

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:00 Catholic Service: Holy Apostles-2nd</b>            10:00 God Tested Abraham Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room)            1:00 Labor Day Word Scramble (Pick up your sheet in the 3rd Floor Activity Room)            2:00 Stronger Seniors: Strength Exercise Video-2nd            6:00 Musical Movie Special: "Jesus Christ Superstar" with Ted Neeley-2nd</p> <p style="text-align: right;"><b>1</b></p>	<p><b>Happy Labor Day!</b>  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Coffee Klatch with Almond Chocolate Biscotti-Lounge  <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b>            2:00 Bingo for Prizes with Renee            6:00 Rick Steves' Travelogue Special: "Germany and Scandinavia"-2nd</p> <p style="text-align: right;"><b>2</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 The Price is Right: 1940's Edition  <b>1:00-3:00 Cycling Without Age Bike Rides (Please sign up at front desk)</b>            1:45 The World's Greatest Geological Wonders Lectures from Professor Michael Wyession's: "The Grand Canyon-Earth's Layers"  <b>*2:00 WU-Cooking Demo with Dayna-Lounge</b>  <b>*3:00 WU-HealthPro Wellness with Katy-2nd</b>  <b>*5:30 WU-Bible Study w/ Resident Pat-Lounge</b>            7:30 Night Time Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30 &amp; 1:00 Outing: Shopping  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Movie Song Match Game with Renee            1:45 Bingo for Dimes with Renee-MDR  <b>*3:30 WU-Sip n' Thrive Mixology with Ed: "Hard Cider Crisp Apple"-Lounge</b>  <b>*5:30 WU-Blackjack with Resident, Connie-Lounge</b></p> <p style="text-align: right;"><b>4</b></p>	<p><b>Opening Day of Football: Wear Your Favorite Team Attire!</b>            Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Protestant Service with Bethany Lutheran Church-2nd            10:00 Fancy Nails with Renee            12:30 Town Hall Meeting with Amy-Lounge  <b>*1:30 WU-Virtual Reality Experience: "Tour of NFL Stadiums"-Lobby</b>  <b>*2:00 WU-Hilarious History with Jim: "There's No Place Like Home"-2nd</b>            2:00 All About Football Bingo for Prizes with Renee  <b>*3:00 WU-Strength and Stretch with Renee-2nd</b>            7:30 Night Time Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>5</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*10:00 WU-Cell Phone and Tablet Basics with Donna-2nd</b>            10:00 Dice Game with Renee: "One and Done"  <b>12:30 Food Meeting with Jeff-Lounge</b>  <b>2:00 Social Hour with Dante-MDR</b>  <b>5:30 Bingo for Prizes with Resident, Donna-Lounge</b>  <b>6:00 S'mores, Bonfire and Songs with Sam-Patio</b>            6:00 All About Football Activity Packet (Pick up your packet in the 3rd Floor Activity Room)</p> <p style="text-align: right;"><b>6</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*9:30 WU-Painting Techniques 101 with Manda: "Bubble Wrap"-2nd</b>  <b>*10:00 WU-National Wildlife Day Discussion with Teresa</b>  <b>10:00 Outing: Geocaching (Car Only)</b>            1:45-3:00 Bingo for Dimes with Teresa-MDR            6:00 Weekend Movie Special: "Something's Gotta Give" with Diane Keaton</p> <p style="text-align: right;"><b>7</b></p>
<p><b>10:00 Catholic Service: Holy Apostles-2nd</b>            10:00 The Offering of Isaac Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room)            1:00 Word Mining: Happy Grandparent's Day (Pick up your sheet in the 3rd Floor Activity Room)            2:00 Stronger Seniors: Stretch Exercise Video-2nd            6:00 Musical Movie Special: "Mamma Mia!" with Meryl Streep</p> <p style="text-align: right;"><b>8</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Train Your Brain Games with Renee: "Outburst"  <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b>            2:00 Bingo for Prizes with Renee            6:00 Rick Steves' Travelogue Special: "Eastern Europe"-2nd</p> <p style="text-align: right;"><b>9</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 The Price is Right with Renee: 1960's Edition            1:45 The World's Greatest Geological Wonders Lectures from Professor Michael Wyession's: "Cave of Crystals-Exquisite Caves"  <b>2:00 Mass with Holy Apostles-2nd</b>  <b>*3:00 WU-Chair Aerobics with Renee-2nd</b>  <b>*5:30 WU-Bible Study w/ Res. Pat-Lounge</b>            7:30 Night Time Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>10</b></p>	<p>9:00 Outing: Shopping  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Name That Celebrity with Renee  <b>11:00 Outing: Lunch at Culver's and Shopping at Farm and Fleet</b>  <b>*1:00 WU-Health Talk with Nurse Carlee: "The Benefits of Fruits and Vegetables"-2nd</b>            1:45 Bingo for Dimes with Renee-MDR            3:30 Remembering Chicago-The Boomer Years-2nd  <b>*5:30 WU-Blackjack with Resident, Connie-Lounge</b></p> <p style="text-align: right;"><b>11</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Christian Service: Music and Message with United Methodist Church-2nd            10:00 You Be The Judge Readings with Renee  <b>*1:00 WU-Virtual Reality Experience with Renee: "Mexico Independence Day Celebrations"-Lobby</b>  <b>*2:00 WU-Discovery Series with HealthPro: "Understanding Fall and Enhancing Stability"-2nd</b>            2:00 Mexican Independence Bingo for Prizes with Renee  <b>*3:00 WU-Strength and Stretch with Renee-2nd</b>            7:30 Night Time Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>12</b></p>	<p><b>9:30 &amp; 1:00 Outing: Shopping</b>  <b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*10:00 WU-Be a Community Scientist with Renee: "Majestic Whales"-2nd</b>  <b>2:00 Petting Zoo Sponsored by JourneyCare with Sarah Leazier from Belgians &amp; Vaughn Faye Farms-Patio</b>  <b>5:30 Bingo for Prizes with Resident, Donna-2nd</b>  <b>6:15 Candlelight Dinner-MDR (Please See Front Desk for Price, Menu and to Sign Up)</b>            6:00 Full Moons Activity Packet (Pick up packet in 3rd Floor Activity Room)</p> <p style="text-align: right;"><b>13</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*9:30 WU-Get Inspired with Pinterest with Manda: "Popsicle Scarecrow"-2nd</b>  <b>*10:00 WU-Remembering 9/11 Discussion with Teresa</b>            1:45-3:00 Bingo for Dimes with Teresa-MDR            6:00 Weekend Movie Special: "Poms" with Diane Keaton</p> <p style="text-align: right;"><b>14</b></p>
<p><b>10:00 Catholic Service: Holy Apostles-2nd</b>            10:00 Jacob's Family Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room)            1:00 Nifty 9's Word Game (Pick up sheet in the 3rd Floor Activity Room)            2:00 Simply Seated Exercise Video-2nd            6:00 Musical Movie Special: "Singin' in the Rain" w/ Gene Kelly</p> <p style="text-align: right;"><b>15</b></p>	<p><b>9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Train Your Brain Games with Renee: "5 Second Rule"  <b>11:45 Outing: Mass at St. Thomas Church Edith-King Arthur Room</b>  <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b>            2:00 Bingo for Prizes with Ed  <b>*2:00 WU-Baking For A Cause with Renee-Room #119</b>            3:15 Bag Games with Ed-Lobby            6:00 Rick Steves' Travelogue Special: "Italy's Countryside"-2nd</p> <p style="text-align: right;"><b>16</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobic with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*10:00 WU-Life Long Learning with Marcia from C.L. Library-2nd</b>            10:00 The Price is Right with Renee: 1980's Edition  <b>11:00-1:00 C.L. Library Card Registration and Signing up for the Outreach Book Program with Marcia-Lobby</b>  <b>1:00-3:00 Cycling Without Age Bike Rides (Please sign up at front desk)</b>            1:45 The World's Greatest Geological Wonders Lectures from Professor Michael Wyession's: "Antarctica-A World of Ice"  <b>*2:00 WU-The Tales &amp; Taste of Columbia-2nd</b>  <b>*3:00 WU-HealthPro Wellness with Katy-2nd</b>  <b>*5:30 WU-Bible Study w/ Resident Pat-Lounge</b>            7:30 Night Time Sing Along w/ Nadine-Lobby</p> <p style="text-align: right;"><b>17</b></p>	<p>9:30 &amp; 1:00 Outing: Shopping  <b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*10:00 Get To Know Your Neighbor with Renee</b>            1:45 Bingo for Dimes w/ Renee-MDR  <b>*3:30 WU-Sip n' Thrive Mixology with Ed: "Apple Prosecco"-Lounge</b>  <b>*5:30 WU-Blackjack with Resident, Connie-Lounge</b></p> <p style="text-align: right;"><b>18</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Music &amp; Memories w/ Kim &amp; Molly-2nd            10:00 Fancy Nails with Renee  <b>*1:00 WU-Virtual Reality Experience with Renee: "Autumn Around the World"-Lobby</b>  <b>*2:00 WU-Hilarious History with Jim: "Messages from the Poet"-2nd</b>            2:00 All About Autumn Bingo for Prizes with Renee  <b>*3:00 WU-Strength and Stretch w/ Renee-2nd</b>  <b>6:15 Outing: Concert in the Park: Miles Over Mountain</b>            7:30 Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>19</b></p>	<p><b>9:30 &amp; 1:00 Outing: Shopping</b>  <b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*10:00 Cell Phone &amp; Tablet Basics w/ Donna-2nd</b>            10:00 Dice Game with Renee: "Bunco"            10:00 Pearl Vision: Small Repair or Cleaning for your Eyeglasses-Lobby            12:30 Voting Registration with Paula (Please Bring State ID, and 2 items with Name and Address on them)-Lobby            2:00 Social Hour with Dave Mehner-MDR            5:30 Bingo for Prizes with Resident, Donna-Lounge            6:00 Beginning of Fall Activity Packet (Pick up your packet in the 3rd Floor Activity Room)</p> <p style="text-align: right;"><b>20</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*9:30 WU-Get Inspired with Pinterest with Manda: "Wine Bottle Wind Chime"-2nd</b>  <b>*10:00 WU-Mexican Independent Day Discussion with Teresa</b>            1:45-3:00 Bingo for Dimes with Teresa-MDR            6:00 Weekend Movie Special: "First Man" with Ryan Gosling</p> <p style="text-align: right;"><b>21</b></p>
<p><b>10:00 Catholic Service: Holy Apostles-2nd</b>            10:00 Joseph Meets His Brothers Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room)            1:00 It's N-ice to Know You Word Game (Pick up your sheet in the 3rd Floor Activity Room)            2:00 Sit and Be Fit Exercise Video-2nd            6:00 Musical Movie Special: "Hello, Dolly!" w/ Barbra Streisand</p> <p style="text-align: right;"><b>22</b></p>	<p><b>9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Train Your Brain Games with Renee: "Scattergories"  <b>11:45 Outing: Mass at St. Thomas Church Edith-King Arthur Room</b>  <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b>            2:00 Bingo for Prizes with Ed  <b>*2:30 WU-Slow &amp; Gentle Yoga w/ Denise-2nd</b>  <b>*3:15 WU-Billiards 101 with Ed-Library</b>            6:00 Rick Steves' Travelogue Special: "Spain and Portugal"-2nd</p> <p style="text-align: right;"><b>23</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>10:00 Assisted Living Resident Council-3rd Floor Dining Room</b>            1:45 The World's Greatest Geological Wonders Lectures from Professor Michael Wyession's: "Yellowstone-Geysers and Hot Springs"  <b>*2:00 WU-Card Games 101 with Mark-KAR</b>  <b>*3:00 WU-Senior Strength with Renee-2nd</b>  <b>*5:30 WU-Bible Study w/ Resident Pat-Lounge</b>            7:30 Night Time Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>24</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Penny Ante with Renee            1:00 Outing: Shopping            1:45 Bingo for Dimes with Renee-MDR            3:30 Ancient Worlds Brought to Life: "Athens &amp; Ancient Greece"-2nd  <b>3:45 Outing: Dinner at Outback</b>  <b>*5:30 WU-Blackjack with Resident, Connie-Lounge</b></p> <p style="text-align: right;"><b>25</b></p>	<p>Dr. Transportation  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Protestant Service with Immanuel Lutheran Church-2nd            10:00 Chicken Soup for the Soul Readings with Renee  <b>*1:00 WU-Virtual Reality Experience: "Touring an Apple Orchard"-Lobby</b>            1:45 30 Years of National Geographic Special  <b>*2:00 WU-Brain Blast Challenge with Briana from JourneyCare-2nd</b>  <b>*3:00 WU-Strength and Stretch with Renee</b>            7:30 Night Time Sing Along with Nadine-Lobby</p> <p style="text-align: right;"><b>26</b></p>	<p><b>9:30 &amp; 1:00 Outing: Shopping</b>  <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Dice Game with Renee: "Left, Right, Center"  <b>2:00 Monthly Birthday/Welcome Party with Jeff Dewbray-MDR</b>  <b>5:30 Bingo for Prizes with Resident, Donna-2nd</b>            6:00 Apple Season Activity Packet (Pick up your packet in the 3rd Floor Activity Room)</p> <p style="text-align: right;"><b>27</b></p>	<p><b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>  <b>*9:30 WU-Get Inspired with Pinterest w/ Manda: "Happy Fall Y'all Wreath"-2nd</b>  <b>*10:00 WU-Trojan War Discussion with Teresa-3rd</b>            1:45-3:00 Bingo for Dimes with Teresa-MDR            6:00 Weekend Movie Special: "Road to Rio" with Bob Hope</p> <p style="text-align: right;"><b>28</b></p>
<p><b>10:00 Catholic Service: Holy Apostles-2nd</b>            10:00 Occupations in the Bible Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room)            1:00 Happy Fall Word Search (Pick up your sheet in the 3rd Floor Activity Room)            2:00 Stronger Seniors: Strength Exercise Video-2nd            6:00 Musical Movie Special: "La La Land" with Ryan Gosling</p> <p style="text-align: right;"><b>29</b></p>	<p><b>9:00 WU-Step It Up Aerobics with Connie-2nd</b>  <b>*9:30 WU-Connie's Total Body Workout</b>            10:00 Train Your Brain Games with Renee: "Get The List"  <b>11:45 Outing: Mass at St. Thomas Church Edith-King Arthur Room</b>  <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b>            2:00 Bingo for Prizes with Ed  <b>*2:00 WU-Laughter Yoga with Renee-2nd</b>            3:15 Bag Games with Ed-Lobby            6:00 Rick Steves' Travelogue Special: "Greece, Turkey, Israel and Egypt"-2nd</p> <p style="text-align: right;"><b>30</b></p>	<p><b>ACTIVITY LOCATOR KEY</b></p>				

**Staff Appreciation Week Theme Days:**  
**Sunday, September 8: Crazy Hat Day-The crazier the hat, the better!**  
**Monday, September 9: Super Hero Day-Wear your favorite superhero attire**  
**Tuesday, September 10: Tropical Tuesday-Wear your tropical attire**  
**Wednesday, September 11: Sports Day-Wear your favorite team attire**  
**Thursday, September 12: Tie Dye Thursday-Wear your tie dye attire**  
**Friday, September 13: Freaky Friday-Wear your Halloween costume**  
**Saturday, September 14: Dress Your Decade-Wear attire from your birth decade**

**Resident Birthdays:**  
**9/7-Pat Kiehl**  
**9/8-Harry Siwkowski**  
**9/9-Adeline Tunison**  
**9/11-Juanita Gray**  
**9/11-Audrey Stech**  
**9/17-Judy Griebel**  
**9/20-Richard Dressel**

**SEPTEMBER 2024**  
**The Inn**  
 **THE FOUNTAINS**  
 AT CRYSTAL LAKE  
 A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

All Activities are located in the 3rd Floor Activity Room, unless otherwise noted.

\*Denotes a Watermark University Course  
 Calendar is subject to change-Please check the daily sheets for any schedule changes.

2nd-2nd Floor Church Room  
 KAR-King Arthur Room  
 L-Lobby  
 LG-Lounge  
 MDR-Main Dining Room  
 P-Patio  
 3rd-3rd Floor

**Transportation:**  
 Medical Appointments/Bank Visits:  
 Tuesdays and Thursdays:  
 8:00-3:30  
 We do require a 24 hour notice for all appointments. Please call Transportation at 815/477-6580.