


# SEPTEMBER 2022

## CHESAPEAKE PLACE SENIOR LIVING

(757) 900-9887  
Legacies™ Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>CHESAPEAKE PLACE</b> <b>SENIOR LIVING</b> Assisted Living • Memory Care	<b>P</b> Physical Wellness/Fitness <b>S</b> Social/Spiritual Engagements <b>C</b> Cognitive Visual & Language Skills <b>M</b> Music <b>L</b> Life Enrichment Skills <b>O</b> Outdoor Activities <b>R</b> Reminiscing	<b>Activities Director</b> <b>Madhavi Vaghela</b> <b>Activities Assistant</b> <b>Lovely Myers</b> * Activities are 30 minutes or longer and subject to change based on the needs of the residents. Any changes will be posted.	<b>Activities Areas</b> Front Hall– AL – Happy Hours Activities Room– MC– Activities Courtyard–MC– Outside Activities. *- Weather Permitting	<b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Yoga <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Dominoes <b>C</b> 2:00—Bingo \$\$\$ <b>O</b> 3:30—Birds Watch Walking	<b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Stretch Muscles w/ Lovely <b>S</b> 10:00—Devotion of The Day <b>M</b> 10:30—Sing Along <b>O</b> 11:00—Track Team <b>S</b> 2:00—Friday Slush <b>R</b> 3:30—Patio Chat	<b>L</b> Independent Activities Like: Free-hand Drawing, Free Writing, Coloring, Reading, Puzzle, Chatting w/ Friends
<b>4</b> <b>S</b> 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) <b>L</b> Independent Activities—Give your self some TLC or have some ME time		<b>6</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Tai Chi <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Tech Tuesday <b>M</b> 11:00—60's Rock Music <b>C</b> 2:00—Bingo <b>L</b> 3:00—Nails Care	<b>7</b> <b>R</b> 9:00—Morning Visit 9:30—Devotion of The Day <b>P</b> 10:00—Get fit w/ Alaina <b>S</b> 10:30—Craft Club <b>O</b> 2:00—Joy Ride <b>M</b> 3:30—Easy Listening Music	<b>8</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Yoga <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Memory Madness <b>C</b> 2:00—Bingo \$\$\$ <b>O</b> 3:30—Birds Watch Walking	<b>9</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Stretch Muscles w/ Lovely <b>S</b> 10:00—Devotion of The Day <b>M</b> 10:30—Sing Along <b>O</b> 11:00—Track Team <b>S</b> 2:00—National Grandparent Day / Live Music w/Jack G <b>R</b> 3:30—Patio Chat	<b>10</b> <b>R</b> 9:00—Morning Visit <b>L</b> 9:30—Spa day <b>C</b> 2:00—Bingo
<b>Happy Grandparents Day</b> <b>11</b> <b>S</b> 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) <b>M</b> 1:00—Live Music w/ Julian	<b>12</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Meditation Mode <b>S</b> 10:00—Devotion of The Day <b>C</b> 10:30—Crossword <b>S</b> 2:00—Noodles & Balloon <b>L</b> 3:00—Adult Coloring <b>M</b> 4:00—Relaxing Music (AR)	<b>13</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Tai Chi <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Tech Tuesday <b>M</b> 11:00—70's Country Music <b>C</b> 2:00—Bingo <b>L</b> 3:00—Nails Care	<b>14</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Fitness Class <b>L</b> 10:00—Match Socks <b>S</b> 10:30—Baking Delight <b>O</b> 2:00—Joy Ride <b>M</b> 3:30—Easy Listening Music	<b>15</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Yoga <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Balloon Toss <b>C</b> 2:00—Bingo \$\$\$ <b>O</b> 3:30—Birds Watch Walking	<b>16</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Stretch Muscles w/ Lovely <b>S</b> 10:00—Devotion of The Day <b>M</b> 10:30—Sing Along <b>O</b> 11:00—Track Team <b>S</b> 2:00—Red Hat Tea Party <b>R</b> 3:30—Patio Chat	<b>17</b> <b>L</b> Independent Activities Like: Free-hand Drawing, Free Writing, Coloring, Reading, Puzzle, Chatting w/ Friends <b>S</b> 2:00—New Jerusalem Ministries Church Service (AL)
<b>18</b> <b>S</b> 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) Independent Activities—Give your self some TLC or have some ME time	<b>19</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Meditation Mode <b>S</b> 10:00—Devotion of The Day <b>C</b> 10:30—Spelling Bee <b>S</b> 2:00—Bowling <b>L</b> 3:00—Adult Coloring	<b>20</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Tai Chi <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Tech Tuesday <b>M</b> 11:00—80's Jazz Music <b>C</b> 2:00—Bingo <b>L</b> 3:00—Nails Care	<b>21</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Fitness Class <b>S</b> 10:00—Devotion of The Day <b>S</b> 10:30—Craft Club <b>O</b> 2:00—Joy Ride <b>M</b> 3:30—Easy Listening Music <b>S</b> 4:00—6:00—Tailgate Peace Party	<b>22</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Yoga <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Checkers <b>C</b> 2:00—Bingo \$\$\$ <b>O</b> 3:30—Birds Watch Walking	<b>23</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Stretch Muscles w/ Lovely <b>S</b> 10:00—Devotion of The Day <b>M</b> 10:30—Sing Along <b>O</b> 11:00—Track Team <b>S</b> 2:00—Fall into Fall Party (Pizza) <b>R</b> 3:30—Patio Chat	<b>24</b> <b>R</b> 9:00—Morning Visit <b>L</b> 9:30—Spa day <b>C</b> 2:00—Coffee Tea & Me
<b>25</b> <b>S</b> 10:00— St. Mark Catholic Mass w/ Deacon Mike (AR) <b>L</b> Independent Activities—Give your self some TLC or have some ME <b>C</b> 2:00—Bingo	<b>26</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Meditation Mode <b>S</b> 10:00—Devotion of The Day <b>C</b> 10:30—Spelling Bee <b>S</b> 2:00—Noodles & Balloon <b>L</b> 3:00—Adult Coloring <b>M</b> 4:00—Relaxing Music (AR)	<b>27</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Tai Chi <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Tech Tuesday <b>M</b> 11:00—90's Easy Music <b>C</b> 2:00—Bingo <b>L</b> 3:00—Nails Care	<b>28</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Fitness Class <b>L</b> 10:00—Build Tower <b>S</b> 10:30—Cooking Delight <b>O</b> 2:00—Joy Ride <b>M</b> 3:30—Easy Listening Music	<b>29</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Yoga <b>S</b> 10:00—Devotion of The Day <b>L</b> 10:30—Checkers <b>C</b> 2:00—Bingo \$\$\$ <b>O</b> 3:30—Birds Watch Walking	<b>30</b> <b>R</b> 9:00—Morning Visit <b>P</b> 9:30—Stretch Muscles w/ Lovely <b>S</b> 10:00—Devotion of The Day <b>M</b> 10:30—Sing Along <b>O</b> 11:00—Track Team <b>S</b> 2:00—Birthday Celebration <b>R</b> 3:30—Patio Chat	

ALL ACTIVITIES SUBJECT TO CHANGE