

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears	O - Out & About S - Signature Events V - Vitality		1 I 9:15 Morning Devotions & Coffee-ALAR V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B M 2:00 Muisc Matchup-HCAR	2 I 9:15 Chair Chi-B K 9:15 Trivia Time V 10:00 Exercise Dice-ALAR O 11:00 Rusty Bucket Lunch Outing CC 1:30 Cooking Demonstration-B A 2:00 Sunflower Craft-HCAR GG 6:30 Table Games-HCAR	3 V 9:15 Chair Yoga-B V 9:45 Walking Club K 1:00 Puzzle Packet-R K 1:30 Trivia-B M 1:30 YouTube Karaoke-ALAR S 3:30 Southern Cuisine Happy Hour-H	4 L 9:15 Enrichment on Demand-B V 9:30 Trilogy FIT-ALDR CC 1:30 Service Project Club-ALAR S 1:30 Netflix Movie-B A 2:30 Fluttering Bee Craft-HCAR
5 I 10:00 Inspired Sundays-B L 10:30 Bird Biology I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B M 2:30 Singing for Inspiration-ALAR K 3:00 Ice Cream & Trivia-HCAR	6 Labor Day L 9:15 Enrichment On Demand-B V 10:15 Walking Club-H 1:30 Resident Council-ALAR M 1:30 Sing-a-long- B GG 2:30 Bingo-ALDR S 6:15 Netflix Movie Night- B	7 Rosh Hashanah Begins I 9:15 Chair Chi-B V 9:30 Trilogy FIT-ALDR M 10:30 Sentimental Journey with Chelsea Boss-HC Courtyard L 1:30 Travel Tuesday-B M 1:30 Music Lyric Match Up	8 I 9:15 Morning Devotions & Coffee-ALAR V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B A 2:30 Flower Arrangements-HCAR	9 I 9:15 Chair Chi-B K 9:15 Trivia Time V 10:00 Exercise Dice-ALAR O 10:30 Morning Countryside Drive CC 1:30 Cooking Demonstration-B A 2:00 OSU Canvas Painting-HCAR GF 6:30 Evening Tea and Conversaion-ALDR	10 V 9:15 Chair Yoga-B V 9:45 Walking Club K 1:00 Puzzle Packet-R K 1:30 Trivia-B M 1:30 YouTube Karaoke-ALAR K 2:30 Scrabble-ALAR S 3:30 Pizza Party Happy Hour-H	11 L 9:15 Enrichment on Demand-B V 9:30 Trilogy FIT-ALDR GG 10:00 Lifeshare Games-ALAR IG 1:30 Men's Club: Poker & Popcorn-ALAR S 1:30 Netflix Movie-B
12 Grandparent's Day I 10:00 Inspired Sundays-B L 10:30 Backyard Birds-ALAR I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B GF 2:00 Grandparent's Milkshake Social-HCAR A 3:00 Birdfeeders-HCAR	13 L 9:15 Enrichment On Demand-B V 10:15 Walking Club-H M 1:30 Sing-a-long- B M 1:30 Name that Croon-ALAR GG 2:30 Bingo-ALDR S 6:15 Netflix Movie Night- B	14 I 9:15 Chair Chi-B V 9:45 Trilogy FIT-ALDR M 1:30 Music Lyric Match Up L 1:30 Travel Tuesday-B A 2:30 OSU Beaded Necklaces- ALAR	15 Yom Kippur Begins I 9:15 Morning Devotions & Coffee-ALAR V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B GG 2:30 5 up Card Game-HCAR	16 I 9:15 Chair Chi-B K 9:15 Trivia Time V 10:00 Exercise Dice-ALAR O 11:00 Picnic in the Park CC 1:30 Cooking Demonstration-B A 2:00 Popsicle Stick Scarecrow- HCAR GG 6:30 Jeopardy & Popsicles-HCRR	17 V 9:15 Chair Yoga-B V 9:45 Walking Club K 1:00 Puzzle Packet-R K 1:30 Trivia-B M 1:30 YouTube Karaoke-ALAR S 3:30 Apple Happy Hour-H	18 L 9:15 Enrichment on Demand-B V 9:30 Trilogy FIT-ALDR CC 1:30 Service Project Club-ALAR S 1:30 Netflix Movie-B I 3:30 Devotional & Hymnal Sing-a-long- HCAR

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 I 10:00 Inspired Sundays-B L 10:30 Birds in Fine Art-ALAR I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B M 2:30 Singing for Inspiration-ALAR A 3:00 Adult Coloring: Exotic Birds-HCAR	20 L 9:15 Enrichment On Demand-B V 10:15 Walking Club-H M 1:30 Sing-a-long- B M 1:30 Name that Croon-ALAR GG 2:30 Bingo-ALDR S 6:15 Netflix Movie Night- B	21 I 9:15 Chair Chi-B V 9:45 Trilogy FIT-ALDR L 1:30 Travel Tuesday-B M 1:30 Table Games-ALAR A 2:30 Homemade Greeting Cards-ALAR	22 Fall Begins I 9:15 Morning Devotions & Coffee-ALAR V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B S 2:30 Calendar Planning Meeting	23 I 9:15 Chair Chi-B K 9:15 Trivia Time V 10:00 Exercise Dice-ALAR O 1:00 Ice Cream at Dairy Queen CC 1:30 Cooking Demonstration-B A 3:00 Pull String Art-HCAR GF 6:30 Evening Tea and Conversation-ALDR	24 V 9:15 Chair Yoga-B V 9:45 Walking Club K 1:00 Puzzle Packet-R K 1:30 Trivia-B M 1:30 YouTube Karaoke-ALAR K 2:30 Scrabble-ALAR S 3:30 Pumpkin Happy Hour-H	25 L 9:15 Enrichment on Demand-B V 9:30 Trilogy FIT-ALDR IG 1:30 Men's Club: Man in the Red Brick House-ALAR S 1:30 Netflix Movie-B CC 2:30 Service Project-HCAR
26 I 10:00 Inspired Sundays-B V 10:30 Gentle Stretching- ALAR I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B L 1:30 Words Inspired by Birds/ Person of Interest- ALAR M 2:00 Singing for Inspiration-ALAR	27 L 9:15 Enrichment On Demand-B V 10:15 Walking Club-H M 1:30 Sing-a-long- B M 1:30 Name that Croon-ALAR GG 2:30 Bingo-ALDR S 6:15 Netflix Movie Night- B	28 I 9:15 Chair Chi-B V 9:45 Trilogy FIT-ALDR M 1:30 Finish the Lyric-ALAR L 1:30 Travel Tuesday-B GG 2:15 Pig Dice Game-ALAR	29 I 9:15 Morning Devotions & Coffee-ALAR V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B GG 1:30 Baseball Toss-HCAR	30 I 9:15 Chair Chi-B K 9:15 Trivia Time V 10:00 Exercise Dice-ALAR O 11:00 Lunch Outing CC 1:30 Cooking Demonstration-B A 2:30 Door Decor Craft-HCAR GG 6:30 Lifeshare Games-HCAR		

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Location Key: B-Broadcast on Channel 2 H-Hallway R-In-Room HCAR-Health Center Activity Rm. ALAR-Assisted Living Activity Rm. HCDR-Health Center Dining Rm. C-Courtyard	<div>A</div> - Artisans <div>CC</div> - Community Connections <div>CC</div> - Creative Cooking <div>GF</div> - Gathering of Friends <div>GG</div> - Group Games <div>I</div> - Inspirations <div>JG</div> - Just the Guys <div>K</div> - Keeping it Sharp/Reminisce <div>L</div> - Lifelong Learning <div>M</div> - Mindful Moments	<div>M</div> - Music to My Ears <div>O</div> - Out & About <div>S</div> - Signature Events <div>V</div> - Vitality	<div>1</div> <div>V</div> 9:15 Seated Yoga Exercise-B <div>V</div> 10:00 Strength Training-ALAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>L</div> 1:30 Amazing Animals-B <div>GG</div> 1:30 Bowling-HCAR <div>M</div> 3:00 Music Matchup	<div>2</div> <div>I</div> 9:15 Chair Chi-B <div>V</div> 10:00 Exercise Dice-HCAR <div>O</div> 11:00 Rusty Bucket Lunch Outing <div>CC</div> 1:30 Cooking Demonstration-B <div>A</div> 2:00 Sunflower Craft-HCAR <div>MM</div> 4:00 Mindful Moments-HCAR <div>GG</div> 6:30 Table Games-HCRR	<div>3</div> <div>V</div> 9:15 Chair Yoga-B <div>V</div> 10:30 Balloon Volleyball-HCRR <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>K</div> 1:30 Trivia-B <div>M</div> 1:30 YouTube Karaoke-ALAR <div>S</div> 3:30 Southern Cuisine Happy Hour-H	<div>4</div> <div>L</div> 9:15 Enrichment on Demand-B <div>V</div> 10:30 TrilogyFIT-HCAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>S</div> 1:30 Netflix Movie-B <div>L</div> 2:00 The Ageless American Alligator <div>A</div> 2:30 Fluttering Bee Craft-HCAR
<div>5</div> <div>L</div> 10:00 Bird Biology-HCAR <div>I</div> 10:00 Inspired Sundays-B <div>I</div> 10:30 Catholic Mass-B <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>A</div> 1:30 Painting Bird Houses-HCAR <div>M</div> 1:30 Sing-a-long-Channel 2 <div>K</div> 3:00 Ice Cream & Trivia-HCAR	<div>6</div> Labor Day <div>L</div> 9:15 Enrichment On Demand-B <div>V</div> 10:45 Toss n Move Fitness Cube-HCAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>M</div> 1:30 Sing-a-long- B <div>GG</div> 2:30 Bingo-ALDR <div>GG</div> 3:30 Labor Day Edition Would you Rather?- HCAR <div>S</div> 6:15 Netflix Movie Night- B	<div>7</div> Rosh Hashanah Begins <div>I</div> 9:15 Chair Chi-B <div>M</div> 10:30 Sentimental Journey with Chelsea Boss-HC Courtyard <div>MM</div> 11:15 Mindful Moments-HCAR <div>L</div> 1:30 Travel Tuesday-B <div>S</div> 2:00 Resident Council-HCAR <div>V</div> 2:30 Sit and Be Fit-HCAR	<div>8</div> <div>V</div> 9:15 Seated Yoga Exercise-B <div>V</div> 10:00 Strength Training-ALAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>L</div> 1:30 Amazing Animals-B <div>GG</div> 1:30 Bowling-HCAR <div>A</div> 2:30 Flower Arrangements-HCAR	<div>9</div> <div>I</div> 9:15 Chair Chi-B <div>O</div> 10:30 Morning Countryside Drive <div>CC</div> 1:30 Cooking Demonstration-B <div>A</div> 2:00 OSU Canvas Painting-HCAR <div>MM</div> 4:00 Mindful Moments-HCAR <div>GF</div> 6:30 Evening Tea and Converstaion-ALDR	<div>10</div> <div>V</div> 9:15 Chair Yoga-B <div>V</div> 10:30 Balloon Volleyball-HCRR <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>K</div> 1:30 Trivia-B <div>M</div> 1:30 YouTube Karaoke-ALAR <div>S</div> 3:30 Pizza Party Happy Hour-H	<div>11</div> <div>L</div> 9:15 Enrichment on Demand-B <div>V</div> 10:30 TrilogyFIT-HCAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>JG</div> 1:30 Men's Club: Poker & Popcorn-ALAR <div>S</div> 1:30 Netflix Movie-B <div>GF</div> 2:30 Magazine Scavenger Hunt-HCAR
<div>12</div> Grandparent's Day <div>L</div> 10:00 Backyard Birds-HCAR <div>I</div> 10:00 Inspired Sundays-B <div>I</div> 10:30 Catholic Mass-B <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>M</div> 1:30 Sing-a-long-Channel 2 <div>GF</div> 2:00 Grandparent's Milkshake Social-HCAR <div>A</div> 3:00 Birdfeeders-HCAR	<div>13</div> <div>L</div> 9:15 Enrichment On Demand-B <div>V</div> 10:45 Toss n Move Fitness Cube-HCAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>M</div> 1:30 Sing-a-long- B <div>GG</div> 2:30 Bingo-ALDR <div>GG</div> 3:30 Name that Tune <div>S</div> 6:15 Netflix Movie Night- B	<div>14</div> <div>I</div> 9:15 Chair Chi-B <div>V</div> 10:30 Sit and Be Fit-HCAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>L</div> 1:30 Travel Tuesday-B <div>M</div> 2:00 Music Lyric Match Up- HCAR <div>A</div> 2:30 OSU Beaded Necklaces- ALAR	<div>15</div> Yom Kippur Begins <div>V</div> 9:15 Seated Yoga Exercise-B <div>V</div> 10:00 Strength Training-ALAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>L</div> 1:30 Amazing Animals-B <div>V</div> 1:30 Giant Bowling-HCAR <div>GG</div> 2:30 5 up Card Game-HCAR	<div>16</div> <div>I</div> 9:15 Chair Chi-B <div>O</div> 11:00 Picnic in the Park <div>CC</div> 1:30 Cooking Demonstration-B <div>A</div> 2:00 Popsicle Stick Scarecrow- HCAR <div>MM</div> 4:00 Mindful Moments-HCAR <div>GG</div> 6:30 Jeopardy & Popsicles-HCRR	<div>17</div> <div>V</div> 9:15 Chair Yoga-B <div>V</div> 10:30 Balloon Volleyball-HCRR <div>MM</div> 11:15 Mindful Moments-HCAR <div>K</div> 1:00 Puzzle Packet-R <div>K</div> 1:30 Trivia-B <div>M</div> 1:30 YouTube Karaoke-ALAR <div>S</div> 3:30 Apple Happy Hour-H	<div>18</div> <div>L</div> 9:15 Enrichment on Demand-B <div>V</div> 10:30 TrilogyFIT-HCAR <div>MM</div> 11:15 Mindful Moments-HCAR <div>S</div> 1:30 Netflix Movie-B <div>GG</div> 2:30 Lifeshare Games-HCAR <div>I</div> 3:30 Devotional & Hymnal Sing-a-long- HCAR

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 L 10:00 Birds in Fine Art-HCAR I 10:00 Inspired Sundays-B I 10:30 Catholic Mass-B MM 11:15 Mindful Moments-HCAR K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-Channel 2 A 3:00 Adult Coloring: Exotic Birds-HCAR	20 L 9:15 Enrichment On Demand-B V 10:45 Toss n Move Fitness Cube-HCAR MM 11:15 Mindful Moments-HCAR M 1:30 Sing-a-long- B GG 2:30 Bingo-ALDR S 6:15 Netflix Movie Night- B	21 I 9:15 Chair Chi-B V 10:30 Sit and Be Fit-HCAR MM 11:15 Mindful Moments-HCAR L 1:30 Travel Tuesday-B A 2:30 Homemade Greeting Cards-ALAR CC 3:00 Ice Cream in a Bag- HCAR	22 Fall Begins V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR MM 11:15 Mindful Moments-HCAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B GG 1:30 Bowling-HCAR 3:00 Calendar Planning-HCAR	23 I 9:15 Chair Chi-B MM 11:15 Mindful Moments-HCAR O 1:00 Ice Cream at Dairy Queen CC 1:30 Cooking Demonstration-B A 3:00 Pull String Art-HCAR GF 6:30 Evening Tea and Conversaion-ALDR	24 V 9:15 Chair Yoga-B V 10:30 Balloon Volleyball-HCRR MM 11:15 Mindful Moments-HCAR K 1:00 Puzzle Packet-R K 1:30 Trivia-B M 1:30 YouTube Karaoke-ALAR S 3:30 Pumpkin Happy Hour-H	25 L 9:15 Enrichment on Demand-B V 10:30 TrilogyFIT-HCAR MM 11:15 Mindful Moments-HCAR IG 1:30 Men's Club: Man in the Red Brick House-ALAR S 1:30 Netflix Movie-B CC 2:30 Service Project-HCAR
26 V 10:00 Gentle Stretching I 10:00 Inspired Sundays-B I 10:30 Catholic Mass-B MM 11:15 Mindful Moments-HCAR K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-Channel 2 L 3:00 Word Inspired by Birds/ Person of Interest-HCAR	27 L 9:15 Enrichment On Demand-B V 10:45 Toss n Move Fitness Cube-HCAR MM 11:15 Mindful Moments-HCAR M 1:30 Sing-a-long- B GG 2:30 Bingo-ALDR A 3:30 Caricature Drawing Tutorial-HCAR S 6:15 Netflix Movie Night- B	28 I 9:15 Chair Chi-B V 10:30 Sit and Be Fit-HCAR MM 11:15 Mindful Moments-HCAR M 1:30 Finish the Lyric-ALAR L 1:30 Travel Tuesday-B GG 2:30 Pig Dice Game-ALAR	29 V 9:15 Seated Yoga Exercise-B V 10:00 Strength Training-ALAR MM 11:15 Mindful Moments-HCAR K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B GG 1:30 Baseball Toss-HCAR K 2:30 Name that Scent	30 I 9:15 Chair Chi-B O 11:00 Lunch Outing CC 1:30 Cooking Demonstration-B A 2:30 Door Decor Craft-HCAR MM 4:00 Mindful Moments-HCAR GG 6:30 Lifeshare Games-HCAR		

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears</p>	<p>O - Out & About S - Signature Events V - Vitality</p>		<p>1 V 9:15 Seated Yoga Exercise-B K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B 3:00 IL Community Meeting-IL Bistro</p>	<p>2 I 9:15 Chair Chi-B CC 1:30 Cooking Demonstration-B I 3:00 SoulFit-HCRR A 3:30 Sunflower Craft-Bistro</p>	<p>3 V 9:15 Chair Yoga-B K 1:00 Puzzle Packet-R K 1:30 Trivia-B S 3:30 Southern Cuisine Happy Hour-IL Bistro</p>	<p>4 L 9:15 Enrichment on Demand-B S 1:30 Netflix Movie-B V 3:30 Group Aerobic's Class- Fitness Room</p>
<p>5 I 10:00 Inspired Sundays-B I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B V 2:15 Chair Yoga-Fitness Room</p>	<p>6 Labor Day L 9:15 Enrichment On Demand-B M 1:30 Sing-a-long- B GG 3:30 Bingo-Bistro S 6:00 Night at the Movies-Theater</p>	<p>7 Rosh Hashanah Begins I 9:15 Chair Chi-B M 10:30 Sentimental Journey with Chelsea Boss-HC Courtyard L 1:30 Travel Tuesday-B O 4:00 Dinner Outing</p>	<p>8 V 9:15 Seated Yoga Exercise-B K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B GG 3:30 Family Feud-Bistro</p>	<p>9 I 9:15 Chair Chi-B CC 1:30 Cooking Demonstration-B A 3:00 OSU Canvas Painting-Bistro</p>	<p>10 V 9:15 Chair Yoga-B K 1:00 Puzzle Packet-R K 1:30 Trivia-B S 3:30 Pizza Party Happy Hour-IL Bistro</p>	<p>11 L 9:15 Enrichment on Demand-B IG 1:30 Men's Club: Poker & Popcorn-ALAR S 1:30 Netflix Movie-B GG 3:30 Service Project Club-Bistro</p>
<p>12 Grandparent's Day I 10:00 Inspired Sundays-B I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B GF 2:00 Grandparent's Milkshake Social-HCAR</p>	<p>13 L 9:15 Enrichment On Demand-B M 1:30 Sing-a-long- B GG 3:30 Bingo-Bistro S 6:00 Night at the Movies-Theater</p>	<p>14 I 9:15 Chair Chi-B O 12:00 Lunch at Donatos Pizza L 1:30 Travel Tuesday-B</p>	<p>15 Yom Kippur Begins V 9:15 Seated Yoga Exercise-B K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B GG 3:30 Trivial Pursuit-Bistro</p>	<p>16 I 9:15 Chair Chi-B CC 1:30 Cooking Demonstration-B A 3:30 Fall Door Decor-Bistro</p>	<p>17 V 9:15 Chair Yoga-B K 1:00 Puzzle Packet-R K 1:30 Trivia-B S 3:30 Apple Happy Hour-IL Bistro</p>	<p>18 L 9:15 Enrichment on Demand-B S 1:30 Netflix Movie-B V 3:30 Group Aerobic's Class- Fitness Room</p>

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 I 10:00 Inspired Sundays-B I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B V 2:15 Chair Yoga-Fitness Room	20 L 9:15 Enrichment On Demand-B M 1:30 Sing-a-long- B GG 3:30 Bingo-Bistro S 6:00 Night at the Movies-Theater	21 S Fall Carnival Resident Retreat Events I 9:15 Chair Chi-B L 1:30 Travel Tuesday-B	22 Fall Begins V 9:15 Seated Yoga Exercise-B K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B 3:30 Tea Social-Bistro	23 I 9:15 Chair Chi-B CC 1:30 Cooking Demonstration-B A 3:30 Pull String Art-Bistro	24 V 9:15 Chair Yoga-B K 1:00 Puzzle Packet-R K 1:30 Trivia-B S 3:30 Pumpkin Happy Hour-IL Bistro	25 L 9:15 Enrichment on Demand-B JG 1:30 Men's Club: Man in the Red Brick House-ALAR S 1:30 Netflix Movie-B CC 3:00 Service Project Club-B
26 I 10:00 Inspired Sundays-B I 10:30 Catholic Mass-B K 1:00 Puzzle Packet-R M 1:30 Sing-a-long-B V 2:15 Chair Yoga-Fitness Room	27 L 9:15 Enrichment On Demand-B M 1:30 Sing-a-long- B GG 3:30 Bingo-Bistro S 6:00 Night at the Movies-Theater	28 I 9:15 Chair Chi-B L 1:30 Travel Tuesday-B O 3:00 Matinee Movie	29 V 9:15 Seated Yoga Exercise-B K 1:00 Puzzle Packet-R L 1:30 Amazing Animals-B K 3:30 Jeopardy Trivia	30 I 9:15 Chair Chi-B CC 1:30 Cooking Demonstration-B A 3:30 Beading-Bistro		

September 2021

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

September 2021

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