










# September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <u>Salon Day</u> 10:30 Strength & Tone 1:30 Manicures 3:00 Brain Fitness 4:00 Autumn Garden Planning 5:00 Social Hour	2 <u>Full Moon</u> 10:30 Chair Yoga 1:15 Van Ride 3:00 Brain Fitness 5:00 Social Hour 	3 10:30 Strength & Tone 1:30 Manicures 3:00 Brain Fitness 4:15 Meditation 5:00 Social Hour	4 10:30 Chair Yoga 11:15 Tai Chi 1:15 Van Ride 3:00 Ceramics with Bruce 4:00 Fresh Flower Design 5:00 Wine & Chesse Social	5 11:15 Chair Yoga 1:30 Needle Work Group 3:00 Spinner 5:00 Social Hour
6 1:30 One on one Visits 3:00 Movie Matinee 5:00 Social Hour	7 <u>Labor Day</u> 10:30 Chair Yoga 11:15 Tai Chi 1:30 Needle Work Group 3:00 Crosswords 5:00 Social Hour	8 <u>Salon Day</u> 10:30 Strength & Tone 1:30 Manicures 3:00 Cooking Club 5:00 Taste of Autumn Social Hour	9 10:30 Book Club 1:15 Van Ride 3:00 Brain Fitness 4:15 Meditation 5:00 Social Hour	10 10:30 Strength & Tone 1:30 Manicures 3:00 Brain Fitness 4:15 Meditation 5:00 Social Hour	11 10:30 Chair Yoga 11:15 Tai Chi 1:15 Van Ride 3:00 Singalong with Kerry 5:00 Social Hour	12 11:15 Chair Yoga 1:30 Needle Work Group 3:00 Spinner 5:00 Social Hour
13 <u>Nat'l Grandparents Day</u> 1:30 One on One Visits 3:00 Movie Matinee 5:00 Social Hour 	14 10:30 Chair Yoga 11:15 Tai Chi 1:30 Needle Work Group 3:00 Crosswords 5:00 Social Hour 	15 <u>Salon Day</u> 10:30 Strength & Tone 1:30 Manicures 2:30 Writers Workshop 4:15 Meditation 5:00 Social Hour	16 10:30 Chair Yoga 1:15 Van Ride 3:00 Tea with Downton Abbey 5:00 Social Hour 	17 <u>New Moon</u> 10:30 Strength & Tone 1:30 Manicures 3:00 Brain Fitness 4:15 Meditation 5:00 Social Hour 	18 10:30 Chair Yoga 11:15 Tai Chi 1:15 Van Ride 3:00 Music with Samantha Moffatt 4:00 Fresh Flower Design	19 11:15 Chair Yoga 11-2 Fall Celebration Lunch & Activities 3:00 Spinner 5:00 Social Hour 
20 1:30 One on One Visits 3:00 Movie Matinee 5:00 Social Hour	21 10:30 Chair Yoga 11:15 Tai Chi 1:30 Needle Work Group 3:00 Crosswords 5:00 Social Hour	22 <u>First Day of Fall</u> <u>Salon Day</u> 10:30 Strength & Tone 1:30 Manicures 2:30 Acrylic Painting 5:00 Social Hour	23 10:30 Book Club 1:15 Van Ride 3:00 Tea with Downton Abbey 4:15 Meditation 5:00 Social Hour	24 10:30 Strength & Tone 1:30 Manicures 4:15 Meditation 5:00 Social Hour	25 10:30 Chair Yoga 11:15 Tai Chi 1:15 Van Ride 3:00 Brain Fitness 4:00 Fresh Flower Design 5:00 Social Hour	26 11:15 Chair Yoga 1:30 Needle Work Group 3:00 Spinner 5:00 Social Hour
27 1:30 One on One Visits 3:00 Movie Matinee 5:00 Social Hour 	28 10:30 Chair Yoga 11:15 Tai Chi 1:30 Needle Work Group 3:00 Crosswords 5:00 Social Hour 	29 <u>Salon Day</u> 10:30 Strength & Tone 11:15 Resident Council Meeting 1:30 Manicures 3:00 Fall Centerpiece Craft 5:00 Social Hour	30 10:30 Chair Yoga 1:15 Van Ride 3:00 Tea with Downton Abbey 4:15 Meditation 5:00 Social Hour 