

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 ART- Art Program CE- Cognitive Exercise MP- Musical Program PE Physical Exercise YM/SM- Yoga/Meditation/Stress Mgmt. SUNNY COVE ACTIVITIES		1 10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Patriotic Pretzels-CE 3:30 Relaxation Hour with strawberry infused water-SM American Laborers Week	2 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 6:00 Woodworking Group-CE	3 10:00 Table Game-CE 11:00 Music Exercise- PE 1:45 Rosary-YM 2:30 Labor Day Trivia and Coffee Break-SM 3:30 Physical Task Group-PE	4 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game- CE 6:00 Coloring Group- ART	5 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE	
	6 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night and popcorn	7 10:15 Patriotic Craft-CE 11:00 Exercise-PE 2:00 BINGO-CE HAPPY LABOR DAY	8 10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Galaxy Painting-ART 3:30 Relaxation Hour with galaxy lights-SM National Star Trek Day	9 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Bucket Drumming Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 3:00 Music with Steve-MP 6:00 Woodworking Group-CE Galaxy/Alien dress-up day!	10 10:00 Table Game-CE 11:00 Music Exercise- PE 1:45 Rosary-YM 2:30 Cooking Class: Planet Punch 3:30 Physical Task Group-PE	11 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game- CE 6:00 Coloring Group-ART	12 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE
	Science Fiction Week						
	13 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night and popcorn	14 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Hispanic Folk Dancer Art-ART 3:30 Singalong-CE 6:00 Balloon Ball with Music-PE	15 10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Cooking Class: Guacamole dip-CE 3:30 Relaxation Hour with instrumental mariachi-SM	16 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 6:00 Woodworking Group-CE	17 10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Hispanic Folk Story Time-SM 3:30 Physical Task Group-PE	18 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game- CE 6:00 Coloring Group-ART	19 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE
	Hispanic Heritage Week						
20 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night and popcorn	21 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Apple Spearing Contest-PE 3:30 Singalong-CE 6:00 Balloon Ball with Music-PE	22 10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Apple Trivia and Taste Test-CE 3:30 Relaxation Hour with apple cider-SM	23 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Bucket Drumming Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 3:00 Music with Steve-MP 6:00 Woodworking Group-CE Red dress-up day!	24 10:00 Table Game-CE 11:00 Music Exercise-PE 1:45 Rosary-YM 2:30 Apple Orchard outing and Scenic Drive-SM 3:30 Physical Task Group-PE	25 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE 6:00 Coloring Group-ART	26 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE	
Apple Harvest Week							
27 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! 6:00 Movie Night and popcorn	28 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Coffee Cake Social and Trivia-SM 3:30 Singalong-CE 6:00 Balloon Ball with Music-PE	29 10:00 Table Game-CE 11:00 Baton Exercise-PE 2:00 Coffee Cup Art-ART 3:30 Relaxation Hour with decaf coffee and tea-SM National Coffee Day	30 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and about-PE 6:00 Wood Working Group-CE				
Coffee Week							