
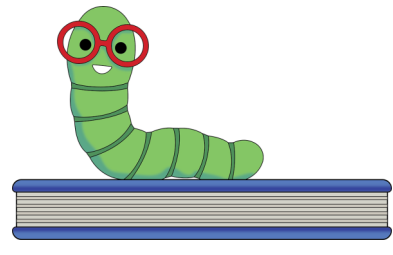



September 2023

Activity Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities are subject to change. Check bulletin board across from the elevators for updates or channel 6.</p> <p>DR=Dining Room SR=Sun Room LL=Lower Level</p>	<p>*Lunch Bunch and Bus Outings require sign-up and residents may be responsible for cost of their own meal and bus fare.</p>	<p><u>MIND/BODY Challenge!!</u> <i>Attend at least TWO groups per week and you'll be rewarded! These are dual-task groups that challenge the mind and the body.</i></p>			<p>1 9:30 Music & Motion.....2SR 9:30 Personal Training.....3rd 10:00 Creative Arts.....3SR 2:30 Movie Matinee.....3DR</p>	<p>2 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....2DR 2:30 Jeopardy.....2SR</p>
<p>3 10:00 Stories & Memories..2SR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast..TV6</p>	<p>4  Labor Day 10:00 Patriotic Play-Along..2SR 2:00 Word Games.....2SR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd</p>	<p>5 9:30 Table Games....2SR 9:30 Musical Minds.....3SR 10:15 Nail Polishing..2SR/3SR 10:30 Musical Minds.....2SR 2:30 Bingo.....3DR</p>	<p>6 8:00 Magic Table Games.2SR 9:30 Personal Training.....2nd 9:45 Mind Body Exercise.3SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 12:30 <i>Lunch Music</i>3DR 1:30 Table Games.....3SR 3:00 Worship Service.....2DR</p>	<p>7 9:30 Mind Body Exercise.2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR 10:30 Catholic Mass.....TV6 2:00 Stories & Memories....2SR 3:00 Chime Practice.....2DR</p>	<p>8 9:30 Music & Motion.....2SR 9:30 Personal Training3RD 2:30 Sing-Along.....2DR</p>	<p>9 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....3DR 2:30 Jeopardy.....2SR</p>
<p>10 10:00 Stories & Memories..3SR 3:00 Sunday Devotions....2DR 3:00 Worship Broadcast..TV6 Grandparents Day</p>	<p>11 10:00 Music & Memories....2SR 11:00 Music Club.....2SR 1:30 Word Games.....2SR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd Patriot Day</p>	<p>12 9:30 Table Games....2SR 9:30 Musical Minds.....3SR 10:15 Nail Polishing....2SR/3SR 10:30 Musical Minds.....2SR 2:30 Bingo.....2DR</p>	<p>13 8:00 Magic Table Games2SR 9:30 Personal Training.....2nd 9:45 Mind Body Exercise.3SR 10-12 Eyeglass Tune-Up. .2SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 12:30 <i>Lunch Music</i>3DR 1:30 Table Games.....3SR 3:00 Prayer & Praise.....2DR</p>	<p>14 9:30 Mind Body Exercise.2SR 9:30 Music & Motion.....3SR 10:30 Catholic Room Visits 10:30 Catholic Mass.....TV6 2:00 Stories & Memories....2SR 3:00 Chime Practice.....2DR</p>	<p>15 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Floor 10:00 Creative Arts.....3SR 2:30 Birthday Party.....3DR <i>Music by Hank Thunander</i> Rosh Hashanah at Sundown</p>	<p>16 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....1DR 2:30 Jeopardy.....2DR Independence Day for Mexico</p>
<p>17 10:00 Stories & Memories..2SR 3:00 Worship Broadcast..TV6</p>	<p>18 10:00 Marvelous Music.....2SR 11:00 Music Club.....2SR 1:30 Word Games.....2SR 2:00 Pet Visits with Michelle & Churchill.....2nd, 3rd 2:30 Java Mentors.....Lower Lvl</p>	<p>19 9:30 Table Games....2SR 9:30 Musical Minds.....3SR 10:15 Nail Polishing....2SR/3SR 10:30 Musical Minds.....2SR 2:30 Bingo.....3DR</p>	<p>20 8:00 Magic Table Games2SR 9:30 Personal Training.....2nd 9:45 Mind Body Exercise.3SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 12:30 <i>Lunch Music</i>3DR 1:45 Rhythm Band.....2SR 3:00 Bible Study.....2DR</p>	<p>21 Peace Day 9:30 Mind Body Exercise.2SR 9:30 Music & Motion.....3SR 10:30 Catholic Communion.2DR 10:30 Catholic Mass.....TV6 2:00 Stories & Memories....2SR 3:00 Chime Practice.....2DR</p>	<p>22 9:30 Music & Motion.....2SR 10:00 Creative Arts.....3SR 10:30 Out to Texas Roadhouse 9:30 Personal Training Rounds.....3rd Floor 2:30 Ice Cream Social.....2DR</p>	<p>23 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....2DR 2:30 Jeopardy.....2DR AUTUMN</p>
<p>24 10:00 Stories & Memories..3SR 3:00 Sunday Devotions.....2DR 3:00 Worship Broadcast....TV6 Yom Kippur at Sundown</p>	<p>25 10:00 Music Exploration.....2SR 11:00 Music Club.....2SR 1:30 Word Games.....2SR 2:00 Pet Visits.....2nd, 3rd 2:30 Java Mentors.....Lower Lvl</p>	<p>26 9:30 Table Games....2SR 9:30 Musical Minds.....3SR 10:15 Nail Polishing....2SR/3SR 10:30 Musical Minds.....2SR 2:30 Bingo.....2DR</p>	<p>27 8:00 Magic Table Games2SR 9:30 Personal Training.....2nd 9:45 Mind Body Exercise.3SR 10:30 Choir Rehearsal.....2DR 11:30 Java Time.....3SR 12:30 <i>Lunch Music</i>3DR 1:30 Table Games.....3SR 3:00 Worship Service.....2DR</p>	<p>28 9:30 Mind Body Exercise.2SR 9:30 Music & Motion.....3SR 10:30 Catholic Mass.....TV6 12:00 Lunch Bunch.....LL "Goodcents" subs and more 3:00 Chime Practice.....2DR</p>	<p>29 9:30 Music & Motion.....2SR 9:30 Personal Training Rounds.....3rd Fl 2:30 Move Something....3DR Full Moon</p>	<p>30 10:00 Sunrise Stretches....2SR 12:30 Lunch Music.....3DR 2:30 Jeopardy.....2DR</p>