













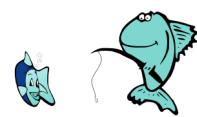






# 2022 September

Find us on 

 **WHITE OAKS** a Randall Residence  
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The 2022 Randall University Theme: Oh, the Places We'll Go! This month we will be exploring South Africa.</b>		<b>Meal Times</b> <b>Breakfast– 7am-9am</b> <b>Lunch– 11:30am</b> <b>Dinner–4:30pm</b>		<b>1</b> 9:30 Exercise with Seasons 10:00 Jeff and Jim Music 2:00 Bingo 3:00 Bike Rides 	<b>2</b> 10:00 Country Drive Outing 2:00 Movie and Popcorn: <i>Sarafina!</i>	<b>3</b> 9:30 Chit Chat and Coffee 10:00 Coloring/Puzzles 2:00 Movie and Popcorn: Resident's Choice 
<b>4</b> 9:30 Morning Walk 10:00 Coloring/Puzzles 2:30 Church in Activities Room 3:00 Resident Choice Game	<b>5 Labor Day</b> 9:30 Stretch 10:00 Garden Club 2:00 Dominoes 3:15 Centerpiece Craft 	<b>6</b> 9:30 Exercise with Seasons 10:00 Volleyball 2:00 Bingo 3:00 Bike Rides	<b>7 Beauty Shop Day</b> 9:30 Stretch 10:00 Craft and Knitting Club 2:00 Dominoes 3:00 Food Talk with Treva 	<b>8</b> 9:30 Exercise with Seasons 10:00 Documentary: <i>South Africa Travelogue</i> 2:00 Bob DeYoung Music 3:15 Bingo	<b>9</b> 9:30 Stretch 10:00 Outing to Das Dutchman Essen House for Lunch and Quilt Garden Tour 2:00 Coloring Pages 	<b>10</b> 9:30 Chit Chat and Coffee 10:00 Walking Club 2:00 Movie and Popcorn: Resident's Choice 
<b>11 Happy Grandparents Day!</b> 9:30 Chit Chat and Coffee 10:00 Bingo 2:30 Church in Activities Room 3:00 Resident Choice Game 	<b>12</b> 9:30 Stretch 10:00 Garden Club 2:00 Dominoes 3:00 South African Foods Taste Testing	<b>13</b> 9:30 Exercise with Seasons 10:15 Bible Study 2:00 Bingo 3:00 Bike Rides 	<b>14 Happy Birthday Steve!</b> 9:30 Stretch 10:00 Craft and Knitting Club 2:00 Outing to Walmart <b>*Seasons Functional Testing in Activities Room* 2pm-4pm</b>	<b>15</b> 9:30 Exercise with Seasons 10:00 Cooking Club: South African Malva Pudding 2:00 Bingo 3:00 Manicures 	<b>16</b> 9:30 Stretch 10:00 Resident Council 2:00 Movie and Popcorn: <i>Blended</i>	<b>17 Happy Birthday Lucy!</b> 9:30 Chit Chat and Coffee 10:00 Coloring/Puzzles 2:00 Movie and Popcorn: Resident's Choice 
<b>18</b> 9:30 Morning Walk 10:00 Coloring/Puzzles 2:30 Church in Activities Room 3:00 Resident Choice Game	<b>19</b> 9:30 Stretch 10:00 Garden Club 2:00 Dominoes 3:15 South African Craft 	<b>20</b> 9:30 Exercise with Seasons 10:00 Hangman 2:00 Bingo 3:00 Bike Rides	<b>21 Beauty Shop Day</b> 9:30 Stretch 10:00 Craft and Knitting Club 1:30 Ice Cream Social 2:00 Dominoes 3:00 Men's Club 	<b>22 First Day of Fall</b> 9:30 Exercise with Seasons 10:00 Name That Tune <b>*1:30 Staff Meeting*</b> 3:00 Bingo	<b>23 Happy Birthday Alice!</b> 9:30 Stretch 10:00 Price is Right 2:00 Fishing Outing to Maple Lake 	<b>24</b> 9:30 Chit Chat and Coffee 10:00 Hangman 2:00 Movie and Popcorn: Resident's Choice 
<b>25</b> 9:30 Chit Chat and Coffee 10:00 Bingo 2:30 Church in Activities Room 3:00 Resident Choice Game 3:30 Family Tradition 	<b>26</b> 9:30 Stretch 10:00 Garden Club 2:00 Billy McAllister Music 3:15 Dominoes	<b>27</b> 9:30 Exercise with Seasons 10:15 Bible Study 2:00 Bingo 3:00 Veteran's Club 	<b>28 Beauty Shop Day</b> 9:30 Stretch 10:00 Craft and Knitting Club 2:00 Outing to Walmart	<b>29</b> 9:30 Exercise with Seasons 10:00 Cooking Club: South African Milk Tart 2:00 Bingo 3:00 Bike Rides 	<b>30</b> 9:30 Stretch 10:00 Hymn Sing 2:00 Outing to Verhage Fruit Farms and Cider Mill for Apple Picking and Hay Ride	<b>Activity schedule is subject to change without notice. Please see posted daily activity sheets for most accurate schedule.</b>