


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Bach 6:00 - Aqua Painting	Labor Day 9:45 - Cardio Exercise 10:30 - Artistic Expression 1:00 - Jigsaw Puzzles 1:30 - Sing Along 2:00 - Youtube: Hummingbirds 3:15 - Target Toss 4:00 - Scenic Relaxation 6:00 - Game Night: High/Low	9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - Discussion: Dogs 1:00 - Walking Club 1:30 - Derek Bridges on Guitar 3:00 - Word Game: Wordsmiths 3:30 - WU: Book Club: Little Women 4:00 - Relaxation & Meditation 6:00 - Artistic Expression	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - Bird Watching on Patio 1:30 - Ice Cream Out Trip 2:00 - Volleyball 3:00 - Dominoes 4:00 - WU: This Month in History: Ford's Famous Flop 6:00 - Scenic Relaxation	9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - Bird Watching on Patio 1:30 - Crafting: Paper Quilt 2:00 - WU: Biographies: Adam West 2:30 - Cheer Exercises 3:00 - Water color Painting 3:15 - Sing Along 4:00 - Laugh Attack: Cats 6:00 - Sorting	9:45 - Flexibility Exercise 10:30 - Noodle Ball 1:30 - Mass w/Father Wayne 1:30 - Aqua Painting 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Sorting w/NAYAs 4:00 - Relaxation & Meditation 6:00 - Kickball	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>First Man</i> 2:00 - Mary Franz Birthday Party 3:00 - Afternoon Stretch 3:30 - Target Toss 4:00 - Music Hour: Barry Manilow 6:00 - Volleyball	
10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Bach 6:00 - Aqua Painting	9:45 - Cardio Exercise 10:30 - Pitch & Putt Golf 1:00 - Jigsaw Puzzles 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Wii Games 3:00 - Matching Game w/NAYAs 4:00 - Scenic Relaxation 6:00 - Game Night: High/Low	9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - Discussion: Back to School 1:30 - Afternoon Stroll 2:00 - Group Project: Fall Decor 3:00 - Word Game: Starts with "Z" 3:30 - WU: Book Club: Little Women 4:00 - Relaxation & Meditation 6:00 - Artistic Expression	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Poetry Corner: <i>Childhood</i> 1:00 - Aroma Therapy 1:30 - Crafting: Card Making 2:30 - Discussion: All About your Profession 3:00 - Dominoes 4:00 - WU: Reminisce: Home Work 6:00 - Scenic Relaxation	9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - Bird Watching on Patio 1:30 - Memory Lane Entertains 2:30 - Cheer Exercises 3:00 - Water color Painting 3:30 - WU: Biographies: Paul Harvey 4:00 - Laugh Attack: Cats 6:00 - Sorting	9:45 - Flexibility Exercise 10:30 - Noodle Ball 1:30 - WU: Book Club: Little Women 1:30 - Aqua Painting 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Sorting w/NAYAs 4:00 - Relaxation & Meditation 6:00 - Kickball	9:45 - Musical Meditation 10:30 - Parachute Fun! 1:30 - Saturday Matinee: <i>Greater</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Target Toss 4:00 - Music Hour: Neil Diamond 6:00 - Volleyball	
10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:00 Piano Entertainment /Lobby 2:00 - Outdoor Relaxation 2:00 - Grace Church Service 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Bach 6:00 - Aqua Painting	9:45 - Cardio Exercise 10:30 - WU: Reminisce: Shopping For School Clothes 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Household Tasks: Folding 3:00 - Sing Along w/Mary Sue: YT 4:00 - Scenic Relaxation 6:00 - Game Night: High/Low	9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - Discussion: The Big E 1:30 - Afternoon Stroll 2:00 - Stamping 3:00 - Word Game: Wordsmiths 3:30 - WU: Book Club: Little Women 4:00 - Relaxation & Meditation 6:00 - Artistic Expression	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - Bowling 2:00 - Sing Along 3:00 - Crafting: Button Trees 4:00 - WU: Reminisce: Grandpa's Old Pick Up Truck 6:00 - Scenic Relaxation	9:45 - Conductorcise 10:30 - Table Top Bowling 11:00 - Luncheon Out 1:30 - Bird Watching on Patio 2:00 - WU: Biographies: Arnold Palmer 2:30 - Cheer Exercises 3:00 - Water color Painting 4:00 - Laugh Attack: Cats 6:00 - Sorting	9:45 - Flexibility Exercise 10:30 - Noodle Ball 1:30 - WU: Book Club: Little Women 1:30 - Disco Dance Party 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Sorting w/NAYAs 4:00 - Relaxation & Meditation 6:00 - Kickball	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Tony Rarus Performs 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Target Toss 4:00 - Music Hour: Stevie Wonder 6:00 - Volleyball	
10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Bach 6:00 - Aqua Painting	9:45 - Cardio Exercise 10:30 - Sarah the Fiddler 1:00 - Jigsaw Puzzles 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Artistic Expression 3:00 - Lacing/ Sorting 4:00 - Scenic Relaxation 6:00 - Game Night: High/Low	9:45 - Strengthening Exercise 10:30 - Baking Club: 11:00 - Discussion: Farm Animals 1:30 - Afternoon Stroll 2:00 - WU: Reminisce: What Goes Around Comes Around 3:00 - Word Game: Starts with "Q" 3:30 - WU: Book Club: Little Women 4:00 - Relaxation & Meditation 6:00 - Artistic Expression	9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:30 - Washers 2:00 - Discussion: Neighbors 3:00 - Horse Racing 4:00 - WU: Reminisce: Elevator Operator 6:00 - Scenic Relaxation	9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - Bird Watching on Patio 1:30 - Volleyball 2:00 - WU: Biographies: Dr. Phil 2:30 - Cheer Exercises 3:00 - Water color Painting 4:00 - Laugh Attack: Cats 6:00 - Sorting	9:45 - Flexibility Exercise 10:30 - Noodle Ball 1:30 - Aqua Painting 1:30 - Ball Toss 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Sorting w/NAYAs 4:00 - Relaxation & Meditation 6:00 - Kickball	9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Home Team</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Target Toss 4:00 - Music Hour: Ray Charles 6:00 - Volleyball	
10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Sing Along 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Bach 6:00 - Aqua Painting	9:45 - Cardio Exercise 10:30 - Pitch & Putt Golf 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - WU: Biographies: Greta Garbo 3:00 - Artistic Expression 4:00 - Scenic Relaxation 6:00 - Game Night: High/Low	ACTIVITY LOCATOR KEY		Transportation/ Medical Appointments: Appointments can be made on Tuesdays and Thursdays, 9-3 only, through Judy Gagnon. For Memory Care residents, a family member or staff person must accompany them.		Engage VR - Virtual Reality If you are interested in travelling, exploring under the sea or adventuring into outer space without leaving the comfort of home, sign up with the Activity Staff to experience the Oculus Headset.	
SEPTEMBER 2024 Pathways				Note: Activities in bold denote special programs such as : live music, religious services, & Watermark University courses.		Pet Therapy Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting dog Karma.	
				Happy Birthday! 1st Mary Lou Bowen 7th Mary Franz 8th Susan Trelease 8th Nancy Clifford 14th Harold Brooks 20th Bob King		Dates to Remember 3rd Derek Bridges 4th Ice Cream Out Trip 6th Mass with Father Wayne 12th Memory Lane Entertains 15th Grace Church Services 19th Luncheon Out 20th Disco Dance Party 21st Tony Rarus Performs	

SEPTEMBER 2024
Pathways

* Schedule Subject to Change