

September 2021

In The Moment – Memory Support



3502 "K" Avenue
Anacortes, WA 98221
360-399-7263

- AE** Artistic Expression
- CE** Continuing Education
- LL** Lifestyle & Leisure
- PE** Physical Engagement
- SS** Spiritual Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 CE Daily Chronicle & News [CY] 1 11:00 PE Gentle Yoga 2:00 CE 72 Dangerous Places to Live - Netflix 3:00 LL Book Club 3:30 PE Trivia - Ipad [AA] 6:30 LL Same Kind of Different As Me - Prime [AA]	10:00 CE Daily Chronicle & News 2 11:00 PE Stretch & Flex 2:00 CE Forgotten Ellis Island - Prime 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL Chicken Run - Prime [AA]	10:00 CE Daily Chronicle & Trivia 3 11:00 PE Stretch & Flex 2:00 CE Documentary "Inventions That Shook the World" on Prime 3:00 PE Kentucky Derby 4:00 LL Bingo! 6:30 LL Where the Red Fern Grows - Prime [AA]	10:00 CE Daily Chronicle & News 4 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Miles Davis: Birth of the Cool - Netflix 3:00 AE Manicures & Mimosas [CY] 4:00 SS Gentle Yoga 6:30 LL Patton - Prime [AA]
10:00 CE Daily Chronicle & News 5 11:00 PE Stretch & Flex 2:00 LL Music with Sangah - Youtube [AA] 3:00 CE Gameshow - Ipad 4:00 PE Gentle Yoga 6:30 LL Seabiscuit - Netflix [AA]	Labor Day 10:00 SS Hymn Sing Along [CY] 6 11:00 PE Seated Kickboxing 2:00 CE Explained - Netflix 2:30 LL Manicures & Mimosas 3:30 AE Salt Flower Painting [BS] 6:30 LL Robinson Crusoe - Prime [AA]	10:00 CE Daily Chronicle & News 7 11:00 PE Seated Aerobics 2:00 CE The Universe - Netflix 3:00 CE Name 5!!! 4:00 LL Book Club 6:30 LL Annie - Prime [AA]	10:00 CE Daily Chronicle & News [CY] 8 11:00 PE Gentle Yoga 2:00 CE Dolly Parton - A Musicares Tribute Netflix 3:00 CE Wheel of Fortune - Ipad 3:45 PE Stretch & Flex [AA] 4:00 LL Book Club - Old Man and the Sea 6:30 LL My Girl - Netflix [AA]	10:00 CE Daily Chronicle & News 9 11:00 PE Drumming Fitness 2:00 CE I've Got a Secret - Prime 3:00 CE Virtual Fieldtrip - 7 Wonders of the World [AA] 4:00 SS Gentle Yoga 6:30 LL Confessions of a Prodigal Son - Prime [AA]	10:00 CE Daily Chronicle & Trivia 10 11:00 PE Stretch & Flex 2:00 CE The Ultimate Civil War Series - Prime 3:00 LL Taste & Tell: Soda Pop Panel 4:00 LL Bingo! 6:30 LL Storm Boy - Prime [AA]	10:00 CE Remembering 9/11 - Discussion 11 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE Standing in the Shadows of Motown 3:00 AE Manicures & Mimosas [CY] 4:00 SS Chair Yoga 6:30 LL World Trade Center - Netflix [AA]
10:00 CE Daily Chronicle & News 12 11:00 PE Stretch & Flex 2:00 LL Piano w/ Sangha Noona - Youtube [AA] 3:00 CE Gameshow - Ipad 4:00 PE Gentle Yoga 6:30 LL Ten Little Indians - Prime [AA]	10:00 CE Hymn Sing Along 13 11:00 PE Seated Kickboxing 2:00 CE Explained - Netflix 3:00 LL Tunes w/ Bonita [AA] 4:00 LL Book Club 6:30 LL Cinderella (2021) - Prime [AA]	10:00 CE Daily Chronicle & News 14 11:00 PE Seated Aerobics 2:00 CE The Universe - Netflix 3:00 Kentucky Derby 4:00 LL Sangha Noona Piano 6:30 LL The Bridges at Toko-Ri - Prime [AA]	10:00 CE Daily Chronicle & News [CY] 15 11:00 PE Gentle Yoga 2:00 CE Wildest Places: Australia - Prime 2:30 AE DIY Bookmarks 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Catch Me If You Can - Prime [AA]	10:00 CE Daily Chronicle & News 16 11:00 PE Drumming Fitness 2:00 CE Planet Egypt - Prime 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL Hook - Netflix [AA]	10:00 CE Daily Chronicle & Trivia 17 11:00 PE Stretch & Flex 2:00 CE The Ultimate Civil War Series - Prime 3:00 LL Country Tunes w/ Scotty 4:00 LL Bingo! 6:30 LL The Quiet Man - Prime [AA]	10:00 CE Daily Chronicle & News 18 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE In Search of Mozart - Prime 3:00 AE Manicures & Mimosas [CY] 6:30 LL Sleepless in Seattle - Prime [AA]
10:00 CE Daily Chronicle & News 19 11:00 PE Stretch & Flex 2:00 LL Live Guitar with Steve [AA] 3:00 CE Gameshow - Ipad 4:00 PE Gentle Yoga 6:30 LL Walk The Line - Prime [AA]	10:00 SS Hymn Sing Along [CY] 20 11:00 PE Seated Kickboxing 2:00 CE Explained - Netflix 2:30 LL Piano w/ Jim 3:30 PE Stretch & Flex 4:00 LL Book Club 6:30 LL Miracles From Heaven - Prime [AA]	10:00 CE Daily Chronicle & News 21 11:00 PE Seated Aerobics 2:00 CE The Universe - Netflix 3:00 Guess That Decade 4:00 LL Book Club 6:30 LL Marshall - Netflix [AA]	10:00 CE Daily Chronicle & News [CY] 22 11:00 PE Gentle Yoga 2:00 CE Sea Power - Prime 2:30 PE Plant Your Own Herbs [CY] 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Yes Man - Netflix [AA]	10:00 CE Daily Chronicle & News 23 11:00 PE Drumming Fitness 2:00 CE Inventions That Shook the World - Prime 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL I Am Sam - Netflix [AA]	10:00 CE Daily Chronicle & Trivia 24 11:00 PE Stretch & Flex 2:00 CE The Ultimate Civil War Series - Prime 3:00 LL Country Tunes w/ Scotty 4:00 LL Bingo! 6:30 LL The Nutty Professor - Netflix [AA]	10:00 CE Daily Chronicle & News 25 10:30 PE Gentle Weights 11:00 LL Music & Tunes w/ Don via ZOOM 2:00 CE The Tesla Files - Prime 3:00 AE Manicures & Mimosas [CY] 4:00 PE Gentle Yoga 6:30 LL Fun w/ Dick & Jane - Netflix [AA]
10:00 CE Daily Chronicle & News 26 11:00 PE Stretch & Flex 2:00 LL Live Guitar with Steve [AA] 3:00 CE Gameshow - Ipad 4:00 PE Gentle Yoga 6:30 LL Cloudy w/ A Chance of Meatballs - Netflix [AA]	10:00 SS Hymn Sing Along [CY] 27 11:00 PE Seated Kickboxing 2:00 CE Explained - Netflix 2:15 AE Suncatchers 3:00 LL Tunes w/ Bonita [AA] 4:00 LL Book Club 6:30 LL Freedom Writers - Netflix [AA]	10:00 CE Daily Chronicle & News 28 11:00 PE Seated Aerobics 2:00 CE The Universe - Netflix 3:00 Name That Tune 4:00 LL Book Club 6:30 LL Austin Powers: International Man of Mystery - Netflix [AA]	10:00 CE Daily Chronicle & News [CY] 29 11:00 PE Gentle Yoga 2:00 CE The Greatest Commanders - Prime 3:30 PE Music and Dancing with Ann [AA] 6:30 LL Space Cowboys - Netflix [AA]	10:00 CE Daily Chronicle & News 30 11:00 PE Drumming Fitness 2:00 CE Trail of Tears - Prime 3:00 LL Music & Ice Cream with Ward [AA] 4:00 SS Gentle Yoga 6:30 LL My Octopus Teacher - Netflix [AA]	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>Healthy Snacks & Hydration offered throughout each day!</p> </div> <div style="text-align: center;"> <p>Location Keys</p> <p>Activity area AA Beauty Shop BS Court Yard CY</p> </div> </div>	