

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>SEPTEMBER 2023</h1> <h2>AL/IL Activity Calendar</h2>						9:30 - Ball Exercise 1 10:00 - Creative Hearts Art Club 1:30 - Dime Bingo 3:00 - Mexican Train 6:30 - Movie
9:30 - Christ Church Service 3 1:00 - Dominoes 6:00 - Game of Choice	10:00 - Coffee Chat & Crossword and More 4 11:00 - Walk & Talk with Powerback Rehab 1:30 - Bingo W/ Girl Scout Troop 742 6:00 - Movie Labor Day	9:00 - Coffee & Trivia 5 9:30 - Chair Exercise 10:30 - Rosary 11:00 - Seminar with Powerback 12:30 - Bridge 1:30 - Blackjack 3:30 - Topsy Tuesday	9:30 - Sit & Stretch 6 10:30 - Bible Study 11:00 - Lunch Bunch-The Abbey - Sign Up 1:00 - Men's Pool (9 Ball) 1:30 - Bill Shannon from the BV Historical Society 3:00 - Cardio Drumming 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches 7 11:00 - Exercise w/ Powerback Rehab 1:30 - Monthly Birthday Celebration 3:30 - Thirsty Thursday	9:00 - Mens Coffee & Donuts 8 9:30 - Ball Exercise 10:00 - Creative Hearts Art Club 1:30 - Dime Bingo! 3:00 - Mexican Train 6:30 - Movie	10:00 - Coffee Chat/ Cranium Crunches 9 1:30 - Mystery Card Game Resident Led Activities
9:30 - Christ Church Service 10 2:00 - Grandparents Bingo 6:00 - Game of Choice Grandparents Day	9:30 - Shopping - Dierbergs 11 10:00 - Coffee & Reflection with Joe Ridgeway - Honor Flight 2023 11:00 - Walk & Talk 1:30 - Family Feud Game 6:30 - Movie	9:30 - Chair Exercise 12 10:00 - Beach Volleyball 10:30 - Rosary 11:00 - Blood Pressure Checks w/ Powerback 12:30 - Bridge 1:30 - Cooking Demo 2:00 - Hymns with Kim 3:30 - Topsy Tuesday - Music by Ken Roberts	9:30 - Sit & Stretch 13 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - The Price is Right - Sponsored by Guardian Pharmacy 3:00 - Cardio Drumming 4:00 - Worship Service 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches 14 11:00 - Exercise w/ Powerback 1:30 - Aloha Bingo 2:30 - Kona Ice Snow Cone Truck 3:30 - Thirsty Thursday	9:30 - Ball Exercise 15 10:00 - Hula Race 1:30 - Entertainment - Jane Blakemore - Luau Dancer/ Tommy Tunes 6:30 - Movie Rosh Hashanah Begins	10:00 - Coffee Chat & Cranium Crunches 16 1:30 - Mystery Card Game Resident Led Activities Oktoberfest Begins
9:30 - Christ Church Service 17 10:30 - Cranium Crunches 1:00 - Dominoes 6:00 - Game of Choice	9:30 - Shopping Day - Aldi 18 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:30 - Movie	9:00 - Coffee & Trivia 19 9:30 - Chair Exercise 10:00 - Mass/Rosary 12:30 - Bridge 1:30 - Caregiver Support Group 1:30 - Blackjack 3:30 - Topsy Tuesday - Waterloo German Band	9:30 - Sit & Stretch 20 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Presentation with OPD and FCB Bank on Fraud 6:30 - Movie 6:30 - Looking glass Playhouse "Grease" Sign Up	10:00 - Coffee Chat & Cranium Crunches 21 11:00 - Exercise w/ Powerback Rehab 1:30 - Sing Along with Mary 3:30 - Thirsty Thursday	9:30 - Ball Exercise 22 10:30 - Resident Council Meeting - IL Residents 11:00 - Resident Council Meeting - AL Residents 1:30 - Bingo - Sponsored by Powerback Rehab 3:00 - Mexican Train 6:30 - Movie	10:00 - Coffee Chat & Brain Games 23 1:30 - Mystery Card Game Resident Led Activities Autumn Begins
9:30 - Christ Church Service 24 1:00 - Dominoes 6:00 - Game of Choice Yom Kippur	9:30 - Shopping Day - Walmart 25 10:00 - Coffee Chat & Cranium Crunches 11:00 - Walk & Talk w/ Powerback 1:30 - Dime Bingo 2:00 - Chair Yoga 3:00 - Pinochle 6:30 - Movie	9:00 - Coffee & Trivia 26 9:30 - Chair Exercise 10:30 - Rosary 11:00 - Around the World with Powerback - Spain 12:30 - Bridge 1:30 - Blackjack 3:30 - Topsy Tuesday	9:30 - Sit & Stretch 27 10:30 - Bible Study 1:00 - Men's Pool (9 Ball) 1:30 - Card Making With Lessa - Sign Up 3:00 - Cardio Drumming 4:00 - Worship Service 5:00 - Out to Dinner - Mascoutah Steak House - Sign Up 6:30 - Movie	10:00 - Coffee Chat & Cranium Crunches 28 11:00 - Exercise w/ Powerback Rehab 1:00 - Sing Along with Brittany 3:30 - Thirsty Thursday 6:00 - Family Night - Bryan Foggs	9:30 - Ball Exercise 29 1:30 - Prize Bingo 2:00 - Book of the Month Meeting 3:00 - Mexican Train 6:30 - Movie Sukkot Begins	10:00 - Coffee Chat & Brain Games 30 1:30 - Mystery Card Game Resident Led Activities