


# September 2021

## In The Moment - Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Location Keys</b> Dining Room DR		<b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle & Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support	9:30 Art Therapy <b>1</b> 10:00 Snacks and Chats 11:15 <b>PE</b> Exercise 12:00 <b>Family Council</b> 2:00 <b>LL</b> Sewing Circle 6:00 Aromatherapy	9:00 Coffee and Crossword <b>2</b> 10:15 <b>SS</b> Trish's Spiritual Moments 11:15 Tap your Toes 1:30 Cards/Games 2:30 <b>Mike Entertains</b> 4:15 <b>PE</b> Sittercise 6:00 Games	9:00 <b>CE</b> Mind Joggers <b>3</b> 10:00 Snacks and Chats 11:15 Tap your Toes 1:00 Busy Hands 2:00 Artistic moments 3:30 Balloon Toss 6:00 <b>LL</b> Reminisce	9:30 <b>AE</b> Creative corner <b>4</b> 10:15 <b>CE</b> Story Time 1:00 Spa Time 2:30 Busy Hands 3:30 Sing-a-Long 6:30 <b>CE</b> Trivia
	9:30 Busy Hands <b>5</b> 10:00 Snacks and Chats 11:15 <b>PE</b> Light and Lively 1:00 Baking/Busy Hands 2:30 <b>AE</b> Artistic Moments 6:00 Evening Stroll	<b>Labor Day</b> <b>6</b> 10:30 <b>CE</b> Reading Round table 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 <b>CC</b> Alexi Entertains 3:45 Sittercise 6:00 Reminisce	9:30 <b>LL</b> Whistle while you work <b>7</b> 10:30 <b>CC</b> Service Project 11:30 <b>PE</b> Fitness Fun 1:00 Kitchen crafts 6:00 Finish the Phrase	9:00 Folding <b>8</b> 9:45 <b>CE</b> Taste and Tell 11:15 Sittercise 1:30 <b>Harp Music Therapy</b> 3:30 Rhythms & Motion 6:00 <b>LL</b> Movie Time	9:00 Puzzles <b>9</b> 10:15 <b>SS</b> Trish's Spiritual Moments 11:30 Let's move it! 1:30 Cards/Games 2:30 Word Games 6:00 Mind Joggers	9:30 Folding <b>10</b> 10:00 Snacks and Chats 11:15 <b>PE</b> Let's move it! 1:00 Puzzles 3:45 Fitness Fun 4:15 <b>AE</b> Sing-a-Long 6:30 <b>LL</b> Spa Time	9:30 <b>AE</b> Art fun <b>11</b> 10:15 <b>CE</b> Story Time 1:30 Kitchen Crafts 3:15 Busy Hands 4:00 Rhythm & Motion Games 6:30
	9:30 Art fun <b>12</b> 10:30 <b>SS</b> Mike & Friends 11:00 Sit and be Fit 1:00 Baking/Busy Hands 3:00 Reminisce Conversations 6:00 <b>LL</b> Games	9:00 Art Time <b>13</b> 9:30 Folding 10:30 <b>CE</b> Reading Round table 1:00 Spa Time 3:30 <b>CC</b> Alvin Entertains 4:15 Stretch and Flex 6:00 <b>CE</b> Arm Chair Travels	9:30 <b>CE</b> Positive Quotes <b>14</b> 10:00 Patio Snack time 10:30 Reading Roundtable 1:00 Desert Making [DR] 3:30 <b>AE</b> Sing-a-Long 6:00 Ball Toss	9:00 Artistic Moments <b>15</b> 9:45 Travel Talks 11:15 <b>PE</b> Flexible Stretch 2:00 <b>CC</b> Sewing Circle 3:30 Musical Moments 6:00 <b>CE</b> Finish the Phrase	9:00 Word games <b>16</b> 9:30 Artistic Moments 10:15 <b>SS</b> Trish's Spiritual Moments 1:30 Cards/Games 2:00 <b>CC</b> Mike Entertains 6:00 Tall Tales	9:00 Folding <b>17</b> 10:00 Snacks and Chats 1:00 <b>LL</b> Cooking Fun 3:00 Puzzles 4:00 <b>PE</b> Rhythms & Motion 6:00 Reminisce	9:30 <b>LL</b> Busy Hands <b>18</b> 10:15 <b>CE</b> Story Time 11:15 Silver Sneakers 1:00 Magazines 3:00 Snacks and Chats 4:00 <b>AE</b> Singing 6:30 Games
	9:30 Busy Hands <b>19</b> 10:00 Folding 11:00 <b>PE</b> Move and Groove 1:00 Baking/Busy Hands 3:00 <b>LL</b> Lemonade Time 4:00 Singing 6:00 Catch that Ball	9:00 Folding <b>20</b> 9:30 <b>AE</b> Artistic Moments 10:30 <b>CE</b> Reading Round table 1:00 Watercolors 2:30 <b>CC</b> Curt Entertains 3:30 <b>LL</b> Sing-a-Long 7:00 Snacks and Chats	9:30 <b>LL</b> Busy Hands <b>21</b> 10:00 Tea Time 10:30 <b>CC</b> Service Project 1:30 Spa Time 4:15 <b>PE</b> Tap your Toes 6:00 Hand Massages	9:00 Busy Hands <b>22</b> 9:45 <b>CE</b> Taste and Tell 10:00 Snacks and Chats 1:30 <b>Harp Music Therapy</b> 3:00 <b>LL</b> Birthday Bash 7:00 Snacks and Chats	9:00 Puzzles <b>23</b> 10:15 <b>SS</b> Trish's Spiritual Moments 1:00 <b>LL</b> Kitchen crafts 1:30 Cards/Games 4:00 Music Therapy 7:00 Conversations	9:30 Busy Hands <b>24</b> 10:00 Snacks and Chats 11:15 Fitness fun 1:00 <b>CE</b> Puzzle Perfect 3:30 <b>AE</b> Sing-a-Long 6:30 Matinee	9:30 Art fun <b>25</b> 10:15 <b>CE</b> Story Time 11:15 <b>PE</b> Stretch and Flex 1:00 <b>LL</b> Spa Time 3:30 Music Time 6:00 Matinee
	9:30 Art fun <b>26</b> 10:00 Coffee time 11:15 <b>PE</b> Light and Lively 1:00 Baking/Busy Hands 2:00 Puzzle Perfect 3:00 Reminisce Conversations 6:00 <b>CE</b> Finish the Phrase	9:00 Folding <b>27</b> 10:30 <b>CE</b> Reading Round table 11:15 Stretch and Flex 1:00 Craft Fun 2:30 <b>LL</b> Whistle while you work 3:30 Music Time 6:00 Evening Stroll	9:30 Puzzle Perfect <b>28</b> 10:30 Reading Roundtable 11:30 Tap your Toes 1:30 <b>CC</b> Animal Therapy 3:30 <b>AE</b> Musical Moments 6:00 Ball Toss	9:00 <b>CE</b> Word Games <b>29</b> 10:00 Snacks and Chats 11:00 <b>PE</b> Stretch and Flex 1:00 <b>Baking/Busy Hands</b> 3:30 Sing-a-Long 6:30 <b>LL</b> Reminisce	9:30 Busy Hands <b>30</b> 10:15 <b>SS</b> Trish's Spiritual Moments 1:30 Cards/Games 3:30 Artistic Moments 4:15 <b>PE</b> Simple Stretches 7:00 Tall Tales	Healthy Snacks & Hydration offered throughout each day!	