

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing / Church (LR) <b>2:30 WU Documentary Club (LR)</b> 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 WU Mocktails with Tina <b>1</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Cardio (LR) 10:15 Welcome to September (LR) 10:30 Labor Day Games (LR) 11:30 Labor Day BBQ Lunch (DR) 2:00 Labor Day Brain Puzzles (LR) <b>2:30 Communion Service (CLR)</b> <b>3:00 Bible Study &amp; Hymn Singing with Pastor Bill (DR)</b> 4:30 Dinner 6:00 Labor Day Puzzles (LR) <b>2</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (FP) 9:45 Exercise Group/ Strength (LR) 10:15 Meditation with Neha (LR) 10:30 September Wheel of Fortune (LR) 11:30 Lunch (DR) 1:30 Men's Club Meeting (FP) 2:00 BINGO - (LR) <b>3:15 WU Travel Club - Alaska National Parks (LR)</b> 4:30 Dinner (DR) 6:00 Evening Movie (LR) <b>3</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Balance (LR) 10:15 National Wildlife Day (LR) <b>10:30 WU Painting Club (LR)</b> 11:30 Lunch (DR) 1:30 Bridge Group (CLR) <b>2:00 Music with Dave (MC)</b> 3:15 Group Game : Whiz Kidz (LR) 4:30 Dinner (DR) 6:00 Evening Puzzles (LR) <b>4</b>	7:30 Breakfast( (DR) 9:30 Newspaper/ Morning Visits 9:45 Exercise / Flexibility (LR) 10: 15 Service Dog Day (LR) <b>10:30 WU Card Making Group (LR)</b> 11:30 Lunch <b>2:00 WU Book Club w/ Sheree (LR)</b> 3:15 Happy Hour "Meet & Greet" 4:30 Dinner (DR) 6:00 Movie Night (LR) <b>5</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Time with Tina (LR) <b>2:30 WU Colorful Crowd with Julie (LR)</b> 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 Brain Puzzles (LR) <b>6</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 2:30 Coloring Corner (LR) 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR) <b>7</b>	
7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing / Church (LR) 2:30 Grandparent's Day History (LR) 3:30 Dallas Cowboys Pregame (L) 4:30 Dinner (DR) 6:00 Table Hockey (LR) <b>8</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Cardio (LR) 10:15 Trivia Group: Cliches (LR) <b>10:30 Music Theraphy with Luisa (L)</b> 11:30 Lunch (DR) <b>2:00 WU Joyful Memories (LR)</b> 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 6:00 Patsy Cline Music (LR) <b>9</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (FP) 9:45 Exercise Group/ Strength (LR) 10:15 Meditation with Neha (LR) 10:30 Group Brain Challenge Puzzles 11:30 Lunch (DR) 1:30 Men's Club Meeting (FP) 2:00 BINGO (LR) <b>3:15 WU Travel Club - Arkansas National Parks (LR)</b> 4:30 Dinner (DR) 6:00 Evening Movie (LR) <b>10</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Balance (LR) <b>10:15 WU Creative Crafts with Sandy(LR)</b> 11:30 Lunch (DR) 1:30 Bridge Group (CLR) 2:00 Sad Day of Remembrance Program (LR) 3:15 Group Game : Speed Whiz (LR) 4:30 Dinner (DR) 6:00 Corn Hole Toss (LR) <b>11</b>	7:30 Breakfast( (DR) 9:30 Newspaper/ Morning Visits 9:45 Exercise / Flexibility (LR) 10:15 Olympic Medals update (LR) 10:30 Culinary Club- Make chocolate Milk Shakes (LR) 11:30 Lunch <b>2:00 WU Book Club w/ Sheree (LR)</b> <b>3:15 Happy Hour &amp; Entertainment with Johnny (DR)</b> 6:00 Movie Night (LR) <b>12</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Time with Tina (LR) <b>2:30 WU Colorful Crowd with Julie (LR)</b> 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 Jazz Music (LR) <b>13</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 2:00 Dallas Cowboys Car Club with Calvin 2:30 Coloring Corner (LR) 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR) <b>14</b>	
7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing / Church (LR) <b>2:30 WU Documentary Club (LR)</b> 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 WU Mocktails with Tina <b>15</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Cardio (LR) 10:15 Trivia Group: Movies / TV (LR) 10:30 Gametime: Domino's (LR) 11:30 Lunch (DR) <b>2:00 WU Joyful Memories (LR)</b> 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 6:00 Covered Bridge Discussion <b>16</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (FP) 9:45 Exercise Group/ Strength (LR) 10:15 Meditation with Neha (LR) 10:30 Group Adult Color Sheets / Brain Puzzles with coffee (LR) 11:30 Lunch (DR) 1:30 Men's Club Meeting (FP) 2:00 BINGO- LR <b>3:15 WU Songs &amp; Smiles w/ Karl (LR)</b> 4:30 Dinner (DR) 6:00 Evening Movie (LR) <b>17</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Balance (LR) 10:15 Country Day Discussion (LR) 10:30 Culinary Club - Make Ice Cream Cone Cupcakes (LR) 1:30 Bridge Group (CLR) <b>2:00 Music w/ Krystal (MC)</b> 3:15 Group Game: 4:30 Dinner (DR) 6:00 Evening Puzzle (LR) <b>18</b>	7:30 Breakfast( (DR) 9:30 Newspaper/ Morning Visits 9:45 Exercise / Flexibility (LR) 10:15 Happy Birthday Kenny Rogers <b>10:30 WU Scrapbooking with Sheree</b> 11:30 Lunch <b>2:00 WU Book Club w/ Sheree (LR)</b> 3:15 Happy Hour " Shared Treasures" 4:30 Dinner (DR) 6:00 Movie Night (LR) <b>19</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) <b>2:00 Price is Right with Traditions Home Healthcare (LR)</b> <b>2:30 Hearing &amp; Total Care Visit</b> 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 Brain Puzzles (LR) <b>20</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 2:30 Coloring Corner (LR) 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR) <b>21</b>	
7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing / Church (LR) <b>2:30 WU Documentary Club (LR)</b> 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 Table Hockey (LR) <b>22</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Cardio (LR) 10:15 Trivia Group:: Musical Lyrics 10:30 Game: Left Center Right (LR) 11:30 Lunch (DR) <b>2:00 WU Joyful Memories (LR)</b> 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 6:00 Glen Miller Music (LR) <b>23</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (FP) 9:45 Exercise Group/ Strength (LR) 10:15 Meditation with Neha (LR) <b>10:30 WU RED HATTERS Singing (LR)</b> 11:30 Lunch (DR) 1:30 Men's Club Meeting (FP) 2:00 BINGO (LR) <b>3:15 WU Travel Club - California National Parks (LR)</b> 4:30 Dinner (DR) 6:00 Evening Movie (LR) <b>24</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee 9:45 Exercise Group / Balance - 10:15 This Day in history (LR) <b>10:30 Resident Council Meeting w/ new program director</b> 1:30 Bridge Group (CLR) 2:00 WU Painting Club (LR) 3:15 Group Game: Speed Whiz (LR) 4:30 Dinner 6:00 Corn Hole Toss (LR) <b>25</b>	7:30 Breakfast( (DR) 9:30 Newspaper/ Morning Visits 9:45 Exercise / Flexibility (LR) 10:15 Comic Book Discussion (LR) <b>10:30 WU Blankets of Love with Sheree (LR)</b> 11:30 Lunch <b>2:00 WU Book Club w/ Sheree (LR)</b> <b>3:15 Happy Hour &amp; Entertainment with Doc Gibbs</b> 6:00 Movie Night (LR) <b>26</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) <b>2:00 Ice Cream social w/ Trinity Hospice (LR)</b> 3:30 Brain Challenging Puzzles 4:30 Dinner (DR) 6:00 Oldies but Goodies Music (LR) <b>27</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 2:30 Coloring Corner (LR) 3:00 Saturday Trivia (LR) 4:30 Dinner (DR) 6:00 Movie Night (LR) <b>28</b>	
7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 10:00 Sunday Stretches (LR) 10:30 BINGO (LR) 11:30 Lunch (DR) 1:30 Hymn Singing / Church (LR) <b>2:30 WU Documentary Club (LR)</b> 3:30 Sheree Walking Club(DR) 4:30 Dinner (DR) 6:00 WU Mocktails with Tina <b>29</b>	7:30 Breakfast (DR) 9:30 Newspaper & Coffee (LR) 9:45 Exercise Group / Cardio (LR) 10:15 Trivia Group: Slogans (LR) 10:30 Gametime: UNO Cards (LR) 11:30 Lunch (DR) <b>2:00 WU Joyful Memories (LR)</b> 3:00 Bible Study & Hymn Singing with Pastor Bill (DR) 6:00 Johnny Mathis Music (LR) <b>30</b>	<b>ACTIVITY LOCATOR KEY</b>					

**DR - Dining Room**  
**LR - Living Room**  
**FP - Fireplace**  
**CLR- Community Life**  
**MC - Memory Care**

**Friendly Reminder:**  
Schedule changes may occur; changes will be posted on the Today's Happenings.

**Any resident or family member interested in signing up for an outing, please contact Sheree or Shanece.**

**September Birthdays**  
Jaqueline Ray 9/14  
Deloris Spicer 9/20



**SEPTEMBER 2024**  
**Assisted Living**  
PARKVIEW IN FRISCO  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**"By all these lovely tokens September days are here, With summer's best of weather and the autumn;s best of cheer."**