


# September 2020

## In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>Location Keys</b></p> <p>Activity area AA            Court Yard CY            Dining Room DR            Exercise Area EA            Outside O</p>		<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>1</b></p> <p>11:00 <b>LL</b> Taste and tell fresh fruit cups [AA]</p> <p>2:30 Tea and short stories</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>2</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:30 <b>LL</b> Music and Dancing with Ann VIA ZOOM</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>3</b></p> <p>11:00 <b>CE</b> September Science Project- Grass house</p> <p>2:00 <b>LL</b> This day in history discussion [AA]</p> <p>3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning coffee with Don [AA] <b>4</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:00 Root beer floats and tunes in the courtyard</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Old Time film Night [AA]</p>	<p>10:00 <b>AE</b> Morning walks around the block [O] <b>5</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 <b>AE</b> Creative Creations</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	
	<p>10:00 <b>PE</b> Sunday Funday [EA] <b>6</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 <b>AE</b> Baking with Madalyn [DR]</p> <p>3:30 tunes and games in the courtyard [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> evening film [AA]</p>	<p><b>Labor Day</b> <b>7</b></p> <p>10:00 <b>PE</b> Taste and Tell- Labor day dessert - Strawberry Pretzel salad [AA]</p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 <b>CE</b> Labor day documentary [AA]</p> <p>3:00 <b>AE</b> Paint and sip in the courtyard [CY]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 evening film [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>8</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 Karaoke Sing along [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>9</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:30 <b>LL</b> Music and Dancing with Ann VIA ZOOM</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>10</b></p> <p>11:00 <b>CE</b> Septemeber Science Project- Grass house</p> <p>2:00 <b>LL</b> This day in history discussion [AA]</p> <p>3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning coffee with Don [AA] <b>11</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:00 Mocktails and horse races [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Old Time film Night [AA]</p>	<p>10:00 <b>AE</b> Morning walks around the block [O] <b>12</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:00 <b>AE</b> Creative Creations</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>
	<p>10:00 <b>PE</b> Sunday Funday [EA] <b>13</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 <b>AE</b> Baking with Madalyn [DR]</p> <p>3:30 tunes and games in the courtyard [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> evening film [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>14</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 <b>AE</b> Paint and sip in the courtyard [CY]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 evening film [AA]</p>	<p>10:00 <b>CE</b> Taste and Tell [DR] <b>15</b></p> <p>11:00 <b>PE</b> Morning stroll around the block [O]</p> <p>2:00 <b>LL</b> This day in history discussion [AA]</p> <p>3:00 Karaoke Sing along</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>16</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:30 <b>LL</b> Music and Dancing with Ann VIA ZOOM</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>17</b></p> <p>11:00 <b>CE</b> Septemeber Science Project- Grass house</p> <p>2:00 <b>LL</b> This day in history discussion [AA]</p> <p>3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning coffee with Don [AA] <b>18</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 Kickball and tunes ( No hands allowed )</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Old Time film Night [AA]</p>	<p>10:00 <b>AE</b> Morning walks around the block [O] <b>19</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:00 <b>AE</b> Creative Creations</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>
	<p>10:00 <b>PE</b> Sunday Funday [EA] <b>20</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 <b>AE</b> Baking with Madalyn [DR]</p> <p>3:30 tunes and games in the courtyard [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> evening film [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>21</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 <b>AE</b> Paint and sip in the courtyard [CY]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 evening film [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>22</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 Karaoke Sing along [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>23</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:30 <b>LL</b> Music and Dancing with Ann VIA ZOOM</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>24</b></p> <p>11:00 <b>CE</b> Septemeber Science Project- Grass house [EA]</p> <p>2:00 <b>LL</b> This day in history discussion [AA]</p> <p>3:00 <b>LL</b> Music and Ice cream with Ward VIA ZOOM [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning coffee with Don [AA] <b>25</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 Root beer floats and go fish [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Old Time film Night [AA]</p>	<p>10:00 <b>AE</b> Morning walks around the block [O] <b>26</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary [AA]</p> <p>3:00 <b>AE</b> Creative Creations</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>
	<p>10:00 <b>PE</b> Sunday Funday [EA] <b>27</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 <b>AE</b> Baking with Madalyn [DR]</p> <p>3:30 tunes and games in the courtyard [AA]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> evening film [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>28</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:00 <b>AE</b> Paint and sip in the courtyard [CY]</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 evening film [AA]</p>	<p>10:00 <b>CE</b> Taste and Tell [DR] <b>29</b></p> <p>11:00 <b>PE</b> Morning stroll around the block [AA]</p> <p>2:00 <b>LL</b> This day in history discussion [AA]</p> <p>3:00 Karaoke Sing along</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p>10:00 <b>PE</b> Morning stroll around the block [AA] <b>30</b></p> <p>11:00 <b>LL</b> This day in history discussion [AA]</p> <p>2:00 Afternoon Documentary</p> <p>3:30 <b>LL</b> Music and Dancing with Ann VIA ZOOM</p> <p>4:00 <b>PE</b> yoga stretches [CY]</p> <p>6:00 <b>SS</b> Meditation moments [AA]</p> <p>6:30 <b>LL</b> Evening Movie [AA]</p>	<p><b>AE</b> Artistic Expression  <b>CE</b> Continuing Education  <b>LL</b> Lifestyle &amp; Leisure  <b>PE</b> Physical Engagement  <b>SS</b> Spiritual Support</p> <p>Healthy Snacks &amp; Hydration offered throughout each day!</p>		