

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Scientific Renaissance 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>1</b></p>	<p><b>Labor Day</b> 9:45-Resistance Exercise 10:30- Jigsaw puzzles 1:15- Hallway walks 2:00- Chaplet of Divine Mercy 3:00- Watercolor Painting 4:15- iN2L: Animal Adventures- Red Panda 6:30- Comedy Club: Jack Benny</p> <p style="text-align: right;"><b>2</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- <b>Derek Bridges Entertains</b> 1:30- <b>Engage VR</b> 3:00- Outdoor Walks 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- Resident Council Meeting 1:30- WU: Timely Topics Around the World 3:00- WU: <b>Destination Dessert</b> 4:15- iN2L: Dance History: Folk 6:00- Poker with Friends</p> <p style="text-align: right;"><b>4</b></p>	<p>9:45- Theraband Exercise 10:30- WU: <b>Health Talk "Heart Health"</b> 1:30- WU: <b>Engage VR</b> 1:30- WU: <b>Flower Art</b> 3:00- Swifferboard 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p> <p style="text-align: right;"><b>5</b></p>	<p>9:45- WU: <b>Exercise w/Jen</b> 10:30- Group Puzzle 1:30- <b>Catholic Mass with Father Wayne</b> 1:30 <b>The Little E Trip</b> 2:45 <b>Karma The Dog Visits</b> 3:00- WU: <b>Wine &amp; The Times</b> 4:15- iN2L: Breathe 6:15- Women's Social in Cafe</p> <p style="text-align: right;"><b>6</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Yes Day" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>7</b></p>	
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Impressionism 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>8</b></p>	<p>9:45-Resistance Exercise 10:30- Scattergories 1:15- Hallway walks 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Jokes 4:15- iN2L: Animal Adventures- Alpaca 6:30- Comedy Club: Abbott &amp; Costello</p> <p style="text-align: right;"><b>9</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- <b>Ice Cream Trip/Apple Place</b> 1:30- <b>Engage VR</b> 3:00- <b>Charlotes Class</b> 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>10</b></p>	<p>9:45- Cardio Exercise 10:30- WU: <b>Discovery Series "Living with Chronic Pain"</b> 1:30- WU: Timely Topics Around the World 3:00- Pitch &amp; Putt 4:15- iN2L: Dance History: Ballroom 6:00- Poker with Friends</p> <p style="text-align: right;"><b>11</b></p>	<p>9:45- Theraband Exercise 10:30- WU: <b>Scrumptious Delights</b> 1:30- WU: <b>Engage VR</b> 1:30- <b>Memory Lane Performs</b> 3:00- Hallway Walks 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p> <p style="text-align: right;"><b>12</b></p>	<p>9:45- WU: <b>Strength Exercise w/Jen</b> 10:30- Group Crossword Puzzle 1:30- Ladder Golf 2:45 <b>Karma The Dog Visits</b> 3:00- Happy Hour/Pets 4:15- iN2L: Breathe 6:15- Women's Social in Cafe</p> <p style="text-align: right;"><b>13</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Prize Bingo 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>14</b></p>	
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:00- <b>Piano Entertainment</b> 2:00- <b>Grace Church Service</b> 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Pop 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>15</b></p>	<p>9:45-Resistance Exercise 10:30- <b>Veteran's and Friends of Veteran's Social in Cafe</b> 1:15- <b>Communion</b> 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Music 4:15- iN2L: Animal Adventures Lion Fish 6:30- Comedy Club: Laurel &amp; Hardy</p> <p style="text-align: right;"><b>16</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 1:30- WU: <b>Chopped Challenge</b> 1:30- <b>Engage VR</b> 3:00- Outdoor Walks 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>17</b></p>	<p>9:45- Cardio Exercise 10:30- WU: <b>The Wild Side</b> 1:30- WU: <b>Cambodian Cooking</b> 3:00- Scattergories 4:15- iN2L : Dance History: Swing 6:00- Poker with Friends</p> <p style="text-align: right;"><b>18</b></p>	<p>10:00-WU: <b>Jeff the Plant Guy</b> 11:00- Hallway Walks 1:30- WU: <b>Engage VR</b> 1:30- WU: <b>National Parks &amp; Historic Sites</b> 3:00- WU: <b>Timely Topics/World</b> 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p> <p style="text-align: right;"><b>19</b></p>	<p>9:45- WU: <b>Strength Exercise w/Jen</b> 10:30- Group Crossword Puzzle 1:30- <b>Disco Dance Party</b> 2:45 <b>Karma The Dog Visits</b> 3:00- Happy Hour/Sports 4:15- iN2L: Breathe 6:15- Women's Social in Cafe</p> <p style="text-align: right;"><b>20</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- <b>Tony Rarus Entertains</b> 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>21</b></p>	
<p><b>First Day Of Autumn</b> 9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Contemporary 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>22</b></p>	<p>9:45-Resistance Exercise 10:30- <b>Sarah the Fiddler Performs</b> 1:15- Hallway walks 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Trivia 4:15- iN2L: Animal Adventures-Numbat 6:30- Comedy Club: Steve Marti</p> <p style="text-align: right;"><b>23</b></p>	<p>9:45- Balance Exercise 10:30- One Long Word in the Cafe 11:00- <b>Mass with Father Roach</b> 11:30- <b>Lunch Trip/Olive Garden</b> 1:30- <b>Engage VR</b> 3:00- WU: <b>Fall Art Creations</b> 4:15- iN2L: Meditation 6:15- Prize Bingo</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30- Blood Pressure Clinic 9:45- Cardio Exercise 10:30- <b>Food For Thought Mtg</b> 1:30- WU: Timely Topics Around the World 3:00- Axe Throwing 4:15- iN2L: Dance History: Belly Dancing 6:00- Poker with Friends</p> <p style="text-align: right;"><b>25</b></p>	<p>9:45- Theraband Exercise 10:30- Sunshine Club 1:30- WU: <b>Engage VR</b> 1:30- WU: <b>Pineapple Upside Down Cake Cooking Class</b> 3:00- <b>Ice Cream Social</b> 4:15- iN2L: Relaxation 6:30- Game Night in the Pub</p> <p style="text-align: right;"><b>26</b></p>	<p>9:45- WU: <b>Strength Exercise w/Jen</b> 10:30- Crossword Puzzle 1:30- WU: <b>Science w/Krysten</b> 2:45 <b>Karma The Dog Visits</b> 3:00- Happy Hour/Animals 4:15- iN2L: Breathe 6:15- Women's Social in Cafe</p> <p style="text-align: right;"><b>27</b></p>	<p>9:45- Yoga Exercise 10:30- Darts &amp; Billiards 1:30- Hallway Stroll 1:30- Movie Matinee "Think Like A Dog" 4:15- iN2L: Sing-a-long 4:30- Name 20 Things 6:30- Cafe Social: Daily Chronicles</p> <p style="text-align: right;"><b>28</b></p>	
<p>9:45- Flexibility Exercise 10:00- Mass on TV CH. 9 11:00- <b>Mass with Father Roach</b> 11:00- iN2L: Hymn Sing 1:30- Prize Bingo 3:30- Coffee Social in Lobby 4:15- iN2L: Art History: Dadaism 6:30- EWTN Worship Service</p> <p style="text-align: right;"><b>29</b></p>	<p>9:45-Resistance Exercise 10:30- Scattergories 1:15- <b>Communion</b> 2:00- Chaplet of Divine Mercy 3:00- Happy Hour/Reminisce 4:15- iN2L: Animal Adventures- Meerkat 6:30- Comedy Club: Johnny Carson</p> <p style="text-align: right;"><b>30</b></p>	<b>ACTIVITY LOCATOR KEY</b>					<p>Note: Activities in <b>bold</b> denotes special programs such as: live music, religious services, &amp; Watermark University classes.</p>

\*Activities are Subject to Change

**Pet Therapy**  
Reduce Anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma



**Engage VR - Virtual Reality**  
If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset

**Doctor Appointment Transportation**  
All appointments can be made on Tuesdays and Thursdays. Be aware that others may have appts. also and we may ask you to reschedule if there is a conflict. Shopping trips are every Wednesday at 9AM

**Happy Birthday**  
1st Mary Lou Bowen  
7th Mary Franz  
8th Susan Trelease  
8th Nancy Clifford  
14th Harold Brooks  
20th Bob King



**Dates to Remember**  
9/3 1:30 Derek Bridges Entertains  
9/6 1:30 Catholic Mass w/Father Wayne  
9/6 1:30 Little E Trip  
9/10 1:30 Ice Cream Trip  
9/12 1:30 Memory Lane Performs  
9/15 1:00 Piano Entertainment in Lobby  
9/15 2:00 Grace Church Service  
9/16 1:30 Veteran's & Friends Social  
9/21 1:30 Tony Rarus sings  
9/23 10:30 Sarah the Fiddler  
9/24 Lunch Trip to Olive Garden