

# SEPTEMBER



# Assisted Living ACTIVITY CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*Kickoff Life with us!*



|   |  |  |   |   |  |   |
|---|--|--|---|---|--|---|
|   |  |  |   | <p>9:00 Horse &amp; Buggy Rides- Outside <b>1</b><br/>         10:30 Manicures- L<br/>         1:00 General Store- L<br/>         2:00 BINGO- DR<br/>         3:00 Popcorn- CS<br/>         3:30 NFL Bracket Rules &amp; Picks- L</p>                                 | <p>9:15 Live 2B Healthy- DR <b>2</b><br/>         10:30 This Day in History- L<br/>         1:00 Fair Week Winner Ice Cream Trip<br/>         2:00 500 Cards- CS/EW<br/>         3:00 Happy Hour- DR</p>   | <p><b>3</b><br/>         10:00 Coffee &amp; Discussion- L<br/>         11:00 Puzzle Time- L<br/>         2:00 Oreo Taste Test- DR<br/>         3:00 Downton Abbey TV Series- CR</p>   |
| <p>10:00 Sunday Trivia- L <b>4</b><br/>         10:15 Presbyterian Communion- CH<br/>         2:00 BINGO- DR<br/>         3:30 Rummikub- CS<br/>         4:30 Friendly Stroll!</p>  | <p>9:15 Live 2B Healthy- DR <b>5</b><br/>         10:30 Lutheran Chapel- CH<br/>         12:00 Labor Day Picnic- Outside<br/>         1:00 Outdoor Games<br/>         2:00 Jeff Buege Concert- EW<br/>         3:00 Walmart Trip<br/>         6:00 Movie &amp; Popcorn- CR- The Blind Side<br/><br/>         Kiahna Seaman Birthday!</p> | <p>9:15 Live 2B Healthy- DR <b>6</b><br/>         10:30 Poker with Beth- L<br/>         1:00 Nature Center Program- CR<br/>         2:00 Bible Study- CH<br/>         3:00 Popcorn- CS<br/>         3:30 Football BINGO- L</p>   | <p>9:00 Coffee Social- CR <b>7</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Singfit- CR<br/>         1:00 Chapel with Norm Erickson- Chapel<br/>         3:00 Culinary Meeting- DR<br/>         3:30 September Birthday Celebration- DR</p>                                    | <p>9:00 Coffee Social- CR <b>8</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Manicures- L<br/>         1:00 Mary Dreier Museum Program- CR<br/>         2:00 BINGO- DR<br/>         3:00 Popcorn- CS<br/>         3:30 Inflatable Football- Outside</p> | <p>9:15 Live 2B Healthy- DR <b>9</b><br/>         10:00 Catholic Chapel- CH<br/>         10:30 This Day in History- L<br/>         11:00 Methodist Chapel- CH Program- CR<br/>         2:00 500 Cards- CS/EW<br/>         3:00 Happy Hour IA/ISU Tailgate Party- DR</p>                | <p><b>10</b><br/>         10:00 Coffee &amp; Discussion- L<br/>         11:00 Puzzle Time- L<br/>         2:00 Oreo Taste Test- DR<br/>         3:00 Downton Abbey TV Series- CR<br/><br/>         Taylor Spiegeler Birthday!</p>   |
| <p><b>11</b><br/>         National Assisted Living Week!<br/>         10:00 Sunday Trivia-L<br/>         1:00 Clay County Fair Trip!<br/>         2:00 BINGO- DR<br/>         3:30 National Milkshake Day- DR<br/>         3:30 Rummikub- CS<br/>         4:30 Friendly Stroll!<br/><br/>         Beverly Bergquist Birthday!</p> | <p>9:15 Live 2B Healthy- DR <b>12</b><br/>         10:00 Decorate your own Graduation Cap- L<br/>         1:00 Podiatrist Rounds<br/>         2:00 "Commencement March"- L<br/>         3:00 Graduation Snacks- L<br/>         3:00 Walmart Trip</p>   | <p>9:15 Live 2B Healthy- DR <b>13</b><br/>         10:00 Wedding Stories- L<br/>         1:00 Library Day-L<br/>         1:00 Sandra Sykes Piano- EW<br/>         2:00 Bible Study- CH<br/>         3:00 Wedding Cake Decorating- DR</p>   | <p>9:00 Coffee Social- CR <b>14</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Singfit- CR<br/>         1:00 NFL Bracket Picks- L<br/>         2:00 NW IA Humane Society Visit- L<br/>         3:00 Puppy Chow and Pet Stories- L<br/><br/>         Maxine Bartels Birthday!</p> | <p>9:00 Coffee Social- CR <b>15</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Manicures- L<br/>         1:00 First Home Stories- L<br/>         2:00 BINGO- DR<br/>         3:00 Popcorn- CS<br/>         3:30 Realtor Talk- L</p>                      | <p>9:15 Live 2B Healthy- DR <b>16</b><br/>         10:00 Baby Shower for Kenzie- CS<br/>         1:00 Family Stories- L<br/>         2:00 500 Cards- CS/EW<br/>         3:00 Happy Hour- DR<br/>         6-7 Art Gallery Night- Basement<br/><br/>         Chloe Carlson Birthday!</p> | <p><b>17</b><br/>         10:00 Coffee &amp; Discussion- L<br/>         11:00 Puzzle Time- L<br/>         2:00 This Day in History- L<br/>         3:00 Downton Abbey TV Series- CR</p>   |
| <p>10:00 Sunday Trivia- L <b>18</b><br/>         2:00 BINGO- DR<br/>         3:30 Rummikub- CS<br/>         4:30 Friendly Stroll!</p>   | <p>9:15 Live 2B Healthy- DR <b>19</b><br/>         10:30 Phase 10 Dice- L<br/>         1:00 Football Gifts Craft- L<br/>         2:00 Oktoberfest with West O Beer- DR<br/>         3:30 Walmart Trip<br/>         6:00 Movie &amp; Popcorn- CR- Little Giants<br/><br/>         Tracie Schnell Birthday!</p>                            | <p>9:15 Live 2B Healthy- DR <b>20</b><br/>         10:30 Scrabble- L<br/>         11:00 Presbyterian Chapel- CH<br/>         1:00 Bible Study- CH<br/>         2:00 Bob Floss Concert- EW<br/>         3:00 Popcorn- CS<br/>         3:00 Walker &amp; Wheelchair Wash- Outside<br/>         4:30 Resident Dine Out in Lake Park</p> | <p>9:00 Coffee Social- CR <b>21</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Singfit- CR<br/>         1:00 Chapel with Norm Erickson- Chapel<br/>         1:30 Arnolds Park Games Trip<br/>         2:30 Ice Cream- DR</p>   | <p>9:00 Coffee Social- CR <b>22</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Manicures- L<br/>         1:00 General Store- L<br/>         2:00 BINGO- DR<br/>         3:00 Popcorn- CS<br/><br/>         Joan Lindholm Birthday!</p>                   | <p><b>23</b><br/>         9:15 Live 2B Healthy- DR<br/>         10:30 This Day in History- L<br/>         1:00 HyVee/Bomgaars Trip<br/>         2:00 500 Cards- CS/EW<br/>         2:00 Universal Yums- DR<br/>         3:00 Happy Hour- DR</p>  | <p><b>24</b><br/>         10:00 Coffee &amp; Discussion- L<br/>         11:00 Puzzle Time- L<br/>         11:00 Walk to End Alzheimer's- Spencer<br/>         2:00 Make Your Own Party Mix- DR<br/>         3:00 Downton Abbey TV Series- CR<br/><br/>         Jess Meyer Birthday!</p> |
| <p>10:00 Sunday Trivia- L <b>25</b><br/>         2:00 BINGO- DR<br/>         3:30 Rummikub- CS<br/>         4:30 Friendly Stroll!</p>   | <p>9:15 Live 2B Healthy- DR <b>26</b><br/>         10:30 Skip-Bo Cards- L<br/>         1:00 FB Jersey Craft- L<br/>         2:00 Julie Jones Piano- EW<br/>         3:00 Tea &amp; Toast- DR<br/><br/>         Norma Andresen Birthday!<br/>         Phyllis Van Kleek Birthday!<br/>         Hannah Schacherer Birthday!</p>            | <p>9:15 Live 2B Healthy- DR <b>27</b><br/>         10:30 Scrabble- L<br/>         1:00 Library Day- L<br/>         2:00 Bible Study- CH<br/>         3:00 Popcorn- CS<br/>         3:30 Armchair Travel to Germany- CR<br/><br/>         Joyce Schwartz Birthday!</p>  | <p>9:00 Coffee Social- CR <b>28</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Singfit- CR<br/>         1:00 NFL Bracket Picks- L<br/>         2:30 Ice Cream- DR<br/>         3:30 New Resident Snack &amp; Social- DR</p>  | <p>9:00 Coffee Social- CR <b>29</b><br/>         9:30 Chair Exercise- CR<br/>         10:30 Manicures- L<br/>         1:30 BINGO- DR<br/>         2:00 Resident Council- DR<br/>         3:00 Popcorn- CS</p>   | <p><b>30</b><br/>         9:15 Live 2B Healthy- DR<br/>         10:30 This Day in History- L<br/>         1:00 Cherish Center Trip<br/>         2:00 500 Cards- CS/EW<br/>         3:00 Happy Hour- DR</p>   |   |

# SEPTEMBER



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Passport to  
*Exceptional Care.  
Extraordinary Living.*

|  |   |  |   |  |  |   |
|--|---|--|---|--|--|---|
|  |   |  |   | <p>9:00 Water Flowers<br/>9:00 Horse &amp; Buggy Rides<br/>9:15 1:1 Time<br/>10:15 Story Time in the Courtyard<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Hope Haven Hoopla!<br/>2:00 SingFit<br/>3:00 Snack<br/>3:30 Chair Exercise<br/>5:00 Dinner</p> | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Playdoh Time<br/>2:00 Balloon Volleyball<br/>3:00 Snack/Happy Hour<br/>3:30 Parachute Game<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p>       | <p>9:00 Water Flowers<br/>9:30 Morning Walk<br/>10:30 Activity Bins<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Walking Group<br/>1:30 International Bacon Day<br/>2:00 Saturday Movie<br/>3:00 Snack<br/>4:30 Puzzles<br/>5:00 Dinner<br/>6:00 Coloring</p> |
| <p>9:00 Church on TV<br/>9:30 Water Flowers<br/>10:00 Hymn Sing Along<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Balloon Volleyball<br/>2:00 Manicures<br/>3:00 Snack<br/>3:30 Walking Group<br/>5:00 Dinner<br/>6:00 Sunday Movie</p>                   | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:00 Labor Day Picnic Outside<br/>12:30 Gameshow Network<br/>1:00 Music Therapy<br/>1:00 Water Sensory/Nail Care<br/>2:00 Jeff Buege Concert- AL<br/>3:00 Snack<br/>3:30 SingFit<br/>4:45 Prayer &amp; Wash Hands<br/>6:00 Aromatherapy/Hand Massages</p>        | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Dance Freeze Yoga!<br/>2:00 Nature Center Program<br/>3:00 Snack<br/>3:30 SingFit<br/>6:00 Coloring</p>       | <p>9:00 Water Flowers<br/>9:15 Fill Bird Feeders<br/>10:00 Chair Exercise<br/>10:30 Card BINGO<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 Hope Haven Hoopla- Inflatable Football<br/>2:00 Kiddie Pool in the Courtyard<br/>3:00 Snack<br/>3:30 Bus Ride!<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p>            | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Story Time in the Courtyard<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Football Toss Game<br/>2:00 SingFit<br/>3:00 Snack<br/>3:30 Chair Exercise<br/>5:00 Dinner</p>                                  | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 IA/ISU Party!<br/>2:00 Balloon Volleyball<br/>3:00 Snack/Happy Hour<br/>3:30 Parachute Game<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p>      | <p>9:00 Water Flowers<br/>9:30 Morning Walk<br/>10:30 Activity Bins<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Walking Group<br/>1:30 Oreo Taste Test<br/>2:00 Saturday Movie<br/>3:00 Snack<br/>4:30 Puzzles<br/>5:00 Dinner<br/>6:00 Coloring</p>         |
| <p>9:00 Church on TV<br/>9:30 Water Flowers<br/>10:00 Hymn Sing Along<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Balloon Volleyball<br/>2:00 Manicures<br/>3:00 National Milkshake Day!<br/>3:30 Walking Group<br/>5:00 Dinner<br/>6:00 Sunday Movie</p> | <p>9:00 Water Flowers<br/>9:15 Graduation Reminiscing<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 Music Therapy<br/>1:00 Water Sensory/Nail Care<br/>2:00 Decorate Graduation Caps<br/>3:00 Snack<br/>3:30 SingFit<br/>4:00 Graduation March<br/>4:45 Prayer &amp; Wash Hands<br/>6:00 Aromatherapy/Hand Massages</p> | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Wedding Dress Craft<br/>2:00 Sandra Sykes Piano Concert<br/>3:00 Snack<br/>3:30 SingFit<br/>6:00 Coloring</p> | <p>9:00 Water Flowers<br/>9:15 Fill Bird Feeders<br/>10:00 Chair Exercise<br/>10:30 Pet Reminiscing<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 1:1 Time<br/>2:00 Kiddie Pool in the Courtyard<br/>2:30 NW IA Humane Society Visit<br/>3:00 Snack<br/>3:30 Bus Ride!<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p> | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 First Home Stories in the Courtyard<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Hope Haven Hoopla- Inflatable Football<br/>2:00 SingFit<br/>3:00 Snack<br/>3:30 Chair Exercise<br/>5:00 Dinner</p>      | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Family Reminiscing<br/>2:00 Balloon Volleyball<br/>3:00 Snack/Happy Hour<br/>3:30 Parachute Game<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p> | <p>9:00 Water Flowers<br/>9:30 Morning Walk<br/>10:30 Activity Bins<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Walking Group<br/>1:30 Word Search<br/>2:00 Saturday Movie<br/>3:00 Snack<br/>4:30 Puzzles<br/>5:00 Dinner<br/>6:00 Coloring</p>             |
| <p>9:00 Church on TV<br/>9:30 Water Flowers<br/>10:00 Hymn Sing Along<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Balloon Volleyball<br/>2:00 Manicures<br/>3:00 Snack<br/>3:30 Walking Group<br/>5:00 Dinner<br/>6:00 Sunday Movie</p>                   | <p>Fair Week!<br/>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:00 Oktoberfest Games!<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 Music Therapy<br/>1:00 Water Sensory/Nail Care<br/>2:00 Drawing to Music<br/>3:00 Snack<br/>3:30 SingFit<br/>4:45 Prayer &amp; Wash Hands<br/>6:00 Aromatherapy/Hand Massages</p>     | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>2:00 Walker/Wheelchair Wash<br/>3:00 Snack<br/>3:30 SingFit<br/>6:00 Coloring</p>                                  | <p>9:00 Water Flowers<br/>9:15 Fill Bird Feeders<br/>10:00 Chair Exercise<br/>10:30 Football Jersey Craft<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 Hope Haven Hoopla!<br/>2:00 Musical Instruments<br/>3:00 Snack<br/>3:30 Bus Ride!<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p>                              | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Story Time in the Courtyard<br/>10:45 Chapel with Dr. Lucin<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Playdoh Time<br/>2:00 SingFit<br/>3:00 Snack<br/>3:30 Chair Exercise<br/>5:00 Dinner</p>        | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Football BINGO<br/>2:00 Balloon Volleyball<br/>3:00 Snack/Happy Hour<br/>3:30 Parachute Game<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p>     | <p>9:00 Water Flowers<br/>9:30 Morning Walk<br/>10:30 Activity Bins<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Walking Group<br/>1:30 Make Your Own Party Mix<br/>2:00 Saturday Movie<br/>3:00 Snack<br/>4:30 Puzzles<br/>5:00 Dinner<br/>6:00 Coloring</p> |
| <p>9:00 Church on TV<br/>9:30 Water Flowers<br/>10:00 Hymn Sing Along<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Balloon Volleyball<br/>2:00 Manicures<br/>3:00 Snack<br/>3:30 Walking Group<br/>5:00 Dinner<br/>6:00 Sunday Movie</p>                   | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 Music Therapy<br/>1:00 Water Sensory/Nail Care<br/>2:00 Armchair Travel to Germany<br/>3:00 Snack<br/>3:30 SingFit<br/>4:45 Prayer &amp; Wash Hands<br/>6:00 Aromatherapy/Hand Massages</p>                                       | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Dance Freeze Yoga!<br/>2:00 Universal Yums<br/>3:30 SingFit<br/>6:00 Coloring</p>                             | <p>9:00 Water Flowers<br/>9:15 Fill Bird Feeders<br/>10:00 Chair Exercise<br/>10:30 Card BINGO<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 Gameshow Network<br/>1:00 1:1 Time<br/>2:00 Kiddie Pool in the Courtyard<br/>3:00 Snack<br/>3:30 Bus Ride!<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p>  | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Story Time in the Courtyard<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Hope Haven Hoopla!<br/>2:00 SingFit<br/>3:00 Snack<br/>3:30 Chair Exercise<br/>5:00 Dinner</p>                                  | <p>9:00 Water Flowers<br/>9:15 1:1 Time<br/>10:15 Live 2B Healthy<br/>11:00 Prayer &amp; Wash Hands<br/>12:30 I Love Lucy<br/>1:00 Football Toss Game<br/>2:00 Balloon Volleyball<br/>3:00 Snack/Happy Hour<br/>3:30 Parachute Game<br/>4:45 Prayer &amp; Wash Hands<br/>5:00 Dinner</p> | <p>9:00 Water Flowers<br/>9:30 Morning Walk<br/>10:30 Activity Bins<br/>11:00 Prayer &amp; Wash Hands<br/>1:00 Walking Group<br/>1:30 Make Your Own Party Mix<br/>2:00 Saturday Movie<br/>3:00 Snack<br/>4:30 Puzzles<br/>5:00 Dinner<br/>6:00 Coloring</p> |