


September 2021

Assisted Living Monthly



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	AE Artistic Expression CC Community Connection CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support		1 Grocery Trip 1:00-3:00pm 9:30 CE Cranium Crunches [B] 10:00 PE Cardio with Curtis [G] 11:00 CC Out & About [L] 1:00 LL Activity Committee Meeting [B] 2:00 SS Bible Study [T] 3:00 PE Super Striders - Walk Club [N] 4:00 AE Adult Color & Sip [CR] 6:30 LL Evening Movie [T]	2 Medical Transportation 10:30 PE Standing Pilates [G] 11:00 CC Give Back Club [CR] 2:00 CE Historical Moment [LR] 2:30 PE Simple Stretches [G] 3:00 LL Happy Hour [B] 6:30 LL Evening Movie [T]	3 9:30 SS Guided Meditation [T] 10:00 PE Fitness in 15 [G] 10:30 AE Gardening Club [RP] 11:30 CE Ted Talk [T] 1:00 AE Chef's Corner [CR] 2:00 LL Bingo [R] 3:00 PE Laughing Yoga [G] 4:00 LL Dominoes [CR] 6:30 LL Evening Movie [T]	4 9:00 LL Men's Club [R] 10:30 PE Yardzee [RP] 11:30 CE YouTube University [T] 1:00 LL Fresh Baked! [B] 2:00 CE Current Events [L] 3:00 LL Bunco [CR] 5:00 PE Tap your toes [G] 6:30 SS Devotions [CR] 6:30 LL Evening Movie [T]	
	5 10:30 PE Standing Pilates [G] 11:30 LL Mahjong [CR] 1:00 SS Sunday Service [T] 2:00 SS Musical Meditations [T] 3:00 LL Sundae Sundays [RP] 4:00 AE Puzzle Perfect [CR] 5:00 PE Fitness in 15 [G] 6:30 LL Evening Movie [T]	6 Errands 9:30-12:00 Labor Day 10:00 PE Gentle Chair Yoga [G] 10:30 LL Scrabble [LR] 1:00 AE Musical Moments [B] 2:00 LL Bingo [R] 3:00 AE Diamond Art [CR] 4:00 CE Let's Discuss! [T] 5:00 PE Fitness in 15 [G] 6:30 LL Chess [CR] 6:30 LL Evening Movie [T]	7 Medical Transportation 10:30 PE Tai Chi [G] 1:00 CE Live from the Museum [T] 2:00 LL Balloon Volleyball Challenge [RP] 3:00 LL Happy Hour [B] 4:30 PE Afternoon Stroll [N] 4:30 AE Bob Ross: Beauty is Everywhere [T] 6:30 LL Evening Movie [T]	8 Grocery Trip 1:00-3:00pm 9:30 CE Cranium Crunches [B] 10:00 PE Cardio with Curtis [G] 11:00 CC Out & About [L] 11:30 LL Out to Lunch Bunch [N] 2:00 SS Bible Study [T] 3:00 PE Super Striders - Walk Club [N] 4:00 AE Adult Color & Sip [CR] 6:30 LL Evening Movie [T]	9 Medical Transportation 10:30 PE Standing Pilates [G] 11:00 CC Give Back Club [CR] 2:00 CE Historical Moment [LR] 2:30 PE Simple Stretches [G] 3:00 LL Happy Hour [B] 6:30 LL Evening Movie [T]	10 9:30 SS Guided Meditation [T] 10:00 PE Fitness in 15 [G] 10:30 AE Gardening Club [RP] 11:30 CE Ted Talk [T] 1:00 LL Blackjack! [B] 2:00 LL Bingo [R] 3:00 PE Laughing Yoga [G] 4:00 LL Dominoes [CR] 6:30 LL Evening Movie [T]	11 9:00 LL Men's Club [R] 10:30 PE Yardzee [RP] 11:30 CE YouTube University [T] 1:00 LL Fresh Baked! [B] 2:00 CE Current Events [L] 3:00 LL Bunco [CR] 5:00 PE Tap your toes [G] 6:30 SS Devotions [CR] 6:30 LL Evening Movie [T]
	12 10:30 PE Standing Pilates [G] 11:30 LL Mahjong [CR] 1:00 SS Sunday Service [T] 2:00 SS Musical Meditations [T] 3:00 LL Sundae Sundays [RP] 4:00 AE Smart Art [CR] 5:00 PE Fitness in 15 [G] 6:30 LL Evening Movie [T]	13 Errands 9:30-12:00 10:00 PE Gentle Chair Yoga [G] 10:30 LL Scrabble [LR] 1:00 AE Musical Moments [B] 2:00 LL Bingo [R] 3:00 AE Diamond Art [CR] 4:00 CE Let's Discuss! [T] 5:00 PE Fitness in 15 [G] 6:30 LL Chess [CR] 6:30 LL Evening Movie [T]	14 Medical Transportation 10:30 PE Tai Chi [G] 1:00 CE Live at the Museum [T] 2:00 LL Balloon Volleyball Challenge [RP] 3:00 LL Happy Hour [B] 4:30 PE Afternoon Stroll [N] 4:30 AE Bob Ross: Beauty is Everywhere [T] 6:30 LL Evening Movie [T]	15 Grocery Trip 1:00-3:00pm 9:30 CE Cranium Crunches [B] 10:00 PE Cardio with Curtis [G] 11:00 CC Out & About [L] 1:00 LL Food Forum [B] 2:00 SS Bible Study [T] 3:00 PE Super Striders - Walk Club [N] 4:00 AE Adult Color & Sip [CR] 6:30 LL Evening Movie [T]	16 Medical Transportation 10:30 PE Standing Pilates [G] 11:00 CC Give Back Club [CR] 2:00 CE Historical Moment [LR] 2:30 PE Simple Stretches [G] 3:00 LL Happy Hour [B] 6:30 LL Evening Movie [T]	17 9:30 SS Guided Meditation [T] 10:00 PE Fitness in 15 [G] 10:30 AE Gardening Club [RP] 11:30 CE Ted Talk [T] 1:00 AE Chef's Corner [CR] 2:00 LL Bingo [R] 3:00 PE Laughing Yoga [G] 4:00 LL Dominoes [CR] 6:30 LL Evening Movie [T]	18 9:00 LL Men's Club [R] 10:30 PE Yardzee [RP] 11:30 CE YouTube University [T] 1:00 LL Fresh Baked! [B] 2:00 CE Current Events [L] 2:30 CC House Warming Party [RA] 3:00 LL Bunco [CR] 5:00 PE Tap your toes [G] 6:30 SS Devotions [CR] 6:30 LL Evening Movie [T]
	19 10:30 PE Standing Pilates [G] 11:30 LL Mahjong [CR] 1:00 SS Sunday Service [T] 2:00 SS Musical Meditations [T] 3:00 LL Sundae Sundays [RP] 4:00 AE Puzzle Perfect [CR] 5:00 PE Fitness in 15 [G] 6:30 LL Evening Movie [T]	20 Errands 9:30-12:00 10:00 PE Gentle Chair Yoga [G] 10:30 LL Scrabble [LR] 1:00 AE Musical Moments [B] 2:00 LL Bingo [R] 3:00 AE Diamond Art [CR] 4:00 CE Let's Discuss! [T] 5:00 PE Fitness in 15 [G] 6:30 LL Chess [CR] 6:30 LL Evening Movie [T]	21 Medical Transportation 10:30 PE Tai Chi [G] 1:00 CE Live at the Museum [T] 2:00 LL Balloon Volleyball Challenge [RP] 3:00 LL Happy Hour [B] 4:30 PE Afternoon Stroll [N] 4:30 AE Bob Ross: Beauty is Everywhere [T] 6:30 LL Evening Movie [T]	22 Grocery Trip 1:00-3:00pm 9:30 CE Cranium Crunches [B] 10:00 PE Cardio with Curtis [G] 11:00 CC Out & About [L] 1:00 LL Resident Council [T] 2:00 SS Bible Study [T] 3:00 PE Super Striders - Walk Club [N] 4:00 AE Adult Color & Sip [CR] 6:30 LL Evening Movie [T]	23 Medical Transportation 9:00 LL Men's Breakfast [CR] 10:30 PE Standing Pilates [G] 11:00 CC Give Back Club [CR] 2:00 CE Historical Moment [LR] 2:30 PE Simple Stretches [G] 3:00 LL Happy Hour [B] 6:30 LL Evening Movie [T]	24 9:30 SS Guided Meditation [T] 10:00 PE Fitness in 15 [G] 10:30 AE Gardening Club [RP] 11:30 CE Ted Talk [T] 1:00 LL Blackjack! [B] 2:00 LL Bingo [R] 3:00 PE Laughing Yoga [G] 4:00 LL Dominoes [CR] 6:30 LL Evening Movie [T]	25 9:00 LL Men's Club [R] 10:30 PE Yardzee [RP] 11:30 CE YouTube University [T] 1:00 LL Fresh Baked! [B] 2:00 CE Current Events [L] 3:00 LL Bunco [CR] 5:00 PE Tap your toes [G] 6:30 SS Devotions [CR] 6:30 LL Evening Movie [T]
	26 10:30 PE Standing Pilates [G] 11:30 LL Mahjong [CR] 1:00 SS Sunday Service [T] 2:00 SS Musical Meditations [T] 3:00 LL Sundae Sundays [RP] 4:00 AE Smart Art [CR] 5:00 PE Fitness in 15 [G] 6:30 LL Evening Movie [T]	27 Errands 9:30-12:00 10:00 PE Gentle Chair Yoga [G] 10:30 LL Scrabble [LR] 1:00 AE Musical Moments [B] 2:00 LL Bingo [R] 3:00 AE Diamond Art [CR] 4:00 CE Let's Discuss! [T] 5:00 PE Fitness in 15 [G] 6:30 LL Chess [CR] 6:30 LL Evening Movie [T]	28 Medical Transportation 10:30 PE Tai Chi [G] 1:00 CE Live at the Museum [T] 2:00 LL Balloon Volleyball Challenge [RP] 3:00 LL Happy Hour [B] 4:30 PE Afternoon Stroll [N] 4:30 AE Bob Ross: Beauty is Everywhere [T] 6:30 LL Evening Movie [T]	29 Grocery Trip 1:00-3:00pm 9:30 CE Cranium Crunches [B] 10:00 PE Cardio with Curtis [G] 11:00 CC Out & About [L] 12:15 LL Resident Birthday Celebration [CR] 2:00 SS Bible Study [T] 3:00 PE Super Striders - Walk Club [N] 4:00 AE Adult Color & Sip [CR] 6:30 LL Evening Movie [T]	30 Medical Transportation 10:30 PE Standing Pilates [G] 11:00 CC Give Back Club [CR] 2:00 CE Historical Moment [LR] 2:30 PE Simple Stretches [G] 3:00 LL Happy Hour [B] 6:30 LL Evening Movie [T]	Location Keys Club Room CR Around the Neighborhood N Bistro B Gym G Living Room LR Lobby L Resident Apartments RA Restaurant R Rooftop Patio RP Theater T	