

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Catholic Service: Holy Apostles 10:00 God Tested Abraham Crossword Puzzle (Pick up your sheet at the front desk) 1:00 Labor Day Word Scramble (Pick up sheet at the front desk) 2:00 Stronger Seniors: Strength Exercise Video 6:00 Football Movie Special: "Draft Day" w/ Kevin Costner 1	Happy Labor Day! *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Almond Chocolate Biscotti-Lounge *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Renee-3rd 6:00 Rick Steves' Travelogue Special: "Germany and Scandinavia" 2	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Card Game with Gina: "Garbage" 1:00-3:00 Cycling Without Age Bike Rides (Please sign up at front desk) *2:00 WU-Cooking Demo with Chef Dayna-Lounge *3:00 WU-HealthPro Wellness with Katy *5:30 WU-Bible Study with Resident Pat-Lounge 7:30 Night Time Sing Along with Nadine-Lobby 3	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 You Be The Judge Readings with Gina 1:45 Bingo for Dimes with Renee-MDR *3:30 WU-Sip n' Thrive Mixology with Ed: "Hard Cider Crisp Apple"-Lounge *5:30 WU-Blackjack with Resident, Connie-Lounge 4	Opening Day of Football: Wear Your Favorite Team Attire! Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Protestant Service with Bethany Lutheran Church 12:30 Town Hall Meeting with Amy-Lounge *1:30 WU-Virtual Reality Experience: "Tour of NFL Stadiums"-Lobby *2:00 WU-Hilarious History with Jim: "There's No Place Like Home" *3:00 WU-Strength and Stretch with Renee 7:30 Night Time Sing Along with Nadine-Lobby 5	*9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Cell Phone and Tablet Basics with Donna 12:30 Food Meeting with Jeff-Lounge 2:00 Social Hour with Dante-MDR 5:30 Bingo for Prizes w/ Resident, Donna-Lounge 6:00 S'mores, Bonfire & Songs with Sam-Patio 6:00 All About Football Activity Packet (Pick up your packet at the front desk) 6	*9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd *9:30 WU-Painting Techniques 101 with Manda: "Bubble Wrap" *10:00 WU-National Wildlife Day Discussion with Teresa-3rd 10:00 Outing: Geocaching with Renee (Car Only) 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Weekend Movie Special: "To Kill a Mockingbird" with Gregory Peck 7
10:00 Catholic Service: Holy Apostles 10:00 The Offering of Isaac Crossword Puzzle (Pick up your sheet at the front desk) 1:00 Word Mining: Happy Grandparent's Day (Pick up your sheet at the front desk) 2:00 Stronger Seniors: Stretch Exercise Video 6:00 Football Season Movie Special: "The Blind Side" with Sandra Bullock 8	*9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch w/ Iced Honey Buns *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Renee-3rd 6:00 Rick Steves' Travelogue Special: "Eastern Europe" 9	Dr. Transportation *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Card Game with Gina: "Poker Bingo" 2:00 Mass with Holy Apostles *3:00 WU-Chair Aerobics with Renee *5:30 WU-Bible Study with Resident Pat-Lounge 7:30 Night Time Sing Along with Nadine-Lobby 10	9:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 What More Do you Know Trivia with Gina 11:00 Outing: Lunch at Culver's and Shopping at Farm and Fleet *1:00 WU-Health Talk with Nurse Carlee: "The Benefits of Fruits and Vegetables" 1:45 Bingo for Dimes with Renee-MDR 3:30 Remembering Chicago-The Boomer Years *5:30 WU-Blackjack with Resident, Connie-Lounge 11	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Christian Service: Music and Message with United Methodist Church *1:00 WU-Virtual Reality Experience with Renee: "Mexico Independence Day Celebrations"-Lobby *2:00 WU-Discovery Series with HealthPro: "Understanding Fall and Enhancing Stability" *3:00 WU-Strength and Stretch with Renee 7:30 Night Time Sing Along with Nadine-Lobby 12	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Be a Community Scientist with Renee: "Majestic Whales" 2:00 Petting Zoo Sponsored by JourneyCare with Sarah Leazier from Belgians & Vaughn Faye Farms-Patio 5:30 Bingo for Prizes with Resident, Donna-2nd 6:15 Candlelight Dinner-MDR (Please See Front Desk for Price, Menu and to Sign Up) 6:00 All About Full Moons Activity Packet (Pick up your packet at the front desk) 13	*9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *9:30 WU-Get Inspired with Pinterest with Manda: "Popsicle Scarecrow" *10:00 WU-Remembering 9/11 Discussion with Teresa-3rd 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Weekend Movie Special: "Julie & Julia" with Meryl Streep 14
10:00 Catholic Service: Holy Apostles 10:00 Jacob's Family Crossword Puzzle (Pick up your sheet at the front desk) 1:00 Nifty 9's Word Game (Pick up your sheet at the front desk) 2:00 Simply Seated Exercise Video 6:00 Football Season Movie Special: "The Game Plan" with Dwayne Johnson 15	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Blueberry Muffins-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd *2:00 WU-Baking For A Cause with Renee-Room #119 3:15 Bag Games with Ed-Lobby 6:00 Rick Steves' Travelogue Special: "Italy's Countryside" 16	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Life Long Learning with Marcia from C.L. Library 11:00-1:00 Crystal Lake Library Card Registration and Signing up for the Outreach Book Program with Marcia-Lobby 1:00-3:00 Cycling Without Age Bike Rides (Please sign up at front desk) *2:00 WU-The Tales & Taste of Columbia *3:00 WU-HealthPro Wellness with Katy *5:30 WU-Bible Study w/ Resident Pat-Lounge 7:30 Night Time Sing Along w/ Nadine-Lobby 17	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Scrabble with Gina 1:45 Bingo for Dimes w/ Renee-MDR *3:30 WU-Sip n' Thrive Mixology with Ed: "Apple Prosecco"-Lounge *5:30 WU-Blackjack with Connie-Lounge 18	Dr. Transportation *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 Music & Memories w/ Kim & Molly *1:00 WU-Virtual Reality Experience with Renee: "Autumn Around the World"-Lobby *2:00 WU-Hilarious History with Jim: "Messages from the Poet" *3:00 WU-Strength and Stretch w/ Renee 6:15 Outing: Concert in the Park: Miles Over Mountain 7:30 Night Time Sing Along with Nadine-Lobby 19	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 Cell Phone & Tablet Basics w/ Donna 10:00 Pearl Vision: Small Repair or Cleaning for your Eyeglasses-Lobby 12:30 Voting Registration with Paula (Please Bring State ID, and 2 things 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 at the front desk) 20	*9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *9:30 WU-Get Inspired with Pinterest with Manda: "Wine Bottle Wind Chime" *10:00 WU-Mexican Independent Day Discussion with Teresa-3rd 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Weekend Movie Special: "Sully" with Tom Hanks 21
10:00 Catholic Service: Holy Apostles 10:00 Joseph Meets His Brothers Crossword Puzzle (Pick up your sheet at the front desk) 1:00 It's N-ice to Know You Game (Pick up sheet at front desk) 2:00 Sit and Be Fit Exercise Video 6:00 Football Movie Special: "The Longest Yard" w/Adam Sandler 22	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Chocolate Chip Cookie Dough Rice Krispies-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd *2:30 WU-Slow & Gentle Yoga w/ Denise *3:15 WU-Billiards 101 with Ed-Library 6:00 Rick Steves' Travelogue Special: "Spain and Portugal" 23	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Rummikub with Gina *2:00 WU-Card Games 101 with Mark-KAR *3:00 WU-Senior Strength with Renee *5:30 WU-Bible Study with Resident Pat-Lounge 7:30 Night Time Sing Along with Nadine-Lobby 24	*9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Painting Group with Gina 1:00 Outing: Shopping 1:45 Bingo for Dimes w/ Renee-MDR 3:30 Ancient Worlds Brought to Life: "Athens & Ancient Greece" 3:45 Outing: Dinner at Outback *5:30 WU-Blackjack with Resident, Connie-Lounge 25	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Protestant Service with Immanuel Lutheran Church *1:00 WU-Virtual Reality Experience: "Touring an Apple Orchard"-Lobby *2:00 WU-Brain Blast Challenge with Briana from JourneyCare *3:00 WU-Strength and Stretch with Renee 7:30 Night Time Sing Along with Nadine-Lobby 26	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Fact or Fiction with Gina 2:00 Monthly Birthday/Welcome Party with Jeff Dewbray-MDR 5:30 Bingo for Prizes with Resident, Donna-2nd 6:00 Apple Season Activity Packet (Pick up packet at front desk) 27	*9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *9:30 WU-Get Inspired with Pinterest with Manda: "Happy Fall Y'all Wreath" *10:00 WU-Trojan War Discussion with Teresa-3rd 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Weekend Movie Special: "Book Club" with Diane Keaton 28
10:00 Catholic Service: Holy Apostles 10:00 Occupations in the Bible Crossword Puzzle (Pick up your sheet at the front desk) 1:00 Happy Fall Word Search (Pick up your sheet at the front desk) 2:00 Stronger Seniors: Strength Exercise Video 6:00 Football Season Movie Special: "Rudy" w/ Sean Astin 29	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Apple Turnovers-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd *2:00 WU-Laughter Yoga with Renee 3:15 Bag Games with Ed-Lobby 6:00 Rick Steves' Travelogue Special: "Greece, Turkey, Israel and Egypt" 30	ACTIVITY LOCATOR KEY				

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:
9/5-Sue Crowley
9/25-Shawncey Cedegren
9/25-Martha Smith
9/28-Edith Essex

SEPTEMBER 2024
Town Center
 **THE FOUNTAINS**
 AT CRYSTAL LAKE
 A WATERMARK RETIREMENT COMMUNITYSM

All Activities are located in the 2nd Floor Church 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.