

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key CR= Community Room DR= Dining Room FC= Fitness Center Facilitation Style L= Lead by Life Enrichment Coordinator I= Lead Independently		1 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:40 Discussion Cards (CR, I) 2:00-2:45 POKENO (CR, L) 3:00-3:45 Board Games (CR, L)	2 9:00- 9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Walking Club (FC, L) 1:00-1:45 Word Search (CR, I) 2:00-2:45 Craft/ Art (CR, L) 3:00-3:45 Hangman (CR, L)	3 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Yoga (FC, L) 1:00-1:45 Journaling (CR, I) 2:00-2:45 BINGO (CR, L) 3:00-3:45 Board Games (CR, I)	4 9:00-9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:45 Puzzle Time (CR, I) 2:00-2:45 Game: What Comes to Mind (CR, L) 3:00-3:45 Social Hour (CR, I)	5 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 Riddles (CR, L) 12:30-1:00 Creating a Cookbook (CR, I) 1:30- 2:00 Walking Club
6 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 BINGO (CR, L) 12:30-1:00 Brain Games (CR, I) 1:30- 2:00 Fitness Center	7 Live 2B Healthy canceled due to holiday 10:30- Hydration Station (DR, I) 11:30- Chair Yoga (FC, L) 12:30- Creative Coloring (CR, I) 1:30- Card Games (CR, L) Labor Day	8 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:40 Discussion Cards (CR, I) 2:00-2:45 POKENO (CR, L) 3:00-3:45 Board Games (CR, L)	9 Salon Day 9:00- 9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Walking Club (FC, L) 1:00-1:45 Word Search (CR, I) 2:00-2:45 Craft/ Art (CR, L) 3:00-3:45 Hangman (CR, L)	10 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Yoga (FC, L) 1:00-1:45 Journaling (CR, I) 2:00-2:45 BINGO (CR, L) 3:00-3:45 Board Games (CR, I)	11 9:00-9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:45 Puzzle Time (CR, I) 2:00-2:45 Game: What Comes to Mind (CR, L) 3:00-3:45 Social Hour, Beach Day Theme (CR, I)	12 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 Riddles (CR, L) 12:30-1:00 Creating a Cookbook (CR, I) 1:30- 2:00 Walking Club
13 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 BINGO (CR, L) 12:30-1:00 Brain Games (CR, I) 1:30- 2:00 Fitness Center Grandparents Day	14 9:00- Live 2B Healthy (FC, I) 10:00- Hydration Station (DR, I) 11:00- Chair Yoga (FC, L) 1:00- Creative Coloring (CR, I) 2:00- Card Games (CR, L) 3:00- Trivia (CR, L)	15 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:40 Discussion Cards (CR, I) 2:00-2:45 POKENO (CR, L) 3:00-3:45 Board Games (CR, L)	16 9:00- 9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Walking Club (FC, L) 1:00-1:45 Word Search (CR, I) 2:00-2:45 Craft/ Art (CR, L) 3:00-3:45 Hangman (CR, L)	17 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Yoga (FC, L) 1:00-1:45 Journaling (CR, I) 2:00-2:45 BINGO (CR, L) 3:00-3:45 Board Games (CR, I)	18 9:00-9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:45 Puzzle Time (CR, I) 2:00-2:45 Game: What Comes to Mind (CR, L) 3:00-3:45 Social Hour, Day at the Theatre (CR, I) Rosh Hashanah Begins	19 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 Riddles (CR, L) 12:30-1:00 Creating a Cookbook (CR, I) 1:30- 2:00 Walking Club Oktoberfest Begins
20 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 BINGO (CR, L) 12:30-1:00 Brain Games (CR, I) 1:30- 2:00 Fitness Center	21 9:00- Live 2B Healthy (FC, I) 10:00- Hydration Station (DR, I) 11:00- Chair Yoga (FC, L) 1:00- Creative Coloring (CR, I) 2:00- Card Games (CR, L) 3:00- Trivia (CR, L)	22 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:40 Discussion Cards (CR, I) 2:00-2:45 POKENO (CR, L) 3:00-3:45 Board Games (CR, L) Autumn Begins	23 Salon Day 9:00- 9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Walking Club (FC, L) 1:00-1:45 Word Search (CR, I) 2:00-2:45 Craft/ Art (CR, L) 3:00-3:45 Hangman (CR, L)	24 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Yoga (FC, L) 1:00-1:45 Food Committee (DR, I) 2:00-2:45 BINGO (CR, L) 3:00-3:45 Board Games (CR, I)	25 9:00-9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:45 Puzzle Time (CR, I) 2:00-2:45 Game: What Comes to Mind (CR, L) 3:00-3:45 Social Hour, September Birthday Party (CR, I)	26 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 Riddles (CR, L) 12:30-1:00 Creating a Cookbook (CR, I) 1:30- 2:00 Walking Club
27 10:30-11:00 Hydration Cart (DR, I) 11:30-12:00 BINGO (CR, L) 12:30-1:00 Brain Games (CR, I) 1:30- 2:00 Fitness Center Yom Kippur Begins	28 9:00- Live 2B Healthy 10:00- Hydration Station (DR, I) 11:00- Chair Yoga (FC, L) 1:00- Creative Coloring (CR, I) 2:00- Card Games (CR, L) 3:00- Trivia (CR, L)	29 9:00- 9:45 Live 2B Healthy (FC, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Chair Exercise (FC, L) 1:00-1:40 Discussion Cards (CR, I) 2:00-2:45 POKENO (CR, L) 3:00-3:45 Resident Meeting (CR)	30 9:00- 9:45 Discuss & Recall (CR, I) 10:00-10:30 Hydration Cart (DR, I) 11:00-11:45 Walking Club (FC, L) 1:00-1:45 Word Search (CR, I) 2:00-2:45 Craft/ Art (CR, L) 3:00-3:45 Hangman (CR, L)	<div> <div>September 2020</div> <div>Assisted and Independent Living</div> </div>		