

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>10:00-</b> Mass on TV CH. 9  <b>11:00-</b> Cardio Exercise  <b>12:45-</b> Group Meditation  <b>1:30-</b> Reminisce &amp; Reflect  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Artistic Expression: Adult Coloring Group  <b>4:00-</b> Music Hour: Elvis  <b>6:00-</b> Group Trivia</p> <p style="text-align: right;"><b>1</b></p>	<p style="text-align: center;"><b>Labor Day</b></p> <p><b>9:45-</b> Resistance Exercise  <b>10:30- WU: Daily Chronicle</b>  <b>12:45-</b> Group Meditation  <b>1:30-</b> Music Trivia  <b>3:00-</b> Artistic Expression  <b>4:00-</b> Music Hour: Reba  <b>6:00-</b> Comedy Club: "Grace &amp; Frankie"</p> <p style="text-align: right;"><b>2</b></p>	<p><b>9:45-</b> Yoga Exercise  <b>10:30- WU: Baking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30- Derek Bridges Entertains</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Word Games  <b>4:00-</b> Sentimental Reflections  <b>6:00-</b> Game Night: Table Top Bowling</p> <p style="text-align: right;"><b>3</b></p>	<p><b>9:45-</b> Balance Exercise  <b>10:30- WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30 - WU: Daily Chronicle/Reminisce</b>  <b>2:30 -</b> Afternoon Stretch  <b>3:00- WU: Destination Dessert</b>  <b>4:00-</b> Summer Ambiance &amp; Music  <b>6:00-</b> Jigsaw Puzzles &amp; Board Games</p> <p style="text-align: right;"><b>4</b></p>	<p><b>9:45-</b> Cardio Exercise  <b>10:30 - WU: Health Talk</b>  <b>12:45-</b> Group Meditation  <b>1:15 - Ice Cream Trip</b>  <b>1:30 - Volleyball with Alanna</b>  <b>2:30-</b>Afternoon Stretch  <b>3:00-</b> Artistic Expression: Opera  <b>4:00-</b> Music Hour: Country Classics  <b>6:00 -</b> Comedy Club: "Lawrence Welk Show"</p> <p style="text-align: right;"><b>5</b></p>	<p><b>9:45-</b> Strength Exercise  <b>10:30-WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30- Mass with Father Wayne</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00- Karma the Dog Visits</b>  <b>3:00 -</b> Ladder Golf  <b>4:00-</b> Music &amp; Reminisce  <b>6:00-</b> Game Night: Dominoes</p> <p style="text-align: right;"><b>6</b></p>	<p><b>9:45-</b> Flexibility Exercise  <b>10:30-</b> Bingo  <b>12:45-</b> Group Meditation  <b>1:30-</b>Movie Matinee: "Singing in the Rain" (DVD)  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Sentimental Reflections  <b>4:00-</b> Reminisce: Caring Cards  <b>6:00-</b> Manicures &amp; Music</p> <p style="text-align: right;"><b>7</b></p>	
<p style="text-align: center;"><b>Grandparents' Day</b></p> <p><b>10:00-</b> Mass on TV CH. 9  <b>11:00-</b> Cardio Exercise  <b>12:45-</b> Group Meditation  <b>1:30-</b> Reminisce &amp; Reflect  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Artistic Expression: Adult Coloring Group  <b>4:00-</b> Music Hour: Disco Mix  <b>6:00-</b> Group Trivia</p> <p style="text-align: right;"><b>8</b></p>	<p><b>9:45-</b> Resistance Exercise  <b>10:30- WU: Walking Club</b>  <b>11:00 -</b> Coffee Social  <b>12:45-</b> Group Meditation  <b>1:30 - Communion</b>  <b>2:00- Chaplet of Divine Mercy</b>  <b>3:00-</b> Artistic Expression  <b>4:00-</b> Music Hour: Dolly Parton  <b>6:00-</b> Comedy Club: "Lawrence Welk Show"</p> <p style="text-align: right;"><b>9</b></p>	<p><b>9:45-</b> Yoga Exercise  <b>10:30- WU: Baking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30-</b> Soccer  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Word Games  <b>4:00-</b> Sentimental Reflections  <b>6:00-</b> Game Night: Table Top Bowling</p> <p style="text-align: right;"><b>10</b></p>	<p><b>9:45-</b> Balance Exercise  <b>10:30- WU: Discovery Series: "Living with Chronic Pain"</b>  <b>11:15- Lunch Trip to Friendly's</b>  <b>12:45-</b> Group Meditation  <b>1:30 -</b> Sentimental Reflections  <b>2:30 -</b> Afternoon Stretch  <b>3:00-</b> Pitch &amp; Putt Golf  <b>4:00-</b> Summer Ambiance &amp; Music  <b>6:00-</b> Jigsaw Puzzles &amp; Board Games</p> <p style="text-align: right;"><b>11</b></p>	<p><b>9:45-</b> Cardio Exercise  <b>10:30 - WU: Scrumptious Delights</b>  <b>12:45-</b> Group Meditation  <b>1:30 - Memory Lane Entertains</b>  <b>2:30-</b>Afternoon Stretch  <b>3:00-</b> Artistic Expression: Broadway  <b>4:00-</b> Music Hour: Big Band  <b>6:00 -</b> Comedy Club: "Reba"</p> <p style="text-align: right;"><b>12</b></p>	<p><b>9:45-</b> Strength Exercise  <b>10:30-WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30- WU: Reminisce with Alanna</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00- Karma the Dog Visits</b>  <b>3:00 -</b> Target Toss  <b>4:00-</b> Music &amp; Reminisce  <b>6:00-</b> Game Night: Dominoes</p> <p style="text-align: right;"><b>13</b></p>	<p><b>9:45-</b> Flexibility Exercise  <b>10:30-</b> Bingo  <b>12:45-</b> Group Meditation  <b>1:30-</b>Movie Matinee: "Dream Girls" (DVD)  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Sentimental Reflections  <b>4:00-</b> Reminisce: Caring Cards  <b>6:00-</b> Manicures &amp; Music</p> <p style="text-align: right;"><b>14</b></p>	
<p><b>10:00-</b> Mass on TV CH. 9  <b>11:00-</b> Cardio Exercise  <b>1:00- Piano Entertainment</b>  <b>2:00- Grace Church Service</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Artistic Expression: Adult Coloring Group  <b>4:00-</b> Music Hour: Classical  <b>6:00-</b> Group Trivia</p> <p style="text-align: right;"><b>15</b></p>	<p><b>9:45-</b> Resistance Exercise  <b>10:30- WU: Daily Chronicle/Coffee Social</b>  <b>12:45-</b> Group Meditation  <b>1:30 - Communion</b>  <b>2:00- Chaplet of Divine Mercy</b>  <b>3:00-</b> Artistic Expression:  <b>4:00-</b> Music Hour: Janis Joplin  <b>6:00-</b> Comedy Club: "I love Lucy"</p> <p style="text-align: right;"><b>16</b></p>	<p><b>9:45-</b> Yoga Exercise  <b>10:30- WU: Baking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30-</b> Soccer  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Word Games  <b>4:00-</b> Sentimental Reflections  <b>6:00-</b> Game Night: Table Top Bowling</p> <p style="text-align: right;"><b>17</b></p>	<p><b>9:45-</b> Balance Exercise  <b>10:30- WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30 - WU: Cambodian Cooking</b>  <b>2:30 -</b> Afternoon Stretch  <b>3:00-</b> Ball Toss Game  <b>4:00-</b> Summer Ambiance &amp; Music  <b>6:00-</b> Jigsaw Puzzles &amp; Board Games</p> <p style="text-align: right;"><b>18</b></p>	<p><b>10:00 - WU: Jeff the Plant Guy</b>  <b>12:45-</b> Group Meditation  <b>1:30 - WU: National Parks &amp; Historic Sites</b>  <b>2:30-</b>Afternoon Stretch  <b>3:00-</b> Artistic Expression: Jazz History  <b>4:00-</b> Music Hour: 50's  <b>6:00 -</b> Comedy Club: "Reba"</p> <p style="text-align: right;"><b>19</b></p>	<p><b>9:45-</b> Strength Exercise  <b>10:30-WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30- Disco Dance Party</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00- Karma the Dog Visits</b>  <b>3:00 -</b> Horse Shoes  <b>4:00-</b> Music &amp; Reminisce  <b>6:00-</b> Game Night: Dominoes</p> <p style="text-align: right;"><b>20</b></p>	<p><b>9:45-</b> Flexibility Exercise  <b>10:30-</b> Bingo  <b>12:45-</b> Group Meditation  <b>1:30- Tony Rarus Entertains</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Sentimental Reflections  <b>4:00-</b> Reminisce: Caring Cards  <b>6:00-</b> Manicures &amp; Music</p> <p style="text-align: right;"><b>21</b></p>	
<p><b>10:00-</b> Mass on TV CH. 9  <b>11:00-</b> Cardio Exercise  <b>12:45-</b> Group Meditation  <b>1:30-</b> Reminisce &amp; Reflect  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Artistic Expression: Adult Coloring Group  <b>4:00-</b> Music Hour: Orchestra  <b>6:00-</b> Group Trivia</p> <p style="text-align: right;"><b>22</b></p>	<p><b>9:45-</b> Resistance Exercise  <b>10:30- Sarah the Fiddler Entertains</b>  <b>11:00 -</b> Coffee Social  <b>12:45-</b> Group Meditation  <b>1:30 - Communion</b>  <b>2:00- Chaplet of Divine Mercy</b>  <b>3:00-</b> Artistic Expression:  <b>4:00-</b> Music Hour: Celtic Thunder  <b>6:00-</b> Comedy Club: "Grace &amp; Frankie"</p> <p style="text-align: right;"><b>23</b></p>	<p><b>9:45-</b> Yoga Exercise  <b>10:30- WU: Baking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30-</b> Soccer  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Axe Throwing  <b>4:00-</b> Sentimental Reflections  <b>6:00-</b> Game Night: Table Top Bowling</p> <p style="text-align: right;"><b>24</b></p>	<p><b>9:45-</b> Balance Exercise  <b>10:30- WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:15- Ice Cream Trip</b>  <b>2:30 -</b> Afternoon Stretch  <b>3:00-</b> Ball Toss Game  <b>4:00-</b> Summer Ambiance &amp; Music  <b>6:00-</b> Jigsaw Puzzles &amp; Board Games</p> <p style="text-align: right;"><b>25</b></p>	<p><b>9:45-</b> Cardio Exercise  <b>10:30 - Crazy 8's with Alanna</b>  <b>12:45-</b> Group Meditation  <b>1:30 -</b> Soccer  <b>2:30-Ice Cream Social</b>  <b>3:00-</b> Artistic Expression: Expressionist Paintings  <b>4:00-</b> Music Hour: Billie Holiday  <b>6:00 -</b> Comedy Club: "Lawrence Welk Show"</p> <p style="text-align: right;"><b>26</b></p>	<p><b>9:45-</b> Strength Exercise  <b>10:30-WU: Walking Club</b>  <b>12:45-</b> Group Meditation  <b>1:30- WU: Sensational Science</b>  <b>2:30-</b> Afternoon Stretch  <b>3:00- Karma the Dog Visits</b>  <b>3:00 -</b> Target Shooting  <b>4:00-</b> Music &amp; Reminisce  <b>6:00-</b> Game Night: Dominoes</p> <p style="text-align: right;"><b>27</b></p>	<p><b>9:45-</b> Flexibility Exercise  <b>10:30-</b> Bingo  <b>12:45-</b> Group Meditation  <b>1:30-</b>Movie Matinee: "Bells Are Ringing" (DVD)  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Sentimental Reflections  <b>4:00-</b> Reminisce: Caring Cards  <b>6:00-</b> Manicures &amp; Music</p> <p style="text-align: right;"><b>28</b></p>	
<p><b>10:00-</b> Mass on TV CH. 9  <b>11:00-</b> Cardio Exercise  <b>12:45-</b> Group Meditation  <b>1:30-</b> Reminisce &amp; Reflect  <b>2:30-</b> Afternoon Stretch  <b>3:00-</b> Artistic Expression: Adult Coloring Group  <b>4:00-</b> Music Hour: Polka  <b>6:00-</b> Group Trivia</p> <p style="text-align: right;"><b>29</b></p>	<p><b>9:45-</b> Resistance Exercise  <b>10:30- WU: Walking Club</b>  <b>11:00 -</b> Coffee Social  <b>1:30 - Communion</b>  <b>2:00- Chaplet of Divine Mercy</b>  <b>3:00-</b> Artistic Expression:  <b>4:00-</b> Music Hour: 60's  <b>6:00-</b> Comedy Club: "Lawrence Welk Show"</p> <p style="text-align: right;"><b>30</b></p>	<p><b>ACTIVITY LOCATOR KEY</b></p> <p>Note: Activities in <b>Bold</b> denotes special programs such as: live music, religious services, &amp; Watermark University classes.</p>		<p style="text-align: center;"><b>Engage VR - Virtual Reality</b></p> <p>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.</p>	<p style="text-align: center;"><b>Pet Therapy</b></p> <p>Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting therapy dog: Karma</p>	<p style="text-align: center;"><b>Happy Birthday!</b></p> <p><b>9/01 Mary Lou Bowen</b>  <b>9/07 Mary Franz</b>  <b>9/08 Susan Trelease</b>  <b>9/08 Nancy Clifford</b>  <b>9/14 Harold Brooks</b>  <b>9/20 Bob King</b></p>	<p style="text-align: center;"><b>Dates To Remember</b></p> <p><b>9/03 Derek Bridges Entertains</b>  <b>9/5 Ice Cream Trip</b>  <b>9/11 Lunch Trip to Friendly's</b>  <b>9/12 Memory Lane Entertains</b>  <b>9/21 Tony Rarus Entertains</b>  <b>9/23 Sarah the Fiddler Entertains</b></p>

# SEPTEMBER 2024

## Our Place



\*Activities Are Subject to Change

### Transportation for Medical Appointments

Appointments can be made on **Tuesdays & Thursdays** through the receptionist. For Memory Care, a **family member must accompany the resident.**

