:00 HAPPY HOUR– CY	26 10:30 Chair Yoga– AR 1:30 Movie and Popcorn
27	28 Angi/Jo 10:00 Stitchin Sisters– CH 10:15 Walking Group 2:00/2:45 I AM FIT– AR	29 Angi/Jo 9:30 Chair Yoga– AR 10:00 Chair Yoga Video 1:15 Appl e Tasting 2:15 Apple Tasting	30 Angi/Jo 10-11:30 Rummikub-AR 10:15 Walking Group 1:00 Brain Boosters– AR 2:00/2:45 I AM FIT– AR			