Autumn Woods Health Campus
Health Center

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays				1 K 9:00 Reminscing with Sensories V 10:00 Tai Chi K 11:00 Trivia with a Twist CC 11:30 Lets Make a Snack GG 2:00 Bingo and Drinks GF 3:30 Porch Social M 6:00 Karoake Gone Gospel	2 V 10:00 Chair Exercises 11:00 Manicure Moments GG 1:00 Life Share Games M 2:00 Happy Hour with Performance by Melburn	3 V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
4 K 9:30 Morning Newspaper and Chat with Bill-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents I 1:30 Park Christian Church Service	5 Labor Day MM 9:00 Guided Meditation V 10:00 Yoga Streches M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie GF 3:30 Porch Social	6 MM 9:00 Guided Meditation V 10:00 Tai Chi CC 11:30 Lets Make a Snack S 1:30 Resident Council-TDR GG 2:00 Bingo and Drinks	7 MM 9:00 Guided Meditation V 10:00 Yoga K 11:15 Trivia Fun with LS GG 1:00 Life Share Games O 3:00 Country Drive	8 K 9:00 Reminscing with Sensories V 10:00 Tai Chi K 11:00 Trivia with a Twist CC 11:30 Lets Make a Snack GG 2:00 Bingo and Drinks GF 3:30 Porch Social M 6:00 Karoake Gone Country	9 V 10:00 Chair Exercises GG 1:00 Life Share Games GF 2:00 Happy Hour with Performance by Sass Trio-TDR 3:00 Porch Social	10 V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
11 Grandparent's Day K 9:30 Morning Newspaper and Chat with Bill-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents S 11:30 Family Brunch until 1:00pm I 2:00 Worship Service with	12 MM 9:00 Guided Meditation V 10:00 Yoga Streches M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie GF 3:30 Porch Social	13 MM 9:00 Guided Meditation V 10:00 Tai Chi CC 11:30 Lets Make a Snack S 1:30 Chefs Circle GG 2:00 Bingo and Drinks GF 6:00 Lets Watch a Movie	14 MM 9:00 Guided Meditation V 10:00 Yoga K 11:15 Trivia Fun with LS M 11:30 Mike on his Accordion 2:00 Watercolor Art O 3:00 Country Drive	15 K 9:00 Reminscing with Sensories V 10:00 Tai Chi K 11:00 Trivia with a Twist CC 11:30 Lets Make a Snack GG 2:00 Bingo and Drinks GF 3:30 Porch Social M 6:00 Performance by "Here	16 V 10:00 Chair Exercises I 10:00 Rosary & Communion with Friends GG 1:00 Life Share Games GF 2:00 Happy Hour with Melburn	17 Citizenship Day V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
18 K 9:30 Morning Newspaper and Chat with Bill-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents I 1:30 Trinity United Methodist Church-TDR	19 MM 9:00 Guided Meditation V 10:00 Yoga Streches M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie GF 3:30 Porch Social	20 MM 9:00 Guided Meditation V 10:30 Musical Interactions with Susie CC 11:30 Lets Make a Snack S 1:30 Inspired Living Committee M 2:00 Performance By Merry Melodies	21 MM 9:00 Guided Meditation V 10:00 Yoga M 10:45 Musical Interactions with Tyler K 11:15 Trivia Fun with LS 2:00 Scratch Art Craft GF 3:00 Porch Social	22 Fall Begins K 9:00 Reminscing with Sensories V 10:00 Tai Chi K 11:00 Trivia with a Twist CC 11:30 Lets Make a Snack GG 2:00 Bingo and Drinks GF 3:30 Porch Social M 6:00 Open Mic Karaoke	23 Native American Day V 10:00 Chair Exercises GG 1:00 Life Share Games GF 2:00 Happy Hour GF 3:00 Porch Social	24 V 10:00 Basket Ball Toss A 10:30 Expressive Arts K 11:30 Seek & Finds GG 2:00 Lets Play a Board Game I 3:00 Devotions and Chat
25 Rosh Hashanah Begins K 9:30 Morning Newspaper and Chat with Bill-HC V 10:00 Chair Exercises MM 11:00 Reminiscing with Scents I 2:00 Gospel Message with Bill	26 MM 9:00 Guided Meditation V 10:00 Yoga Streches M 2:00 Gospel Sing Along with Reg I 2:45 Bible Study with Debbie GF 3:30 Porch Social	27 MM 9:00 Guided Meditation V 10:00 Tai Chi CC 11:30 Lets Make a Snack GG 2:00 Bingo and Drinks GF 6:00 Lets Watch a Movie	28 MM 9:00 Guided Meditation V 10:00 Yoga K 11:15 Trivia Fun with LS A 2:00 Lets Make a Necklace O 3:00 Country Drive	29 K 9:00 Reminscing with Sensories V 10:00 Tai Chi K 11:00 Trivia with a Twist CC 11:30 Lets Make a Snack GG 2:00 Bingo and Drinks GF 3:30 Porch Social	30 V 10:00 Chair Exercises GG 1:00 Life Share Games S 2:00 Happy Hour GF 3:00 Porch Social	

Autumn Woods Health Campus
Memory Care

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality A - Artisans	CC - Creative Cooking GF - Gathering of Friends GG - Group Games V - Vitality	Kindness is like snow It beautifies everything it covers		1 V 9:00 Ribbon Dance K 9:30 Categories CC 10:45 Cranberry Pecan Cheeseballs 12:45 Relax & Recharge A 2:00 Pressed Flowers M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases	2 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Sausage & Pepper Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Newspaper Art M 3:30 September Happy Hour	3 V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Peanut Butter Cookie Cups 12:45 Relax & Recharge A 2:00 Creative Storytelling M 3:30 Saturday Sunshine GG 4:00 Ladder Ball
4 V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Cookies and Cream Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs	5 Labor Day V 9:00 Blowing Bubbles K 9:30 Inspired Tales CC 10:45 Monster Cookie Energy Bites 12:45 Relax & Recharge A 2:00 Labor Day Cards M 3:30 Labor Day Trivia GG 4:00 Horseshoes	6 V 9:00 Dance, Dance K 9:30 American Landmarks CC 10:45 Pizza Quesadillas 12:45 Relax & Recharge A 2:00 Wrap'n Llama M 3:30 Summertime GG 4:00 Sorting Fair Winners 4:30 Healthy Hands	7 V 9:00 Stop and Smell the Falling Leaves K 9:30 Summer Colors CC 10:45 Chocolate Truffles 12:45 Relax & Recharge A 2:00 Warm Vanilla Sugar Scrub M 3:30 Who Sang It Best?	8 V 9:00 Ribbon Dance K 9:30 Categories CC 10:45 Bacon Cheese Balls 12:45 Relax & Recharge A 2:00 Sunflower Painting M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases 4:30 Healthy Hands	9 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Ham, Egg, & Cheese Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Chalk Prints M 3:30 September Happy Hour	10 V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Chocolate Cookie Cups 12:45 Relax & Recharge A 2:00 Fall Leaf Garland M 3:30 Saturday Sunshine GG 4:00 Ladder Ball 4:30 Healthy Hands
11 Grandparent's Day V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Strawberry Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs Together	12 V 9:00 Blowing Bubbles K 9:30 Inspired Tales CC 10:45 Blueberry Muffin Energy Bites 12:45 Relax & Recharge A 2:00 Grandparent's Day Family Tree M 3:30 Folk Music Mondays	13 V 9:00 Dance, Dance K 9:30 American Landmarks CC 10:45 Strawberry Peanut Butter Quesadillas 12:45 Relax & Recharge A 2:00 Slime Experiment M 3:30 Summertime GG 4:00 Sorting Fair Winners	14 V 9:00 Stop and Smell the Falling Leaves K 9:30 Summer Colors CC 10:45 Nutty Truffles 12:45 Relax & Recharge A 2:00 The Dot Art Day 1 M 3:30 Who Sang It Best? GG 4:00 "Yes I Have ..." Game	15 V 9:00 Ribbon Dance K 9:30 Categories CC 10:45 Chocolate Chip Cheesecake Balls 12:45 Relax & Recharge A 2:00 The Dot Art Day 2 M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases	16 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Philly Cheesesteak Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Clay Mountain Photo Holder Day 1	17 Citizenship Day V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Caramel Cookie Cups 12:45 Relax & Recharge A 2:00 Clay Mountain Photo Holder Day 2 M 3:30 Saturday Sunshine GG 4:00 Ladder Ball
18 V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Chocolate Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs Together	19 V 9:00 Blowing Bubbles K 9:30 Inspired Tales CC 10:45 Peanut Butter Chocolate Chip Energy Bites 12:45 Relax & Recharge A 2:00 Ask A Beautiful Question	20 V 9:00 Dance, Dance K 9:30 American Landmarks CC 10:45 Veggie Quesadillas 12:45 Relax & Recharge A 2:00 Paper Picture Frames M 3:30 Summertime GG 4:00 Sorting Fair Winners 4:30 Healthy Hands	21 V 9:00 Stop and Smell the Falling Leaves K 9:30 Summer Colors CC 10:45 Candy Truffles 12:45 Relax & Recharge A 2:00 Salted Painting M 3:30 Who Sang It Best? GG 4:00 "Yes I Have ..." Game	22 Fall Begins V 9:00 Ribbon Dance K 9:30 Categories CC 10:45 Salami Cheese Balls 12:45 Relax & Recharge A 2:00 Rustic Wood Pumpkins M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases 4:30 Healthy Hands	23 Native American Day V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Caprese Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Apple Chalkboard Greetings	24 V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Cookies & Cream Cookie Cups 12:45 Relax & Recharge A 2:00 Nature Bookmarks M 3:30 Saturday Sunshine GG 4:00 Ladder Ball
25 Rosh Hashanah Begins V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Caramel Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs Together	26 V 9:00 Blowing Bubbles K 9:30 Inspired Tales CC 10:45 Sweet and Salty Energy Bites 12:45 Relax & Recharge A 2:00 Fall Leaf Candle Mason Jar M 3:30 Folk Music Mondays	27 V 9:00 Dance, Dance K 9:30 American Landmarks CC 10:45 PB & J S'mores Quesadillas 12:45 Relax & Recharge A 2:00 Popcorn Fall Trees M 3:30 Summertime GG 4:00 Sorting Fair Winners	28 V 9:00 Stop and Smell the Falling Leaves K 9:30 Summer Colors CC 10:45 Cranberry Truffles 12:45 Relax & Recharge A 2:00 Clay Pinch Pots-Day 1 M 3:30 Who Sang It Best? GG 4:00 "Yes I Have ..." Game	29 V 9:00 Ribbon Dance K 9:30 Categories CC 10:45 Nutty Pimento Cheese Balls 12:45 Relax & Recharge A 2:00 Clay Pinch Pots-Day 2 M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases	30 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Roasted Veggie Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Have a Gentle Conversation	