

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2022

				<p>10:00 to 4:00 Tracy's Style Salon Haircuts          10:15 Morning Exercises: Tai Chi          11:00 Write A Letter To A Friend          1:30 Nail Salon Manicures          2:30 Crafting Corner: September Door Hangers          3:30 Happy Hour: Raspberry Lemonade and Iced Tea          4:30 Table Tennis          5:30 Evening TV: TNT          6:00 September Book Club: Of Mice and Men</p> <p>World Letter Writing Day</p>	<p>2          10:15 Morning Exercises: Hula Hoops and Flexibility          11:00 Sing Along Circle: Folk Songs          1:30 Memory Match Up Game          2:30 Baking Club: Red Velvet Cupcakes          3:30 Crafting Corner: Stained Glass Leaves          4:30 YouTube: Zoo Livestream          5:30 Evening Movie: Stand By Me</p>	<p>3          10:15 Morning Exercises: Music and Movement          11:00 Daily Chronicle          1:30 Trivia Tournament: Sports          2:30 Gifts for Friends: Chocolate Candies          3:30 Bingo and Mingle          4:30 Drinks and Snacks          5:30 Evening TV: Discovery Channel</p>
<p>4          10:15 Morning Exercises: Community Walk          11:00 Ball Toss          1:30 Adult Coloring Pages: Mandalas          2:30 Church Service Livestream          3:30 Popsicles on the Patio for Extra Dessert          4:30 Music Before Dinner: Country Bluegrass          5:30 Evening TV: AMC</p> <p>Eat an Extra Dessert Day</p>	<p>5          10:15 Morning Exercises: Chair Yoga          11:00 Coffee and Current Events          1:30 Crosswords and Word Searches          2:30 Watercolor Paints: Flowers          3:30 Card Games with Friends          4:30 Music Before Dinner: Elvis Presley          5:30 Evening Movie: Father of the Bride</p> <p>Labor Day</p>	<p>6          10:15 Morning Exercises: Zumba          11:00 Pool Noodle Ball          1:30 Macramé Bookmarks          2:30 Blind Date with a Book Party          3:30 Ice Cream Social: Strawberry Banana Splits          4:30 Trivia Tournament: Classic Literature          5:30 Evening TV: Anne with an E          6:00 One on Ones</p> <p>Read a Book Day</p>	<p>7          10:15 Morning Exercises: Bikes and Weights          11:00 Hydrate and Chat          1:30 1940s Trivia          2:30 Handmade Cards and Letter Writing          3:30 Booze and Tattoos          4:30 Botany of the Pacific Northwest          5:30 Evening Movie: The Shawshank Redemption          6:00 Mindful Meditation: Calming Exhales</p> <p>Beer Lover's Day</p>	<p>8          10:15 Morning Exercises: Tai Chi          11:00 Out To The Garden          1:30 Nail Salon Manicures          2:30 Crafting Corner: Fall Wreaths          3:30 Happy Hour: Cranberry Moscow Mules          4:30 Music Before Dinner: Folk Songs          5:30 Evening TV: Resident Pick          6:00 September Book Club: Of Mice and Men</p> <p>Happy Birthday, Roy M!</p>	<p>9          10:15 Morning Exercises: Hula Hoops and Flexibility          11:00 Sing Along Circle: Childhood Classics          1:30 Apples to Apples          2:30 Baking Club: Homemade Granola          3:30 Air Dry Clay Creations          4:30 Reader's Digest Read Aloud          5:30 Evening Movie: A Star is Born</p>	<p>10          10:15 Morning Exercises: Music and Movement          11:00 Daily Chronicle          1:30 Sewing Saturday: Knitting Squares          2:30 Gifts for Friends: Wrap Homemade Granola          3:30 Bingo and Mingle          4:30 Celtic Legend Read Aloud          5:30 Evening Movie: Picnic</p>
<p>11          National Assisted Living Week 11th-17th          10:15 Morning Exercises: Community Walk          11:00 Ball Toss          1:30 Adult Coloring Pages: Old Hollywood          2:30 Church Service Livestream          3:30 Grandparents Day Party          4:30 Music Before Dinner: Sock Hop Classics          5:30 Evening TV: TBS</p> <p>Grandparents Day</p>	<p>12          Favorite Team Day          10:15 Morning Exercises: Chair Yoga          11:00 Coffee and Current Events          1:30 Crosswords and Word Searches          2:30 Malt Chocolate Milkshakes With Friends          3:30 Watercolor Paints: Freeform          4:30 Golfing          5:15 Seahawks Game</p> <p>Chocolate Milkshake Day</p>	<p>13          Tourist Day          10:15 Morning Exercises: Zumba          11:00 Balloon Volleyball          1:30 Trivia Tournament: Vacation Locations          2:30 Crafting Corner: Mason Jar Tea Lights          3:30 Shaved Ice Social          4:30 Poetry and Prayer: Walt Whitman          5:30 Evening Movie: Mamma Mia!          6:00 Evening Discussion: Favorite Travel Experiences</p>	<p>14          Flower Power Day          10:15 Morning Exercises: Bikes and Weights          11:00 Hydrate and Chat          1:30 1960s Trivia          2:30 Beaded Peace Sign Necklaces          3:30 Ice Cream Social: Rainbow Sundaes          4:30 Handmade Cards and Letter Writing          5:30 Evening Movie: Across the Universe          6:00 Mindful Meditation: Guided Imagery</p> <p>Happy Birthday, Carole C!</p>	<p>15          Wild West Day          10:15 Morning Exercises: Country Music and Movement          11:00 Daily Chronicle          1:30 Cowboy Coloring Pages          2:30 Gifts for Friends: Mason Jar Potpourri          3:30 Bingo and Mingle          4:30 Native American Folklore Read Aloud          5:30 Evening Movie: Butch Cassidy and the Sundance Kid          6:00 Wii Sports</p> <p>Happy Birthday, Carol B!</p>	<p>16          Pajama Day          10:15 Morning Exercises: Hula Hoops and Flexibility          11:00 Sing Along Circle: Old Country          1:30 Red Pajama Lacing          2:30 Cooking Club: Guacamole          3:30 Happy Hour: Margaritas with Chips and Guacamole          4:30 No Sew Mini Pillows          5:30 Evening Movie: Roman Holiday</p> <p>Guacamole Day</p>	<p>17          10:15 Morning Exercises: Tai Chi          11:00 Out To The Garden          1:30 Nail Salon Manicures          2:30 Baking Club: Chocolate Chip Cookies          3:30 Crafting Corner: Pumpkin Rocks          4:00 September Book Club: Of Mice and Men          4:30 Magazine Collages          5:30 Evening Movie: Houseboat</p> <p>Country Music Day</p>
<p>18          10:15 Morning Exercises: Community Walk          11:00 Ball Toss          1:05 Seahawks Game          2:30 Church Service Livestream          3:30 Uno Tournament          4:30 Music Before Dinner: Ella Fitzgerald          5:30 Evening TV: Hallmark Channel</p>	<p>19          10:15 Morning Exercises: Chair Yoga          11:00 Coffee and Current Events          1:30 Crosswords and Word Searches          2:30 Watercolor Paints: Bob Ross Scenes          3:30 Card Games with Friends          4:30 Music Before Dinner: 1970s Folk Songs          5:30 Evening Movie: Dogfight</p>	<p>20          10:15 Morning Exercises: Zumba          11:00 Pool Noodle Ball          1:30 Trivia Tournament: US History          2:30 Cooking Club: Pepperoni Pizza Bites          3:30 Crafting Corner: Freeform Painting          4:30 Poetry and Prayer: Mary Oliver          5:30 Evening Movie: Dr. No          6:00 One on Ones</p> <p>Pepperoni Pizza Day</p>	<p>21          10:15 Morning Exercises: Bikes and Weights          11:00 Hydrate and Chat          1:30 US President Trivia          2:30 Crafting Corner: Mason Jar Candles          3:30 Ice Cream Social: Pumpkin Pie Sundaes          4:30 Inside The Vatican Museum Virtual Tour          5:30 Evening TV: Jeopardy          6:00 Mindful Meditation: Center Yourself</p>	<p>22          10:15 Morning Exercises: Tai Chi          11:00 Indoor Gardening Club          1:30 Nail Salon Manicures          2:30 Decorate For Autumn          3:30 Happy Hour: Sparkling Autumn Harvest Punch          4:30 Golfing Tournament          5:30 Evening TV: Little House on the Prairie          6:00 September Book Club: Of Mice and Men</p> <p>Autumn Begins</p>	<p>23          10:15 Morning Exercises: Hula Hoops and Flexibility          11:00 Sing Along Circle: Resident Favorites          1:30 Crafting Corner: Painted Pumpkins          2:30 Baking Club: Pumpkin Spiced Sugar Cookies          3:30 Autumn Flower Arrangements for the Community          4:30 Military Trivia          5:30 Evening Movie: The Adventures of Robinhood</p>	<p>24          10:15 Morning Exercises: Music and Movement          11:00 Resident Council Meeting          1:30 Sewing Saturday: Crochet Animals          2:30 Gifts for Friends: Apple Cider Cinnamon Spice Mix Jars          3:30 Ladies Tea Party          4:30 Name That Golden Oldie          5:30 Evening Movie: Running on Empty</p>
<p>25          10:15 Morning Exercises: Community Walk          11:00 Ball Toss          1:25 Seahawks Game          2:30 Church Service Livestream          3:30 Puzzles and Riddles          4:30 Music Before Dinner: Frank Sinatra          5:30 Evening TV: TNT</p> <p>Rosh Hashanah Begins</p>	<p>26          10:15 Morning Exercises: Chair Yoga          11:00 Notes for Loved Ones          1:30 Coffee and Current Events          2:30 Watercolor Paints: Fall Foliage          3:30 Card Games with Friends          4:30 Music Before Dinner: Rock N Roll          5:30 Evening Movie: When Harry Met Sally</p> <p>Happy Birthday, Donna K!</p> <p>Family Day</p>	<p>27          10:15 Morning Exercises: Zumba          11:00 Balloon Volleyball          1:30 Trivia Tournament: Science and Math          2:30 Baking Club: Applesauce Cookies          3:30 Crafting Corner: Autumn Wall Hangers          4:30 Poetry and Prayer: Maya Angelou          5:30 Evening TV: The Crown          6:00 Adult Coloring Pages: Autumn Pumpkins</p>	<p>28          10:15 Morning Exercises: Bikes and Weights          11:00 Hydrate and Chat          1:30 Trivia Tournament: Old Hollywood Stars          2:30 Ladies Tea Party          3:30 Handmade Cards and Letter Writing          4:30 Greek Mythology Lesson          5:30 Evening Movie: Guess Who's Coming To Dinner          6:00 Mindful Meditation: Self Compassion</p>	<p>29          10:15 Morning Exercises: Tai Chi          11:00 Coffee and Current Events          1:30 Nail Salon Manicures          2:30 Ted Pickett Live Concert!!!!          3:30 Ice Cream Social: Caramel Latte Sundaes          4:30 Bowling Tournament          5:30 Evening TV: Gilmore Girls          6:00 September Book Club: Of Mice and Men</p> <p>Coffee Day</p>	<p>30          10:15 Morning Exercises: Hula Hoops and Flexibility          11:00 Sing Along Circle: 1950s          1:30 True or False: Autumn Edition          2:30 Crafting Corner: Mini Scarecrows          3:30 September Birthday Party with Hot Mulled Cider and Treats          4:30 Finish The Lyric          5:30 Evening Movie: The Sound of Music</p> <p>Hot Mulled Cider Day</p>	