Forest Glen Health Campus
Life Enrichment - Assisted Living

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| A - Artisans<br>CC - Creative Cooking<br>GF - Gathering of Friends<br>I - Inspirations<br>JG - Just the Guys<br>K - Keeping it Sharp/Reminisce<br>L - Lifelong Learning<br>M - Music to My Ears<br>O - Out & About<br>S - Signature Events | V - Vitality | | **1**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **2**<br>O 9:00 Dollar Tree - Outing<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 2:30 Campus In Color - Courtyards | **3**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 3:30 Fungus Friday Happy Hour - ALDR | **4**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |
| **5**<br>I 9:30 Holy Catholic Communion- Library<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | **6** Labor Day<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>1:00 Chef's Circle - ALDR<br>K 1:15 Euchre w/ Bert- ALDR<br>S 1:30 Ice Cream Truck - AR | **7** Rosh Hashanah Begins<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>10:15 Inspired Living - AR<br>K 10:30 News and Coffee - AR<br>O 10:30 O'Charley's - Outing<br>A 2:30 Arts & Crafts- AR | **8**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **9**<br>O 9:00 Walmart - Outing<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 2:30 Campus In Color - Courtyards | **10**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 3:30 Wonderful Waffle Happy Hour - ALDR | **11**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |
| **12** Grandparent's Day<br>I 9:30 Holy Catholic Communion- Library<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | **13**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>1:00 Chef's Circle - ALDR<br>K 1:15 Euchre w/ Bert- ALDR<br>I 2:00 SoulFit- Activity Room<br>CC 3:00 Peanut Butter Blossoms - AR | **14**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>O 10:30 Frisch's - Outing<br>K 10:30 News and Coffee - AR<br>A 2:30 Arts & Crafts- AR | **15** Yom Kippur Begins<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>M 2:00 September Birthday Party w/ Spittin Image | **16**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **17**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 3:30 Spin-off Happy Hour - ALDR | **18**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |

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Forest Glen Health Campus
Life Enrichment - Assisted Living

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **19**<br>I 9:30 Holy Catholic Communion- Library<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | **20**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>1:00 Chef's Circle - ALDR<br>K 1:15 Euchre w/ Bert- ALDR<br>I 2:00 SoulFit- Activity Room<br>CC 3:00 Creamy Cucumber Salad - AR | **21**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>O 10:30 Rudy's - Outing<br>A 2:30 Arts & Crafts- AR | **22** Fall Begins<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **23**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 1:30 Tailgate Party - AL Entrance | **24**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 3:30 Olympic Records Happy Hour - ALDR | **25**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |
| **26**<br>I 9:30 Holy Catholic Communion- Library<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | **27**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>1:00 Chef's Circle - ALDR<br>K 1:15 Euchre w/ Bert- ALDR<br>I 2:00 SoulFit- Activity Room<br>CC 3:00 Potato Pancakes - AR | **28**<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>O 10:30 Rooster's - Outing<br>A 2:30 Arts & Crafts- AR | **29**<br>9:00 Newspaper & Mail Delivery<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **30**<br>O 4:16 Breakfast @ Bob Evans - Outing<br>9:00 Newspaper & Mail Delivery<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 2:30 Campus In Color - Courtyards | | |

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Forest Glen Health Campus
Life Enrichment - Health Center

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| A - Artisans<br>CC - Creative Cooking<br>GF - Gathering of Friends<br>I - Inspirations<br>JG - Just the Guys<br>K - Keeping it Sharp/Reminisce<br>L - Lifelong Learning<br>M - Mindful Moments<br>M - Music to My Ears<br>O - Out & About | S - Signature Events<br>V - Vitality | Happy Birthday!<br><br>9/5 - Jeanette P.<br>9/12 - Paul J.<br>9/15 - Kathleen H.<br>9/18 - Geneva B.<br>9/28 - Dorothy B. | 1<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | 2<br>O 9:00 Dollar Tree - Outing<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 2:30 Campus In Color - Courtyards | 3<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 4:00 Fungus Friday Happy Hour-HCDR | 4<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |
| 5<br>I 9:30 Holy Catholic Communion- Library<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | 6 Labor Day<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>S 2:00 Ice Cream Truck - HC Entrance | 7 Rosh Hashanah Begins<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>10:15 Inspired Living - AR<br>K 10:30 News and Coffee - AR<br>O 10:30 O'Charley's - Outing<br>A 2:30 Arts & Crafts- AR<br>K 5:30 Movie Night | 8<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY<br>CC 3:30 Garden Tea Party - ALCY | 9<br>O 9:00 Walmart - Outing<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 2:30 Campus In Color - Courtyards | 10<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 4:00 Wonderful Waffle Happy Hour-HCDR | 11<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |
| 12 Grandparent's Day<br>I 9:30 Holy Catholic Communion- Library<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | 13<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>I 2:00 SoulFit- Activity Room<br>CC 3:00 Peanut Butter Blossoms - AR | 14<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>O 10:30 Frisch's - Outing<br>K 10:30 News and Coffee - AR<br>A 2:30 Arts & Crafts- AR<br>K 5:30 Movie Night | 15 Yom Kippur Begins<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>M 2:00 September Birthday Party w/ Spittin Image | 16<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | 17<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 4:00 Spin-Off Happy Hour-HCDR | 18<br>9:00 Newspaper & Mail Delivery<br>MM 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |

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Forest Glen Health Campus
Life Enrichment - Health Center

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **19**<br>I 9:30 Holy Catholic Communion- Library<br>MN 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | **20**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>I 2:00 SoulFit- Activity Room<br>CC 3:00 Creamy Cucumber Salad - AR | **21**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>O 10:30 Rudy's - Outing<br>A 2:30 Arts & Crafts- AR<br>K 5:30 Movie Night | **22** Fall Begins<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **23**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 1:30 Tailgate Party - AL Entrance | **24**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>M 1:30 Glitter Girls (Nail Painting)- AR<br>M 4:00 Olympic Records Happy Hour-HCDR | **25**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>K 1:30 Timeless Trivia- Ch. 2<br>K 2:00 Bingo Blast - HCDR |
| **26**<br>I 9:30 Holy Catholic Communion- Library<br>MN 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>A 1:30 Adult Coloring - Activity Room<br>I 2:30 Church Services - HCSR & Channel 2<br>M 3:00 Church Hymns- HCSR | **27**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>K 1:15 Euchre w/ Bert- ALDR<br>I 2:00 SoulFit- Activity Room<br>CC 3:00 Potato Pancakes - AR | **28**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>O 10:30 Rooster's - Outing<br>A 2:30 Arts & Crafts- AR<br>K 5:30 Movie Night | **29**<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>K 10:30 News and Coffee - AR<br>V 1:30 Wii Bowling - HCSR<br>GF 3:00 Golden Gals - AR<br>JG 3:00 Grumpy Old Men's Club- ALCY | **30**<br>O 4:16 Breakfast @ Bob Evans - Outing<br>9:00 Newspaper & Mail Delivery<br>MN 9:30 Mindful Moments-HCSR<br>V 9:45 Chair Exercises - AR<br>K 10:30 News and Coffee - AR<br>L 2:30 Campus In Color - Courtyards | | |

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Forest Glen Health Campus
Legacy Lane - Daily Rhythms

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| A - Artisans<br>CC - Creative Cooking<br>GF - Gathering of Friends<br>GG - Group Games<br>K - Keeping it Sharp/Reminisce<br>M - Music to My Ears<br>V - Vitality | Morning:<br>10:00 Vitality<br>10:30 Keeping it Sharp<br>10:45 Morning Refresher<br>11:00 Creative Cooking<br>12:00 Lunch Prep | Early Afternoon<br>12:45 Relax and Recharge<br><br>Late Afternoon<br>2:30 Artisan<br>3:30 Musical Celebrations<br>4:00 Afternoon Refresher<br>4:30 Group Games<br>5:00 Dinner Prep<br><br>Evening<br>6:00 Gathering of Friends<br>7:00 Nighttime Traditions | 1<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Spiced Apple Oat Cookies<br>Relax & Recharge<br>A Pressed Flowers<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | 2<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Gazpacho Soup<br>Relax & Recharge<br>A Newspaper Art<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | 3<br>V Disc Golf<br>K Best Friends<br>CC Twisted Banana Split<br>Relax & Recharge<br>A Creative Storytelling<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | 4<br>V Pump You Up<br>K Summer Colors<br>CC Vanilla Yogurt & Blueberry Parfait<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |
| 5<br>V Soccer<br>K Affirming Friends<br>CC Mint Melon Salad<br>Relax & Recharge<br>A Wrap n' Llama<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | 6 Labor Day<br>V Move it Monday<br>K Inspired Tales<br>CC Labor Day Icebox Berry Cheesecake<br>Relax & Recharge<br>A Labor Day Cards<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | 7 Rosh Hashanah Begins<br>V Dance, Dance<br>K American Landmarks<br>CC Broccoli Salad<br>Relax & Recharge<br>A Warm Vanilla Sugar Scrub<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | 8<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Grandma's Chocolate Chip Cookies<br>Relax & Recharge<br>A Sunflower Painting<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | 9<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Apple Pie Cake<br>Relax & Recharge<br>A Chalk Prints<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | 10<br>V Disc Golf<br>K Best Friends<br>CC Decadent Caramel Banana Cake<br>Relax & Recharge<br>A Fall Leaf Garland<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | 11<br>V Pump You Up<br>K Summer Colors<br>CC Banana Breeze<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |
| 12 Grandparent's Day<br>V Soccer<br>K Affirming Friends<br>CC Creamy Grape Salad<br>Relax & Recharge<br>A Grandparent's Day Family Tree<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | 13<br>V Move it Monday<br>K Inspired Tales<br>CC Mexican Street Corn Dip<br>Relax & Recharge<br>A Slime Experiment<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | 14<br>V Dance, Dance<br>K American Landmarks<br>CC Apple Cinnamon Bread<br>Relax & Recharge<br>A The Dot Art Day 1<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | 15 Yom Kippur Begins<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Toasted Coconut Cream Pie<br>Relax & Recharge<br>A The Dot Art Day 2<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | 16<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Homemade Guacamole & Sangria<br>Relax & Recharge<br>A Clay Mountain Photo Holder Day 1<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | 17<br>V Disc Golf<br>K Best Friends<br>CC Brown Sugar Granola<br>Relax & Recharge<br>A Clay Mountain Photo Holder Day 2<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | 18<br>V Pump You Up<br>K Summer Colors<br>CC Brownie Walnut Chunk Cookies<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |

Forest Glen Health Campus
Legacy Lane - Daily Rhythms

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **19**<br>V Soccer<br>K Affirming Friends<br>CC Antipasto Salad<br>Relax & Recharge<br>A Ask A Beautiful Question<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | **20**<br>V Move it Monday<br>K Inspired Tales<br>CC Waldorf Salad<br>Relax & Recharge<br>A Paper Picture Frames<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | **21**<br>V Dance, Dance<br>K American Landmarks<br>CC Cookies & Cream Cookies<br>Relax & Recharge<br>A Salted Painting<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | **22** Fall Begins<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Roasted Root Vegetables<br>Relax & Recharge<br>A Rustic Wood Pumpkins<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | **23**<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Garlic Stuffed Mushrooms<br>Relax & Recharge<br>A Apple Chalkboard Greetings<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | **24**<br>V Disc Golf<br>K Best Friends<br>CC Peach Cobbler Muffins<br>Relax & Recharge<br>A Nature Bookmarks<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | **25**<br>V Pump You Up<br>K Summer Colors<br>CC Cheddar & Chive Drop Biscuits<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |
| **26**<br>V Soccer<br>K Affirming Friends<br>CC Johnny Appleseed Bars<br>Relax & Recharge<br>A Fall Leaf Candle Mason Jar<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | **27**<br>V Move it Monday<br>K Inspired Tales<br>CC Roasted Eggplant w/ Creamy Yogurt Sauce<br>Relax & Recharge<br>A Popcorn Fall Trees<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | **28**<br>V Dance, Dance<br>K American Landmarks<br>CC Spiced Harvest Bread<br>Relax & Recharge<br>A Clay Pinch Pots-Day1<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | **29**<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Pumpkin Cookies w/ Brown Butter Icing<br>Relax & Recharge<br>A Clay Pinch Pots-Day2<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | **30**<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Pumpkin Dip<br>Relax & Recharge<br>A Have a Gentle Conversation<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | Happy Birthday!<br>9/1 - Diana C.<br>9/3 - Rick S.<br>9/4 - Betty G.<br>9/9 - Barb B. | |

Forest Glen Health Campus
Legacy

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| A - Artisans<br>CC - Creative Cooking<br>GF - Gathering of Friends<br>GG - Group Games<br>K - Keeping it Sharp/Reminisce<br>M - Music to My Ears<br>V - Vitality | Daily "About" Times:<br>Morning:<br>9:30 Vitality<br>10:00 Keeping it Sharp<br>10:30 Morning Refresher<br>10:45 Creative Cooking<br>12:00 Lunch Prep | Early Afternoon<br>12:45 Relax and Recharge<br>2:00 Artisans<br><br>Late Afternoon<br>3:30 Musical Celebrations<br>4:00 Afternoon Refresher<br>4:30 Group Games<br>5:00 Dinner Prep<br><br>Evening<br>6:00 Gathering of Friends<br>7:00 Nighttime Traditions | 1<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Spiced Apple Oat Cookies<br>Relax & Recharge<br>A Pressed Flowers<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | 2<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Gazpacho Soup<br>Relax & Recharge<br>A Newspaper Art<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | 3<br>V Disc Golf<br>K Best Friends<br>CC Twisted Banana Split<br>Relax & Recharge<br>A Creative Storytelling<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | 4<br>V Pump You Up<br>K Summer Colors<br>CC Vanilla Yogurt & Blueberry Parfait<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |
| 5<br>V Soccer<br>K Affirming Friends<br>CC Mint Melon Salad<br>Relax & Recharge<br>A Wrap n' Llama<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | 6 Labor Day<br>V Move it Monday<br>K Inspired Tales<br>CC Labor Day Icebox Berry Cheesecake<br>Relax & Recharge<br>A Labor Day Cards<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | 7 Rosh Hashanah Begins<br>V Dance, Dance<br>K American Landmarks<br>CC Broccoli Salad<br>Relax & Recharge<br>A Warm Vanilla Sugar Scrub<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | 8<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Grandma's Chocolate Chip Cookies<br>Relax & Recharge<br>A Sunflower Painting<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | 9<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Apple Pie Cake<br>Relax & Recharge<br>A Chalk Prints<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | 10<br>V Disc Golf<br>K Best Friends<br>CC Decadent Caramel Banana Cake<br>Relax & Recharge<br>A Fall Leaf Garland<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | 11<br>V Pump You Up<br>K Summer Colors<br>CC Banana Breeze<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |
| 12 Grandparent's Day<br>V Soccer<br>K Affirming Friends<br>CC Creamy Grape Salad<br>Relax & Recharge<br>A Grandparent's Day Family Tree<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | 13<br>V Move it Monday<br>K Inspired Tales<br>CC Mexican Street Corn Dip<br>Relax & Recharge<br>A Slime Experiment<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | 14<br>V Dance, Dance<br>K American Landmarks<br>CC Apple Cinnamon Bread<br>Relax & Recharge<br>A The Dot Art Day 1<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | 15 Yom Kippur Begins<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Toasted Coconut Cream Pie<br>Relax & Recharge<br>A The Dot Art Day 2<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | 16<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Homemade Guacamole & Sangria<br>Relax & Recharge<br>A Clay Mountain Photo Holder Day 1<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | 17<br>V Disc Golf<br>K Best Friends<br>CC Brown Sugar Granola<br>Relax & Recharge<br>A Clay Mountain Photo Holder Day 2<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | 18<br>V Pump You Up<br>K Summer Colors<br>CC Brownie Walnut Chunk Cookies<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |

Forest Glen Health Campus
Legacy

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **19**<br>V Soccer<br>K Affirming Friends<br>CC Antipasto Salad<br>Relax & Recharge<br>A Ask A Beautiful Question<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | **20**<br>V Move it Monday<br>K Inspired Tales<br>CC Waldorf Salad<br>Relax & Recharge<br>A Paper Picture Frames<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | **21**<br>V Dance, Dance<br>K American Landmarks<br>CC Cookies & Cream Cookies<br>Relax & Recharge<br>A Salted Painting<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | **22** Fall Begins<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Roasted Root Vegetables<br>Relax & Recharge<br>A Rustic Wood Pumpkins<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | **23**<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Garlic Stuffed Mushrooms<br>Relax & Recharge<br>A Apple Chalkboard Greetings<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | **24**<br>V Disc Golf<br>K Best Friends<br>CC Peach Cobbler Muffins<br>Relax & Recharge<br>A Nature Bookmarks<br>M September Happy Hour<br>GG Word Works<br>Healthy Hands<br>GF Let's Get The Kids Ready For School!<br>Nighttime Traditions | **25**<br>V Pump You Up<br>K Summer Colors<br>CC Cheddar & Chive Drop Biscuits<br>Relax & Recharge<br>A Fleece Blankets<br>M College Football Fight Songs<br>GG State Plate Game<br>Healthy Hands<br>GF Evening On The Porch<br>Nighttime Traditions |
| **26**<br>V Soccer<br>K Affirming Friends<br>CC Johnny Appleseed Bars<br>Relax & Recharge<br>A Fall Leaf Candle Mason Jar<br>M Music Makes You Happier<br>GG Aim for the Stars<br>Healthy Hands<br>GF Aqua Painting<br>Nighttime Traditions | **27**<br>V Move it Monday<br>K Inspired Tales<br>CC Roasted Eggplant w/ Creamy Yogurt Sauce<br>Relax & Recharge<br>A Popcorn Fall Trees<br>M School Days<br>GG Horseshoes<br>Healthy Hands<br>GF Patio Hangman<br>Nighttime Traditions | **28**<br>V Dance, Dance<br>K American Landmarks<br>CC Spiced Harvest Bread<br>Relax & Recharge<br>A Clay Pinch Pots-Day1<br>M September Birthdays<br>GG What Belongs Together?<br>Healthy Hands<br>GF Summer On The Patio!<br>Nighttime Traditions | **29**<br>V Ribbon Dance<br>K Glorious Verbs!<br>CC Pumpkin Cookies w/ Brown Butter Icing<br>Relax & Recharge<br>A Clay Pinch Pots-Day2<br>M Create a Booming Song!<br>GG Nerf Gun Target Practice<br>Healthy Hands<br>GF A Time For Iced Tea!<br>Nighttime Traditions | **30**<br>V What a Wonderful World<br>Chair Yoga<br>K Let's Spell Summer<br>CC Pumpkin Dip<br>Relax & Recharge<br>A Have a Gentle Conversation<br>M Shake It Up, Baby!<br>GG Ladder Ball<br>Healthy Hands<br>GF Let's Go to The Beach<br>Nighttime Traditions | | |

Forest Glen Health Campus- Villas

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Please note activities are subject to change. If we have COVID cases in our campus that could effect our activity calendar and group gathering ability. Weekly calendar will be issued for changes. | | Location Number key:<br>1. Club House<br>2. Club House Patio area<br>3. Health Center entrance<br>4. Assisted Living room entrance<br>5. Laura's Villa<br>6. Legacy Court Yard<br>7. Assisted Living Court Yard | 1<br>L 9:00 Daily History-1<br>V 11:00 Walking Club with Villa Friends-2<br>A 1:30 Pick and paint craft<br>I 3:30 Weeding and watering the garden-1 | 2<br>L 9:00 Daily History-1<br>L 12:00 Lunch and learn Cardiologist-1<br>V 1:30 Walking with Villa Friends-2<br>GF 4:00 Movie time-1 | 3<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>GG 2:30 7 the card game with Norine and Geneva-1<br>CC 4:00 Happy Hour-1<br>CC 5:30 Dinner with Villa friends- Call and order through the kitchen prior to happy hour | 4<br>L 9:00 Daily History-1<br>V 2:00 Walking With Villa Friends-2 |
| 5<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>I 2:30 Christian DVD | 6 Labor Day<br>L 9:00 Daily History-1<br>V 11:30 Morning Exercise-1<br>I 12:00 Silverware wraping-1<br>CC 12:30 Chef's Circle- 1<br>CC 1:00 Lunch with Villa friends order through the kitchen prior to morning exercise-1<br>GF 2:00 until 4pm Ice Cream truck | 7 Rosh Hashanah Begins<br>L 9:00 Daily History-1<br>GF 11:00 Grab a friend and play a game-1<br>K 12:30 Bible Study with Carolynn-1<br>GF 4:00 Water and weed our community Gardening -1 | 8<br>L 9:00 Daily History-1<br>O 11:00 Der Dutchman- Pick up at the end of your drive way- RSVP required<br>A 1:30 Pick and paint craft<br>I 3:30 Weeding and watering the community garden-1 | 9<br>L 9:00 Daily History-1<br>I 1:00 Water and weed out community garden -1<br>V 1:30 Walking with Villa Friends-2 | 10<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>GG 2:30 7 the card game with Norine and Geneva-1<br>CC 4:00 Happy Hour-1<br>CC 5:30 Dinner with Villa friends- Call and order through the kitchen prior to happy hour | 11<br>L 9:00 Daily History-1<br>V 2:00 Walking With Villa Friends-2 |
| 12 Grandparent's Day<br>L 9:00 Daily History-1<br>CC 12:00 until 5pm Community yard sale-1<br>CC 1:00 until 4pm Community Car show-AL parking lot | 13<br>L 9:00 Daily History-1<br>V 11:30 Morning Exercise-1<br>I 12:00 Silverware wraping-1<br>CC 12:30 Chef's Circle- 1<br>CC 1:00 Lunch with Villa friends order through the kitchen prior to morning exercise-1 | 14<br>L 9:00 Daily History-1<br>V 11:00 Trilogy Fit-1<br>I 11:30 Blood pressure checks-1<br>K 12:30 Bible Study with Carolynn-1<br>GF 4:00 Grab a friend and play a game-1 | 15 Yom Kippur Begins<br>L 9:00 Daily History-1<br>A 1:30 Pick and paint craft<br>I 3:30 Weeding and watering the community garden-1 | 16<br>L 9:00 Daily History-1<br>GF 10:00 Coffee and donuts-1<br>S 10:30 Inspired Living meeting-1<br>V 11:30 Trilogy Fit-1 | 17<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>GG 2:30 7 the card game with Norine and Geneva-1<br>CC 4:00 Happy Hour-1<br>CC 5:30 Dinner with Villa friends- Call and order through the kitchen prior to happy hour | 18<br>L 9:00 Daily History-1<br>K 2:00 Left, Right, center game with Norine-1<br>V 2:00 Walking With Villa Friends-2 |

Forest Glen Health Campus- Villas

# September 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **19**<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>I 2:30 Christian DVD | **20**<br>L 9:00 Daily History-1<br>V 11:30 Morning Exercise-1<br>I 12:00 Silverware wraping-1<br>CC 12:30 Chef's Circle- 1<br>CC 1:00 Lunch with Villa friends order through the kitchen prior to morning exercise-1 | **21**<br>L 9:00 Daily History-1<br>GF 11:00 Grab a friend and play a game-1<br>K 12:30 Bible Study with Carolynn-5<br>GF 4:00 Movie Time-1 | **22** Fall Begins<br>L 9:00 Daily History-1<br>O 10:30 Farmers Daughter-Pick up at the end of your driveway RSVP required<br>A 1:30 Pick and paint craft<br>L 1:30 SEC Club- Lunch and learn-4<br>I 3:30 Weeding and watering the community garden-1 | **23**<br>L 9:00 Daily History-1<br>I 11:00 Gardening Club-1<br>V 1:30 Walking with Villa Friends-2 | **24**<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>GG 2:30 7 the card game with Norine and Geneva-1<br>CC 4:00 Happy Hour-1<br>CC 5:30 Dinner with Villa friends- Call and order through the kitchen prior to happy hour | **25**<br>L 9:00 Daily History-1<br>V 2:00 Walking With Villa Friends-2 |
| **26**<br>L 9:00 Daily History-1<br>V 1:30 Walking Club with Villa Friends-2<br>I 2:30 Christian DVD | **27**<br>L 9:00 Daily History-1<br>V 11:30 Morning Exercise-1<br>I 12:00 Silverware wraping-1<br>CC 12:30 Chef's Circle- 1<br>CC 1:00 Lunch with Villa friends order through the kitchen prior to morning exercise-1 | **28**<br>L 9:00 Daily History-1<br>V 11:00 Trilogy Fit-1<br>CD 11:30 Blood pressure checks-1<br>K 12:30 Bible Study with Carolynn-1<br>I 2:00 Water and weed the community garden-1 | **29**<br>L 9:00 Daily History-1<br>A 1:30 Pick and paint craft<br>I 3:30 Weeding and watering the community garden-1 | **30**<br>L 9:00 Daily History-1<br>GF 1:30 Birthday Party-1<br>V 1:30 Walking with Villa Friends-2 | A - Artisans<br>CD - Clinical Distinction<br>CC - Community Connections<br>CC - Creative Cooking<br>GF - Gathering of Friends<br>GG - Group Games<br>I - Inspirations<br>K - Keeping it Sharp/Reminisce<br>L - Lifelong Learning<br>O - Out & About | S - Signature Events<br>V - Vitality |