

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears	O - Out & About S - Signature Events V - Vitality	All activities are subject to change. You will be informed when an activity changes via Lifeshare. Be sure to tune into our broadcast on channel 2. Together we are a 10!	Activity Locations: HCAR- Health Care Activity Room PCAR- Personal Care Activity Room HCDR- Health Care Dining Room IR- In Rooms or delivered to rooms PCLR- Personal Care Living Room	1 V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle GF 4:30 Citation Tavern "Dinner and Movie"-HCAR	2 V 9:30 Balloon Volleyball-HCAR I 10:00 Chronicles and Coffee-HCAR S 11:30 Campus Tailgate Party! V 2:00 Cornhole on the lawn S 3:00 Happy Hour: Tailgate & Cookout	3 I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
4 K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	5 Labor Day V 10:00 TrilogyFit Chair Exercises- PCLR I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-(HCDR) O 2:00 Scenic Drive	6 V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All! (Photo Journaling)-HCAR	7 V 9:15 Balloon Volleyball-HCAR L 10:00 Get the most out of your calendar w/ Josh-PCAR K 10:30 Book Club-PCLR O 2:00 Kroger K 3:30 Uno!-HCAR	8 V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle GF 4:30 Citation Tavern "Dinner and Movie"-HCAR	9 V 9:30 TrilogyFit: Chair Exercises K 10:00 Chronicles and Coffee Social-PCLR GF 1:45 Gardenside chats S 3:00 Happy Hour: White Russians	10 I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
11 Grandparent's Day K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR S 12:00 Sunday Brunch M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	12 V 10:00 TrilogyFit Chair Exercises- PCLR I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-(HCDR) O 2:00 Scenic Drive	13 V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All! (Photo Journaling)-HCAR	14 V 9:15 Balloon Volleyball-HCAR I 10:00 Happy Hands, hand care!-PCAR/ HCAR O 10:00 Walmart K 10:30 Book Club-PCLR I 2:00 Catholic Communion Service	15 V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle GF 4:30 Citation Tavern "Dinner and Movie"-HCAR	16 V 9:30 Balloon Volleyball-HCAR V 9:30 TrilogyFit: Chair Exercises K 10:00 Chronicles and Coffee Social-PCLR GF 1:45 Gardenside chats S 3:00 Happy Hour:	17 Citizenship Day I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
18 K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	19 JG 9:30 Men's Club- North Lime Donuts V 10:00 TrilogyFit Chair Exercises- PCLR I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-	20 V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All! (Photo Journaling)-HCAR	21 V 9:15 Balloon Volleyball-HCAR I 10:00 Happy Hands, hand care!-PCAR/ HCAR K 10:30 Book Club-PCLR S 12:00 Taste of Town O 2:00 Scenic Drive K 3:30 Uno!-HCAR	22 Fall Begins V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle GF 4:30 Citation Tavern "Dinner and Movie"-HCAR	23 Native American Day V 9:30 Balloon Volleyball-HCAR V 9:30 TrilogyFit: Chair Exercises K 10:00 Chronicles and Coffee Social-PCLR GF 1:45 Gardenside chats S 3:00 Happy Hour: Bloody	24 I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
25 Rosh Hashanah Begins K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	26 V 10:00 TrilogyFit Chair Exercises- PCLR I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-(HCDR) K 1:00 Resident Council	27 V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All! (Photo Journaling)-HCAR	28 V 9:15 Balloon Volleyball-HCAR I 10:00 Happy Hands, hand care!-PCAR/ HCAR K 10:30 Book Club-PCLR O 2:00 Scenic Drive K 3:30 Uno!-HCAR M 4:20 Classical Music in the	29 V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle GF 4:30 Citation Tavern "Dinner and Movie"-HCAR	30 V 9:30 Balloon Volleyball-HCAR V 9:30 TrilogyFit: Chair Exercises K 10:00 Chronicles and Coffee Social-PCLR GF 1:45 Gardenside chats S 3:00 Happy Hour: Wine	

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4 MM 9:30 (MM) Theme Sensations-(IR) K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	5 Labor Day V 9:15 Chair Yoga MM 9:30 (MM) Mindful Moments I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-(HCDR)	6 MM 9:30 (MM) Theme Sensations- Beach V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All!	7 V 9:15 Balloon Volleyball-HCAR MM 9:30 (MM) Theme Sensations- Laundry (IR) V 11:25 TrilogyFit: Chair exercises (HCDR) O 2:00 Kroger	8 MM 9:30 (MM) Mindful Moments V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle	9 V 9:15 Balloon Volleyball MM 9:30 (MM) Theme Sensations-(IR) I 10:00 Chronicles and Coffee!-HCAR K 10:45 Puzzles with Piano!-HCAR V 11:25 TrilogyFit: Chair	10 MM 9:15 Mindful Moments I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
11 Grandparent's Day MM 9:30 (MM) Theme Sensations-(IR) K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR S 12:00 Sunday Brunch M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon	12 V 9:15 Chair Yoga MM 9:30 (MM) Mindful Moments I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-(HCDR)	13 MM 9:30 (MM) Theme Sensations- Beach V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All!	14 V 9:15 Balloon Volleyball-HCAR MM 9:30 (MM) Theme Sensations- Laundry (IR) I 10:00 Happy Hands, hand care!-PCAR/ HCAR O 10:00 Walmart	15 MM 9:30 (MM) Mindful Moments V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle	16 MM 9:30 (MM) Theme Sensations-(IR) V 9:30 Balloon Volleyball-HCAR I 10:00 Chronicles and Coffee!-HCAR K 10:45 Puzzles with Piano!-HCAR	17 Citizenship Day MM 9:15 Mindful Moments I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
18 MM 9:30 (MM) Theme Sensations-(IR) K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	19 V 9:15 Chair Yoga MM 9:30 (MM) Mindful Moments JG 9:30 Men's Club- North Lime Donuts I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas,	20 MM 9:30 (MM) Theme Sensations- Beach V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All!	21 V 9:15 Balloon Volleyball-HCAR MM 9:30 (MM) Theme Sensations- Laundry (IR) I 10:00 Happy Hands, hand care!-PCAR/ HCAR V 11:25 TrilogyFit: Chair	22 Fall Begins MM 9:30 (MM) Mindful Moments V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle	23 Native American Day MM 9:30 (MM) Theme Sensations-(IR) V 9:30 Balloon Volleyball-HCAR I 10:00 Chronicles and Coffee!-HCAR K 10:45 Puzzles with Piano!-HCAR	24 MM 9:15 Mindful Moments I 9:45 Coffee Social/ Music-HCAR L 10:30 Destination Exploration: Rick Steve's Europe GF 1:45 Bingo A 3:00 Adult Coloring -HCAR
25 Rosh Hashanah Begins MM 9:30 (MM) Theme Sensations-(IR) K 9:45 Coffee and Chronicles I 10:00 Gathering to Worship HCAR M 1:30 Gospel Music- HCAR GF 2:00 Sunday Afternoon Movie- HCAR	26 V 9:15 Chair Yoga MM 9:30 (MM) Mindful Moments I 10:30 Motivational Monday's-HCAR GF 11:15 Mondays, Mimosas, Mocktails, oh my!-(HCDR)	27 MM 9:30 (MM) Theme Sensations- Beach V 10:00 Walking Club-HCAR K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 BINGO-HCAR A 3:15 A Picture Says it All!	28 V 9:15 Balloon Volleyball-HCAR MM 9:30 (MM) Theme Sensations- Laundry (IR) I 10:00 Happy Hands, hand care!-PCAR/ HCAR V 11:25 TrilogyFit: Chair	29 MM 9:30 (MM) Mindful Moments V 10:00 Walking Club K 10:30 Trivia- (PCLR) GF 11:20 Pre-Lunch Madlibs - HCDR K 2:00 Bingo-HCAR CC 3:00 Chef Circle	30 MM 9:30 (MM) Theme Sensations-(IR) V 9:30 Balloon Volleyball-HCAR I 10:00 Chronicles and Coffee!-HCAR K 10:45 Puzzles with Piano!-HCAR	

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<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears O - Out & About</p>	<p>S - Signature Events V - Vitality</p>			<p>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</p>	<p>2 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Sausage & Pepper Hawaiian Sliders S 11:30 Campus Tailgate Party! 12:45 Relax & Recharge A 2:00 Newspaper Art</p>	<p>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</p>
<p>4 V 9:00 Pumpkin Pass K 9:30 Summer Vacations I 10:00 Gathering to Worship HCAR CC 10:45 Cookies and Cream Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets</p>	<p>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 O 2:00 Scenic Drive M 3:30 Labor Day Trivia</p>	<p>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</p>	<p>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?</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>11 Grandparent's Day V 9:00 Pumpkin Pass K 9:30 Summer Vacations I 10:00 Gathering to Worship HCAR CC 10:45 Strawberry Ice Cream S 12:00 Sunday Brunch 12:45 Relax & Recharge A 2:00 Fleece Blankets</p>	<p>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 O 2:00 Scenic Drive</p>	<p>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</p>	<p>14 V 9:00 Stop and Smell the Falling Leaves K 9:30 Summer Colors CC 10:45 Nutty Truffles 12:45 Relax & Recharge I 2:00 Catholic Communion Service A 2:00 The Dot Art Day 1</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>18 V 9:00 Pumpkin Pass K 9:30 Summer Vacations I 10:00 Gathering to Worship HCAR CC 10:45 Chocolate Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays</p>	<p>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</p>	<p>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</p>	<p>21 V 9:00 Stop and Smell the Falling Leaves K 9:30 Summer Colors CC 10:45 Candy Truffles S 12:00 Taste of Town 12:45 Relax & Recharge A 2:00 Salted Painting M 3:30 Who Sang It Best?</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>25 Rosh Hashanah Begins V 9:00 Pumpkin Pass K 9:30 Summer Vacations I 10:00 Gathering to Worship HCAR CC 10:45 Caramel Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays</p>	<p>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 O 2:00 Scenic Drive</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	