The Willows at Hamburg - Personal Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GC - Group Games I - Inspirations GC - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events	V - Vitality		I 10:30 Bible Study with Missy! - DR O11:15 Lunch Outing to Ramsey's! A 2:30 Art: Wood Trays - TS V 4:00 TrilogyFit Exercise Class - Dining Room	V11:00 Morning Walk Outside! S 2:30 Petting Zoo! - Outside (2:30- 4:30pm) K 4:00 Card Games! - Activity Room GG 6:15 Evening BINGO Game! - Town Square	I 10:00 Morning Devotions - TS M10:15 Hymn Sing-a-long - TS C10:30 Bacon wrapped croissant breakfast sandwiches - TS M 3:00 UK Themed Happy Hour with appetizers, drinks, and live music!	V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square S 1:00 UK Football Watch Party! - Town Square A 2:00 Art: Craft Stick Wreaths - TS V 4:00 TrilogyFit Exercise Class - Dining Room
M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS L2:00 Sunday Church Service - TS	V10:30 Morning Stretches! - TS GG10:45 BINGO! - TS S 2:30 Labor Day Party! - Outside PC doors V 4:00 TrilogyFit Exercise Class - Dining Room S 6:00 Love on a Leash Therapy Dogs visit! - Outside Front Doors	<ul> <li>7 Rosh Hashanah Begins</li> <li>V11:00 Morning Walk Outside!</li> <li>S 2:00 Resident Council - DR</li> <li>S 3:00 Popsicles in the Courtyard!</li> <li>K 4:00 Board/Card Games! - AR</li> </ul>	I 10:30 Bible Study with Missy! - DR O11:15 Lunch Outing to Smashing Tomato (pizza place)! A 2:30 Art: Heart String Art Craft - TS V 4:00 TrilogyFit Exercise Class - Dining Room	JG10:00 Men's Coffee and Donuts - TS V11:00 Morning Walk Outside! O 2:00 Scenic Drive! K 4:00 Card Games! - Activity Room GG 6:15 Evening BINGO Game! - Town Square	I 10:00 Morning Devotions - TS M10:15 Hymn Sing-a-long - TS CC10:30 Making Plum Crisp - TS M 3:00 Happy Hour with appetizers, drinks, and live music!	V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square A 2:00 Art: Watercolor Nature Silhouettes - TS V 4:00 TrilogyFit Exercise Class - Dining Room
M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS 1 2:00 Sunday Church Service - TS	V10:30 Morning Stretches! - TS GG10:45 BINGO! - TS O 2:00 Scenic Drive! (see Life Enrichment Staff to Sign Up!) V 4:00 TrilogyFit Exercise Class - Dining Room S 6:15 Movie Night & Popcorn!: Andy Griffith - TS	V11:00 Morning Walk Outside! M 2:15 Monthly Birthday Party in Town Square! K 4:00 Board/Card Games! - AR	10:30 Bible Study with Missy! - DR O11:15 Lunch Outing to Mi Mexico! A 2:30 Art: Decorate your own Tote Bag - TS V 4:00 TrilogyFit Exercise Class - Dining Room	O10:00 Fishing Trip to Jacobson Park with Pizza Lunch! V11:00 Morning Walk Outside! A 2:30 Making Fleece Blankets for Project Linus - TS K 4:00 Book Club! - AR GG 6:15 Evening BINGO Game! - Town Square	I 10:00 Morning Devotions - TS M10:15 Hymn Sing-a-long - TS C10:30 Making Cider Jello - TS M 3:00 Happy Hour with appetizers, drinks, and live music!	V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square S 1:00 UK Football Watch Party! - Town Square A 2:00 Art: Paint-a-dot Greeting Cards - TS V 4:00 TrilogyFit Exercise Class - Dining Room

### The Willows at Hamburg - Personal Care

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS 1 2:00 Sunday Church Service - TS	Stretches! - TS GG10:45 BINGO! - TS O 2:00 Scenic Drive! (see	V11:00 Morning Walk Outside! O 2:00 Outing: Shopping at Mejiers! K 4:00 Board/Card Games! - AR	I 10:30 Bible Study with Missy! - DR O11:15 Lunch Outing to Double Dogs! A 2:30 Art: Hello Fall Signs - TS V 4:00 TrilogyFit Exercise Class - Dining Room	IG10:00 Men's Coffee and Donuts - TS V11:00 Morning Walk Outside! S 2:30 Tailgate Party in the Parking lot! GG 6:15 Evening BINGO Game! - Town Square	1 10:00 Morning Devotions - TS M10:15 Hymn Sing-a-long - TS C10:30 Making Apple Pie Muffins - TS M 3:00 Fall themed Happy Hour with appetizers, drinks, and live music!	V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square A 2:00 Art: Fall Leaf Sun Catchers - TS V 4:00 TrilogyFit Exercise Class - Dining Room
M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS L2:00 Sunday Church Service - TS	Stretches! - TS GG10:45 BINGO! - TS O 2:00 Scenic Drive! (see	V11:00 Morning Walk Outside! S 2:30 Beginning of Fall Tea Party! - TS K 4:00 Board/Card Games! - AR	1 10:30 Bible Study with Missy! - DR O11:15 Lunch Outing to Ted's Montana Grill! A 2:30 Art: Harvest Truck Signs - TS V 4:00 TrilogyFit Exercise Class - Dining Room	JG10:00 Men's Coffee and Donuts - TS V11:00 Morning Walk Outside! O 2:00 Outing: Shopping at Dollar Tree! K 4:00 Card Games! - Activity Room GG 6:15 Evening BINGO Game! - Town Square		

Please see the Life Enrichment Director, Rebekah Deckett, if you have any questions or suggestions!

The Willows at Hamburg - Health Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GC - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Mindful Moments M - Music to My Ears O - Out & About	S - Signature Events V - Vitality		MM 9:15 Mindful Moments/1:1's JG10:00 Men's Coffee and Donuts! - TS K10:30 Brain Teasers and Trivia Games - TS O11:15 Lunch Outing to Ramsey's! A 2:30 Art: Wood Trays - TS S 4:00 Snacks and Book Cart! - In Room Visits	MM 9:15 Mindful Moments/1:1's K10:00 Coffee and Conversation: What's New? S 2:30 Petting Zoo!- Outside (2:30- 4:30pm) GG 6:15 Evening BINGO Game! - Town Square	MM 9:15 Mindful Moments/1:1's I 10:00 Morning Devotions - TS MM 10:15 Hymn Sing-a-long - TS CC 10:30 Bacon wrapped croissant breakfast sandwiches - TS MM 3:00 UK Themed Happy Hour with appetizers, drinks, and live music!	M 9:15 Mindful Moments/1:1's V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square S 1:00 UK Football Watch Party! - Town Square A 2:00 Art: Craft Stick Wreaths - TS
M 9:15 Mindful  Moments/1:1's  M10:00 Sing-a-long and  Name that tune! -  TS  L11:00 Life Long  Learning:  Wilderness Topics  for Wilderness  Month - TS  I 2:00 Sunday Church  Service - TS  S 4:00 Media Cart - IRV	MN 9:15 Mindful Moments/1:1's V10:30 Morning Stretches! - TS GG10:45 BINGO! - TS S 2:30 Labor Day Party! - Outside PC doors S 6:00 Love on a Leash Therapy Dogs visit! - Outside Front Doors	7 Rosh Hashanah Begins MN 9:15 Mindful Moments/1:1's S 10:00 Resident Council - TS I 10:15 Morning Devotions - TS M 10:30 Hymn Sing-a-long - TS S 2:30 Popsicles in the Courtyard!	MN 9:15 Mindful Moments/1:1's V10:00 Morning Exercise! - TS K10:30 Brain Teasers and Trivia Games - TS O11:15 Lunch Outing to Smashing Tomato (pizza place)! A 2:30 Art: Heart String Art Craft - TS S 4:00 Snacks and Book Cart! - In Room Visits	MM 9:15 Mindful Moments/1:1's K10:00 Coffee and Conversation: What's New? O 2:00 Scenic Drive! I 3:30 Hand Massages and Therapeutic Music - TS GG 6:15 Evening BINGO Game! - Town Square	MM 9:15 Mindful Moments/1:1's I 10:00 Morning Devotions - TS M 10:15 Hymn Sing-a-long - TS CC 10:30 Making Plum Crisp - TS M 3:00 Happy Hour with appetizers, drinks, and live music!	M 9:15 Mindful Moments/1:1's V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square A 2:00 Art: Watercolor Nature Silhouettes - TS
MN 9:15 Mindful Moments/1:1's M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS L2:00 Sunday Church Service - TS S 4:00 Media Cart - IRV	MN 9:15 Mindful Moments/1:1's V10:30 Morning Stretches! - TS GG10:45 BINGO! - TS O 2:00 Scenic Drive! (see Life Enrichment Staff to Sign Up!) S 6:15 Movie Night & Popcorn!: Andy Griffith - TS	MM 9:15 Mindful Moments/1:1's M10:00 Hymn Sing-a-long - TS I 10:15 Morning Devotions - TS M 2:15 Monthly Birthday Party! - TS	Yom Kippur Begins  MN 9:15 Mindful Moments/1:1's  V 10:00 Morning Exercise! - TS  K 10:30 Brain Teasers and Trivia Games - TS  O 11:15 Lunch Outing to Mi Mexico!  A 2:30 Art: Decorate your own Tote Bag - TS  S 4:00 Snacks and Book Cart! - In Room Visits	MM 9:15 Mindful Moments/1:1's K10:00 Coffee and Conversation - TS O10:00 Fishing Trip to Jacobson Park with Pizza Lunch! A 2:30 Making Fleece Blankets for Project Linus - TS I 3:30 Hand Massages and Therapeutic Music - TS GG 6:15 Evening BINGO	MM 9:15 Mindful Moments/1:1's I 10:00 Morning Devotions - TS M 10:15 Hymn Sing-a-long - TS CC10:30 Making Cider Jello - TS M 3:00 Happy Hour with appetizers, drinks, and live music!	M 9:15 Mindful Moments/1:1's V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square S 1:00 UK Football Watch Party! - Town Square A 2:00 Art: Paint-a-dot Greeting Cards - TS

### The Willows at Hamburg - Health Center

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MN 9:15 Mindful Moments/1:1's M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS 1 2:00 Sunday Church Service - TS	MN 9:15 Mindful Moments/1:1's V10:30 Morning Stretches! - TS GG10:45 BINGO! - TS O 2:00 Scenic Drive! (see Life Enrichment Staff to Sign Up!) S 6:15 Movie Night & Popcorn!: The Dick Van Dyke Show - TS	MN 9:15 Mindful Moments/1:1's M10:00 Hymn Sing-a-long - TS I 10:15 Morning Devotions - TS O 2:00 Outing: Shopping at Mejiers! K 4:00 Board games! - TS	MN 9:15 Mindful Moments/1:1's V10:00 Morning Exercise! - TS K10:30 Brain Teasers and Trivia Games - TS O11:15 Lunch Outing to Double Dogs! A 2:30 Art: Hello Fall Signs - TS S 4:00 Snacks and Book Cart! - In Room Visits	<ul><li>S 2:30 Tailgate Party in the Parking lot!</li><li>I 3:30 Hand Massages</li></ul>	MN 9:15 Mindful Moments/1:1's I 10:00 Morning Devotions - TS M 10:15 Hymn Sing-a-long - TS CC 10:30 Making Apple Pie Muffins - TS M 3:00 Fall themed Happy Hour with appetizers, drinks, and live music!	MN 9:15 Mindful Moments/1:1's V10:00 Morning Stretches! - Town Square GG10:30 BINGO! - Town Square A 2:00 Art: Fall Leaf Sun Catchers - TS
MN 9:15 Mindful Moments/1:1's M10:00 Sing-a-long and Name that tune! - TS L11:00 Life Long Learning: Wilderness Topics for Wilderness Month - TS 1 2:00 Sunday Church Service - TS	MN 9:15 Mindful Moments/1:1's V10:30 Morning Stretches! - TS GG10:45 BINGO! - TS O 2:00 Scenic Drive! (see Life Enrichment Staff to Sign Up!) S 6:15 Movie Night & Popcorn!: The Beverly Hillbillies - TS	MN 9:15 Mindful Moments/1:1's M10:00 Hymn Sing-a-long - TS I 10:15 Morning Devotions - TS S 2:30 Beginning of Fall Tea Party! - TS K 4:00 Board games! - TS	MN 9:15 Mindful Moments/1:1's V10:00 Morning Exercise! - TS K10:30 Brain Teasers and Trivia Games - TS O11:15 Lunch Outing to Ted's Montana Grill! A 2:30 Art: Harvest Truck Signs - TS S 4:00 Snacks and Book Cart! - In Room Visits	MN 9:15 Mindful Moments/1:1's K10:00 Coffee and Conversation: What's New? O 2:00 Outing: Shopping at Dollar Tree I 3:30 Hand Massages and Therapeutic Music - TS GG 6:15 Evening BINGO Game! - Town Square	Please let the Life Enrichment Staff know if you need any reading materials, magazines, movies, snacks, or anything else you can think of!	

Please see the Life Enrichment Director, Rebekah Deckett, if you have any questions!

The Willows at Hamburg - Legacy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans C - Creative Cooking GF - Gathering of Friends G - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About S - Signature Events V - Vitality			V 9:00 Ribbon Dance CC10:30 Creative Cooking, Resident/Staff Choice 12:45 Relax & Recharge A 2:00 Pressed Flowers 3:00 Trivia and Song with Sal GC 4:00 Nerf Gun Target Practice 4:30 Healthy Hands	V 9:00 What a Wonderful World Chair Yoga K 9:30 Let's Spell Summer V 9:45 Mindful Movements 12:45 Relax & Recharge S 2:30 Petting Zoo! - Outside (2:30- 4:30pm) 3:00 Trivia and Song with Sal 4:30 Healthy Hands	K 9:30 Best Friends C10:45 Twisted Banana Split 12:45 Relax & Recharge A 2:00 Creative Storytelling 3:00 Trivia and Song with Sal M 3:30 September Happy Hour 4:30 Healthy Hands 7:00 Nighttime Traditions	V 9:00 Pump You Up CC10:45 Vanilla Yogurt & Blueberry Parfait 12:45 Relax & Recharge A 2:00 Fleece Blankets GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch
V 9:00 Soccer K 9:30 Affirming Friends 12:45 Relax & Recharge A 2:00 Wrap n' Llama M 3:30 Music Makes You Happier 4:30 Healthy Hands	<ul> <li>Labor Day</li> <li>9:00 Move it Monday</li> <li>10:45 Labor Day Icebox Berry Cheesecake</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Senic Drive</li> <li>3:00 Trivia and Song with Sal</li> <li>3:30 School Days</li> <li>4:30 Healthy Hands</li> </ul>	7 Rosh Hashanah Begins  V 9:00 Dance, Dance K 9:30 American Landmarks 12:45 Relax & Recharge A 2:00 Warm Vanilla Sugar Scrub 3:00 Trivia and Song with Sal GG 4:00 What Belongs Together? 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 Ribbon Dance K 9:30 Glorious Verbs! C10:30 Creative Cooking, Resident/Staff Choice 12:45 Relax & Recharge A 2:00 Sunflower Painting 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 A Time For Iced Tea! 7:00 Nighttime	<ul> <li>9</li> <li>V 9:00 What a Wonderful World Chair Yoga</li> <li>K 9:30 Let's Spell Summer</li> <li>V 9:45 Mindful Movements</li> <li>12:45 Relax &amp; Recharge</li> <li>A 2:00 Chalk Prints</li> <li>3:00 Trivia and Song with Sal</li> <li>4:30 Healthy Hands</li> </ul>	K 9:30 Best Friends C10:45 Decadent Caramel Banana Cake 12:45 Relax & Recharge A 2:00 Fall Leaf Garland 3:00 Trivia and Song with Sal M 3:30 September Happy Hour 4:30 Healthy Hands GF 6:00 Let's Get The Kids Ready For School!	V 9:00 Pump You Up S 9:30 Summer Colors 12:45 Relax & Recharge M 3:30 College Football Fight Songs G 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch 7:00 Nighttime Traditions
V 9:00 Soccer S 9:30 Affirming Friends 12:45 Relax & Recharge A 2:00 Grandparent's Day Family Tree M 3:30 Music Makes You Happier GG 4:00 Aim for the Stars 4:30 Healthy Hands GF 6:00 Aqua Painting	V 9:00 Move it Monday 12:45 Relax & Recharge 2:00 Senic Drive 3:00 Trivia and Song with Sal 3:30 School Days 4:30 Healthy Hands GF 6:00 Patio Hangman	V 9:00 Dance, Dance C10:45 Apple Cinnamon Bread 12:45 Relax & Recharge A 2:00 The Dot Art Day 1 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 Summer On The Patio!	15 Yom Kippur Begins  V 9:00 Ribbon Dance K 9:30 Glorious Verbs! CC10:30 Creative Cooking, Resident/Staff Choice 12:45 Relax & Recharge A 2:00 The Dot Art Day 2 3:00 Trivia and Song with Sal GG 4:00 Nerf Gun Target Practice 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 What a Wonderful World Chair Yoga  K 9:30 Let's Spell Summer  V 9:45 Mindful Movements 12:45 Relax & Recharge  A 2:00 Clay Mountain Photo Holder Day 1 3:00 Trivia and Song with Sal 4:30 Healthy Hands  GF 6:00 Summer On The	K 9:30 Best Friends 12:45 Relax & Recharge A 2:00 Clay Mountain Photo Holder Day 2 3:00 Trivia and Song with Sal M 3:30 September Happy Hour GG 4:00 Word Works 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 Pump You Up S 9:30 Summer Colors 12:45 Relax & Recharge A 2:00 Fleece Blankets G 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch GF 6:00 Summer On The Patio!

The Willows at Hamburg - Legacy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul> <li>Section 12:45 Affirming Friends</li> <li>12:45 Relax &amp; Recharge</li> <li>A 2:00 Ask A Beautiful Question</li> <li>M 3:30 Music Makes You Happier</li> <li>4:30 Healthy Hands</li> </ul>	V 9:00 Move it Monday 12:45 Relax & Recharge A 2:00 Paper Picture Frames O 2:00 Senic Drive 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 Dance, Dance C10:45 Cookies & Cream Cookies 12:45 Relax & Recharge A 2:00 Salted Painting 3:00 Trivia and Song with Sal G6 4:00 What Belongs Together? GF 6:00 Summer On The Patio! GF 6:00 Summer On The Patio!	V 9:00 Ribbon Dance S 9:30 Glorious Verbs! C10:30 Creative Cooking, Resident/Staff Choice 12:45 Relax & Recharge A 2:00 Rustic Wood Pumpkins 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 What a Wonderful World Chair Yoga K 9:30 Let's Spell Summer V 9:45 Mindful Movements 12:45 Relax & Recharge A 2:00 Apple Chalkboard Greetings 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 Summer On The Patio!	K 9:30 Best Friends C10:45 Peach Cobbler Muffins 12:45 Relax & Recharge A 2:00 Nature Bookmarks 3:00 Trivia and Song with Sal M 3:30 September Happy Hour 4:30 Healthy Hands GF 6:00 Let's Get The Kids Ready For School! GF 6:00 Summer On The	V 9:00 Pump You Up K 9:30 Summer Colors 12:45 Relax & Recharge GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Summer On The Patio! 7:00 Nighttime Traditions
<ul> <li>K 9:30 Affirming Friends</li> <li>10:45 Johnny Appleseed         <ul> <li>Bars</li> <li>12:45 Relax &amp; Recharge</li> <li>2:00 Fall Leaf Candle</li></ul></li></ul>	V 9:00 Move it Monday 12:45 Relax & Recharge A 2:00 Popcorn Fall Trees O 2:00 Senic Drive 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 Dance, Dance K 9:30 American Landmarks 12:45 Relax & Recharge A 2:00 Clay Pinch Pots- Day1 3:00 Trivia and Song with Sal GG 4:00 What Belongs Together? 4:30 Healthy Hands GF 6:00 Summer On The Patio!	V 9:00 Ribbon Dance S 9:30 Glorious Verbs! C10:30 Creative Cooking, Resident/Staff Choice 12:45 Relax & Recharge A 2:00 Clay Pinch Pots- Day2 3:00 Trivia and Song with Sal 4:30 Healthy Hands GF 6:00 A Time For Iced Tea! GF 6:00 Summer On The	V 9:00 What a Wonderful World Chair Yoga  K 9:30 Let's Spell Summer  V 9:45 Mindful Movements 12:45 Relax & Recharge  A 2:00 Have a Gentle Conversation 3:00 Trivia and Song with Sal 4:30 Healthy Hands  GF 6:00 Summer On The Patio!	G. C. Summer on the	