

September 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|--|
| CLOSED 4 | CLOSED 5  | 8:00 Breakfast, Coffee & Social 6 9:00 Daily Chronicles 10:00 Fitness Stretch/Walk 11:00 Basketball Challenge 1:00 Musical Bingo 2:00 Balloon Bash 3:00 Snack/Sing Along 4:00 Nostalgic Movie Shorts | <u>September Birthdays:</u> - Tom B. - Rose R. - Peter S. - Susie S. - Vanessa P.  | 8:00 Breakfast, Coffee & Social 1 9:00 Welcome September 10:00 Monday Stretching 11:00 Parachute Fun 1:00 Double Bingo 2:00 FLART Challenge/Ladder Toss 3:00 Art Therapy 4:00 Relaxation/Table Games | 8:00 Breakfast, Coffee & Social 2 9:00 Daily Chronicles 10:00 Yoga Dance 11:00 Labor Day Party 1:00 Pirate Bingo \$\$ 2:00 Volleyball 3:00 Ice Cream Social 4:00 Relaxation/Trivia Challenge  | CLOSED 3 |
| CLOSED 11  | 8:00 Breakfast, Coffee & Social 12 9:00 Daily Chronicles 10:00 Chair Exercise 11:00 Frisbee Target Throw 1:00 Pirate Bingo 2:00 Volleyball Challenge 3:00 Chocolate Milk Shake Day 4:00 Nostalgic Movie Shorts | 8:00 Breakfast, Coffee & Social 13 9:00 Daily Chronicles 10:00 Chair Yoga 11:00 Arts & Crafts Day 1:00 Pokeno 2:00 Wii Bowling 3:00 Snack/Family Feud 4:00 Relaxation/Trivia Challenge | 8:00 Breakfast, Coffee & Social 14 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Flickin' Chicken Game 1:00 Musical Bingo 2:00 Armchair Travel: Mexico 3:00 Snack/Trivia 4:00 Relaxation/Table Games | 8:00 Breakfast, Coffee & Social 15 9:00 Daily Chronicles 10:00 Stretching Exercise 11:00 TLC AUCTION DAY \$\$ 1:00 Pokeno 2:00 Pin the Tail Game 3:00 Happy Hour 4:00 Relaxation/Group Activity | 8:00 Breakfast, Coffee & Social 16 9:00 Daily Chronicles 10:00 Fitness Stretch/Walk 11:00 LATIN PARTY 1:00 Pirate Bingo \$\$ 2:00 Bowling Challenge 3:00 Snack/Game Show Fun 4:00 Nostalgic Movie Shorts  | CLOSED 17  |
| CLOSED 18 | 8:00 Breakfast, Coffee & Social 19 9:00 Daily Chronicles 10:00 Fitness Stretch/Walk 11:00 GIANT Yahtzee 1:00 Double Bingo 2:00 Carnival Games 3:00 Ice Cream Party 4:00 Relaxation/Table Games  | 8:00 Breakfast, Coffee & Social 20 9:00 Daily Chronicles 10:00 Chair Dance 11:00 Parachute Fun 1:00 Pirate Bingo 2:00 Football Challenge 3:00 Happy Hour 4:00 Relaxation/Story Time | 8:00 Breakfast, Coffee & Social 21 9:00 Daily Chronicles 10:00 Tai Chi 11:00 Target Golf 1:00 Bingo 2:00 Dance Party! 3:00 Snack/Sing Along 4:00 Relaxation/Group Activity | 8:00 Breakfast, Coffee & Social 22 9:00 Daily Chronicles 10:00 Chair Yoga 11:00 Painting Step by Step 1:00 Pokeno 2:00 Cornhole (Bean Bag) Toss 3:00 Snack/Game Show Fun 4:00 Relaxation/Trivia | 8:00 Breakfast, Coffee & Social 23 9:00 Daily Chronicles 10:00 Morning Stretch 11:00 Arts & Crafts Day 1:00 Pirate Bingo \$\$ 2:00 Balloon Fun 3:00 Snack/Karaoke 4:00 Movie Time! | CLOSED 24 |
| CLOSED 25   | 8:00 Breakfast, Coffee & Social 26 9:00 Daily Chronicles 10:00 Chair Yoga 11:00 Cooking Demonstration 1:00 Double Bingo 2:00 Hula Hoop Toss 3:00 Snack/Music Trivia 4:00 Relaxation/Group Activity | 8:00 Breakfast, Coffee & Social 27 9:00 Daily Chronicles 10:00 Morning Stretch 11:00 Armchair Travel: Mexico 1:00 Pokeno 2:00 Double Cornhole Toss 3:00 Ice Cream Party 4:00 Nostalgic Movie Shorts | 8:00 Breakfast, Coffee & Social 28 9:00 Daily Chronicles 10:00 Fitness Stretch/Walk 11:00 PIRATE PARTY 1:00 Pirate Bingo 2:00 Volleyball Challenge 3:00 Snack/Scavenger Hunt 4:00 Relaxation/Table Games  | 8:00 Breakfast, Coffee & Social 29 9:00 Daily Chronicles 10:00 Tai Chi 11:00 Flickin' Chicken Game 1:00 Bingo 2:00 Soccer Competition 3:00 Snack/Comedy Time 4:00 Relaxation/Card Games | 8:00 Coffee & Social 30 9:00 Daily Chronicles 10:00 Chair Exercise 11:00 Art w/ Birthday Celebration 1:00 Musical Bingo \$\$ 2:00 Parachute Fun 3:00 Snack/Music Recall 4:00 Movie Time! (Pirate)  | |