

September 2022



Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
 joyful moments NATIONAL ASSISTED LIVING WEEK • SEPTEMBER 11-17, 2022	National Assisted Living Week September 11-17, 2022			10:00 Classic TV (MC) 11:30 Daily Chronicle (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:30 Meditative Drawing (B) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 3:00 Friday Live! with Francesca Sola (B) 4:30 Bowling! (MC) 6:00 Finding Your Roots-PBS Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:00 Historic Hotels-Hotel de Coronado (T) 10:30 Fur Friends Pet Visit (P) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Floral Design (B) 1:30 Stretch & Meditation (A) 2:00 Gardening Cultivation (MC) 2:00 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)
4	5 LABOR DAY	6	7	8	9	10
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 3:00 Paint Like the Greats (MC) 4:00 The Magic of Words-Memoir Writing 6:00 Antiques Road Show (T)	10:00 Classic TV (MC) 11:00 Labor Day Trivia (B) 1:30 Open Gym (FC) 1:30 Bingo (MC) 3:00 Documentary Club: The Best of World's Greatest - Ancient Cities (MC) 6:00 Movie & Popcorn (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 6:00 Table Games (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Wednesday Afternoon Cinema: The Young Victoria (MC) 2:00 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:00 Sage Foodies Cooking Club (DK) 11:30 Daily Chronicle (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Jeopardy Style Trivia (B) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 3:00 Friday Live! with Wendy & Rik (B) 4:30 Bowling! (MC) 6:00 Finding Your Roots-PBS Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:00 Classical Music Cinema-Tchaikovsky Violin Concerto (T) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:00 Floral Design (B) 1:30 Stretch & Meditation (A) 2:00 Gardening Cultivation (MC) 2:00 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 GRANDPARENTS DAY	12 NATIONAL ASSISTED LIVING WEEK	13 NATIONAL ASSISTED LIVING WEEK	14 NATIONAL ASSISTED LIVING WEEK	15 NATIONAL ASSISTED LIVING WEEK	16 NATIONAL ASSISTED LIVING WEEK	17 NATIONAL ASSISTED LIVING WEEK
10:00 Classic TV (MC) 1:00 Sing-a-Long with Matthew (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 2:30 Paint Like the Greats (MC) 3:00 Grandparents Day Ice Cream Social (A) 6:00 Antiques Road Show (T)	10:00 Classic TV (MC) 10:00 Coffee with Kendra (MC) 11:00 Jeopardy Style Trivia (B) 1:30 Open Gym (FC) 1:30 Bingo (MC) 3:00 Documentary Club: The Best of World's Greatest - Extreme Animals (MC) 3:00 Ice Breaker Social (B) 6:00 Movie & Popcorn (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:00 Mindy's Fashion Parlor (B) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 6:00 Table Games (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:00 Wednesday Afternoon Cinema: Uncharted (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:00 Sage Glendale Art Show (B) 4:30 Bowling! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:30 Daily Chronicle (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Carnival Games Social (B) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 3:00 Friday Live! with Jason Bourne (B) 4:30 Bowling! (MC) 6:00 Finding Your Roots-PBS Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:30 Fur Friends Pet Visit (P) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Floral Design (B) 1:30 Stretch & Meditation (A) 2:00 Gardening Cultivation (MC) 2:00 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)
18	19	20	21	22	23	24
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 3:00 Paint Like the Greats (MC) 6:00 Antiques Road Show (T)	10:00 Classic TV (MC) 11:00 Jeopardy Style Trivia (B) 1:30 Open Gym (FC) 1:30 Bingo (MC) 3:00 Documentary Club: The Best of World's Greatest - Volcanoes (T) 6:00 Movie & Popcorn (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 6:00 Table Games (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:00 Broadway at Sage: 42nd Street (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:00 Sage Foodies Cooking Club (DK) 11:30 Daily Chronicle (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 3:00 Friday Live! with Jean Luc Pirou (B) 4:30 Bowling! (MC) 6:00 Finding Your Roots-PBS Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:00 Floral Design (B) 1:30 Stretch & Meditation (A) 2:00 Gardening Cultivation (MC) 2:00 Refreshment Break (MC) 3:00 Bingo! (MC) 4:00 Afternoon Movie (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)
25 ROSH HASHANNA	26	27	28	29	30	Calendar Legend A Activities Room, 1st Floor B Bistro, 1st Floor DK Demo Kitchen, 5th Floor FC Fitness Center, 3rd Floor MC Memory Care, 2nd Floor P Patio, 1st Floor T Theatre, 1st Floor
10:00 Classic TV (MC) 1:30 Daily Chronicle (MC) 2:00 Patio Gardening (MC) 3:00 Paint Like the Greats (MC) 6:00 Antiques Road Show (T)	10:00 Classic TV (MC) 10:00 Coffee with Kendra (MC) 11:00 Jeopardy Style Trivia (B) 1:30 Open Gym (FC) 1:30 Bingo (MC) 3:00 Documentary Club: The Best of World's Greatest - Lost Cities (MC) 6:00 Movie & Popcorn (MC)	10:00 Classic TV (MC) 10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 One to One Room Visits 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Bingo! (MC) 4:00 Art Studio (MC) 6:00 Table Games (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Wednesday Afternoon Cinema: Woman in Gold (MC) 2:00 Refreshment Break (MC) 4:00 Color Therapy (MC) 4:30 Bowling! (MC) 6:00 Guesstures! and Trivia (MC) 6:30 One to One (MC)	10:00 Classic TV (MC) 11:30 Daily Chronicle (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 2:30 UNO (MC) 3:00 Luau Social (B) 6:00 Evening Meditation (MC) 6:30 One to One (MC)	10:45 Morning Stretch (MC) 11:00 Coffee Club (MC) 11:30 Patio Gardening (MC) 1:30 Open Gym (FC) 1:30 Chair Aerobics (MC) 2:00 Refreshment Break (MC) 3:00 Friday Live! with Mark Cole & Co (B) 4:30 Bowling! (MC) 6:00 Finding Your Roots-PBS Program (T) 6:30 Games & Puzzles (MC) 6:30 One to One (MC)	