Oaks at Bethesda Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome September! If you have any questions about the activities on the calendar, please feel free to ask a member of Life Enrichment:)		If you would like to go on an outing this month, please sign the "outing paper" that is passed around or see a member of Life Enrichment. We are happy to help!	K 8:30 Courtesy Cart V 9:00 Trilogy Fit C10:45 Chef's Circle with Ashley O11:00 Lunch at Red Lobster K11:45 Wednesday Trivia GC 2:30 Bingo S 3:00 Resident Council	K 8:30 Courtesy Cart V 9:15 Trilogy Fit GF 9:45 Coffee and Conversations K11:50 Daily Chronicle with Puzzles O 2:00 Shopping at TJ Maxx G 3:00 Victory in Japan History Social	K 8:30 Courtesy Cart V 9:00 Trilogy Flt GF10:30 Hallway Nail Spa K 11:50 Daily Chronicle with Puzzles L 2:00 College Football Friday Trivia M 2:30 National College Colors Happy Hour	K 8:30 Courtesy Cart V 9:00 Chair Dancing K 9:30 National Wildlife Day (broadcast channel 2) CC10:00 No-Bake Cookies K 11:50 Daily Chronicle with Puzzles GF 1:45 Ice Cream on the Patio GC 2:30 Bingo
5	6 Labor Day	7 Rosh Hashanah Begins	8	9	10	11
K 8:30 Courtesy Cart I 10:00 North Terrace Church Service- channel 3 I 10:30 Catholic Mass- channel 3 WHIZ K 11:50 Daily Chronicle with Puzzles A 1:30 Falling Leaves Tree Painting M 3:30 Sing Along Hymns	K 8:30 Courtesy Cart V 9:15 Trilogy Fit A 10:15 Jewelry Making K 11:50 Daily Chronicle with Puzzles I 1:20 Afternoon Devotions GG 2:30 Bingo	K 8:30 Courtesy Cart V 9:15 Trilogy Fit K 10:15 Brain Fit L 10:45 News in the Rooms K 11:50 Daily Chronicle with Puzzles A 1:30 Fun in Sun S 3:30 Inspired Living Committee	 K 8:30 Courtesy Cart V 9:15 Trilogy Fit C10:45 Chef's Circle with Ashley O11:00 Lunch at Olive Garden K11:45 Wednesday Trivia G2:30 Bingo M 3:00 Lifeshare Name that Tune 	K 8:30 Courtesy Cart V 9:15 Trilogy Fit GF10:00 Coffee and Conversations GF11:45 KFC for Lunch K 11:50 Daily Chronicle with Puzzles O 2:00 Shopping at 5 Below	K 8:30 Courtesy Cart V 9:00 Trilogy Flt GF10:30 Hallway Nail Spa K 11:50 Daily Chronicle with Puzzles M 2:30 Favorite Team Happy Hour	K 8:30 Courtesy Cart V 9:00 Chair Dancing K 11:50 Daily Chronicle with Puzzles IG 1:30 Just the Guys Football Fun GG 2:30 Bingo
12 Grandparent's Day	13	14	15 Yom Kippur Begins	16	17	18
K 8:30 Courtesy Cart I 10:00 North Terrace Church Service- channel 3 I 10:30 Catholic Mass- channel 3 WHIZ K 11:50 Daily Chronicle with Puzzles A 1:30 Art Fun M 3:30 Sing Along Hymns	 8:30 Courtesy Cart 9:15 Trilogy Fit 10:15 Jewelry Making 11:50 Daily Chronicle with Puzzles 11:20 Afternoon Devotions 2:30 Bingo 	 8:30 Courtesy Cart 9:15 Trilogy Fit 10:45 News in the Rooms 11:50 Daily Chronicle with Puzzles 1:30 Crafter's Corner 	K 8:30 Courtesy Cart V 9:15 Trilogy Fit C10:45 Chef's Circle with Ashley O11:00 Lunch at Dairy Queen K11:45 Wednesday Trivia GG 2:30 Bingo M 3:00 Lifeshare Name that Tune	K 8:30 Courtesy Cart V 9:15 Trilogy Fit GF10:00 Coffee and Conversations K 11:50 Daily Chronicle with Puzzles O 2:00 Shopping at Walmart	 8:30 Courtesy Cart 9:00 Trilogy Flt GF10:30 Hallway Nail Spa K11:50 Daily Chronicle with Puzzles M 2:30 NFL Happy Hour 	K 8:30 Courtesy Cart V 9:00 Chair Dancing K 11:50 Daily Chronicle with Puzzles K 1:30 Football Trivia GG 2:30 Bingo 3:30 Virtual Football Game (channel 2)

Oaks at Bethesda Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I 10:00 North Terrace Church Service- channel 3 I 10:30 Catholic Mass- channel 3 WHIZ K 11:50 Daily Chronicle	K 8:30 Courtesy Cart V 9:15 Trilogy Fit A 10:15 Jewelry Making K 11:50 Daily Chronicle with Puzzles I 1:20 Afternoon Devotions GG 2:30 Bingo	 8:30 Courtesy Cart 9:15 Trilogy Fit 10:45 News in the Rooms 11:50 Daily Chronicle with Puzzles 1:30 Crafter's Corner 	K 8:30 Courtesy Cart 9:15 Trilogy Fit C10:45 Chef's Circle with Ashley O11:15 Lunch at Pizza Cottage K11:45 Wednesday Trivia GC 2:30 Bingo M 3:00 Lifeshare Name that Tune	K 8:30 Courtesy Cart V 9:15 Trilogy Fit GF10:00 Coffee and Conversations K 11:50 Daily Chronicle with Puzzles S 2:00 Fall Festival Retreat	K 8:30 Courtesy Cart V 9:00 Trilogy Flt GF10:30 Hallway Nail Spa K 11:50 Daily Chronicle with Puzzles K 1:30 Fall Apple Puzzle M 2:30 Apple Tasting Happy Hour	K 8:30 Courtesy Cart V 9:00 Chair Dancing K 11:50 Daily Chronicle with Puzzles GC 2:30 Bingo
I 10:00 North Terrace Church Service- channel 3 I 10:30 Catholic Mass- channel 3 WHIZ K 11:50 Daily Chronicle	K 8:30 Courtesy Cart V 9:15 Trilogy Fit A 10:15 Jewelry Making K 11:50 Daily Chronicle with Puzzles I 1:20 Afternoon Devotions GG 2:30 Bingo	L10:45 News in the Rooms K11:50 Daily Chronicle with Puzzles	K 8:30 Courtesy Cart 9:15 Trilogy Fit C10:45 Chef's Circle with Ashley 011:15 Lunch at Mizu's K11:45 Wednesday Trivia C2:30 Bingo M 3:00 Lifeshare Name that Tune	K 8:30 Courtesy Cart V 9:15 Trilogy Fit GF10:00 Coffee and Conversations K11:50 Daily Chronicle with Puzzles O 2:00 Shopping at Kohls L 6:30 Virtual Tour to Famous Museum in New York		

Oaks at Bethesda Health Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ELLO September! If you ave any questions about ne activities, please ask. is our pleasure to help.		If you would like to go on an outing this month, please fill out the "outing sheet" or see a member of Life Enrichment. We are happy to help!	1 K 8:30 Courtesy Cart V 9:00 Cardio O11:00 Lunch at Red Lobster MM11:00 Theme Sensations-Hand Massages K11:45 Wednesday Trivia S 1:30 Resident Council GC 2:30 Bingo CC 3:00 Chef's Circle	K 8:30 Courtesy Cart V 9:15 Exercise GF 9:45 Coffee and Conversations MN11:00 Theme Sensations- Laundry K 11:50 Daily Chronicle with Puzzles O 2:00 Shopping at TJ Maxx JG 3:00 Victory in Japan History Social	K 8:30 Courtesy Cart GF10:30 Hallway Nail Spa K11:50 Daily Chronicle with Puzzles MI 1:40 Sensory Connection-Baby L 2:00 College Football Friday Trivia M 2:30 National College Colors Happy Hour	K 8:30 Courtesy Cart 9:00 Chair Dancing 9:30 National Wildlif Day (broadcast channel 2) MN10:30 Theme Sensations- Cooking K 11:50 Daily Chronicle with Puzzles GG 2:30 Bingo
	6 Labor Day	7 Rosh Hashanah Begins	8	9	10	11
8:30 Courtesy Cart 9:00 Theme Sensations- Garden 10:00 North Terrace Church Service- channel 3 10:30 Catholic Mass- channel 3 WHIZ 11:50 Daily Chronicle with Puzzles 1:30 Falling Leaves Tree Painting 3:30 Sing Along Hymns	 8:30 Courtesy Cart 10:15 Jewelry Making 11:00 Theme Sensations-Work 11:50 Daily Chronicle with Puzzles 1:20 Afternoon Devotions 1:30 Dream with Virtual Reality 2:30 Bingo 	 8:30 Courtesy Cart 9:15 Chair Yoga 10:00 Theme Sensations 10:45 News in the Rooms 11:50 Daily Chronicle with Puzzles 1:30 Fun in Sun 3:30 Inspired Living Committee 	 8:30 Courtesy Cart 9:00 Cardio 011:00 Lunch at Olive Garden M11:00 Theme Sensations-Hand Massages K11:45 Wednesday Trivia 2:30 Bingo 3:00 Chef's Circle 3:00 Lifeshare Name that Tune 	K 8:30 Courtesy Cart V 9:15 Exercise GF10:00 Coffee and Conversations MN11:00 Theme Sensations- Laundry GF11:45 KFC for Lunch K 11:50 Daily Chronicle with Puzzles O 2:00 Shopping at 5 Below	K 8:30 Courtesy Cart GF10:30 Hallway Nail Spa K 11:50 Daily Chronicle with Puzzles M 1:40 Sensory Connection-Baby M 2:30 Favorite Team Happy Hour	 8:30 Courtesy Cart 9:00 Chair Dancing 10:30 Theme Sensations- Cooking 11:50 Daily Chronicle with Puzzles 1:30 Just the Guys Football Fun 2:30 Bingo
Grandparent's Day	13 V 0:30 Count on Cont	14 N.20 Country Count	15 Yom Kippur Begins	16	17 K. 2.20 Counts au Cont	18 V 0:20 Country Cout
8:30 Courtesy Cart 9:00 Theme Sensations- Garden 10:00 North Terrace Church Service- channel 3 10:30 Catholic Mass- channel 3 WHIZ 11:50 Daily Chronicle with Puzzles 1:30 Art Fun 3:30 Sing Along Hymns	 8:30 Courtesy Cart 10:15 Jewelry Making 11:00 Theme Sensations-Work 11:50 Daily Chronicle with Puzzles 1:20 Afternoon Devotions 1:30 Dream with Virtual Reality 2:30 Bingo 	 8:30 Courtesy Cart 9:15 Chair Yoga 10:00 Theme Sensations 10:45 News in the Rooms 11:50 Daily Chronicle with Puzzles 1:30 Crafter's Corner 	 8:30 Courtesy Cart 9:00 Cardio 11:00 Lunch at Dairy Queen M11:00 Theme Sensations-Hand Massages K11:45 Wednesday Trivia 2:30 Bingo 3:00 Chef's Circle 3:00 Lifeshare Name that Tune 	K 8:30 Courtesy Cart V 9:15 Exercise GF10:00 Coffee and Conversations MN11:00 Theme Sensations- Laundry K 11:50 Daily Chronicle with Puzzles O 2:00 Shopping at Walmart	K 8:30 Courtesy Cart GF10:30 Hallway Nail Spa K 11:50 Daily Chronicle with Puzzles MN 1:40 Sensory Connection-Baby M 2:30 NFL Happy Hour	 K 8:30 Courtesy Cart V 9:00 Chair Dancing M10:30 Theme Sensations- Cooking K 11:50 Daily Chronicle with Puzzles K 1:30 Football Trivia G 2:30 Bingo 3:30 Virtual Football Game (channel

Oaks at Bethesda Health Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 8:30 Courtesy Cart 9:00 Theme Sensations- Garden 10:00 North Terrace Church Service- channel 3 10:30 Catholic Mass- channel 3 WHIZ 11:50 Daily Chronicle 	K 8:30 Courtesy Cart A 10:15 Jewelry Making M 11:00 Theme Sensations-Work K 11:50 Daily Chronicle with Puzzles I 1:20 Afternoon Devotions I 1:30 Dream with Virtual Reality G 2:30 Bingo	K 8:30 Courtesy Cart 9:15 Chair Yoga 10:00 Theme Sensations 10:45 News in the Rooms K11:50 Daily Chronicle with Puzzles A 1:30 Crafter's Corner	K 8:30 Courtesy Cart V 9:00 Cardio MM11:00 Theme Sensations-Hand Massages O11:15 Lunch at Pizza Cottage K 11:45 Wednesday Trivia GG 2:30 Bingo CC 3:00 Chef's Circle M 3:00 Lifeshare Name that Tune	Conversations	K 8:30 Courtesy Cart GF10:30 Hallway Nail Spa K 11:50 Daily Chronicle with Puzzles M 1:40 Sensory Connection-Baby M 2:30 Apple Tasting Happy Hour	K 8:30 Courtesy Cart V 9:00 Chair Dancing M10:30 Theme Sensations- Cooking K11:50 Daily Chronicle with Puzzles GG 2:30 Bingo
M 9:00 Theme Sensations- Garden 110:00 North Terrace Church Service- channel 3 110:30 Catholic Mass- channel 3 WHIZ K11:50 Daily Chronicle	K 8:30 Courtesy Cart A 10:15 Jewelry Making M 11:00 Theme Sensations-Work K 11:50 Daily Chronicle with Puzzles I 1:20 Afternoon Devotions L 1:30 Dream with Virtual Reality GG 2:30 Bingo	K 8:30 Courtesy Cart 9:15 Chair Yoga 10:00 Theme Sensations 10:45 News in the Rooms K11:50 Daily Chronicle with Puzzles A 1:30 Crafter's Corner	K 8:30 Courtesy Cart V 9:00 Cardio M11:00 Theme Sensations-Hand Massages O11:15 Lunch at Mizu's K 11:45 Wednesday Trivia GC 2:30 Bingo C 3:00 Chef's Circle M 3:00 Lifeshare Name that Tune	K 8:30 Courtesy Cart V 9:15 Exercise GF10:00 Coffee and Conversations MM11:00 Theme Sensations- Laundry K11:50 Daily Chronicle with Puzzles O 2:00 Shopping at Kohls I 6:30 Virtual Tour to Famous Museum in New York		