

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:30 Breakfast (DR) 9:30 Stretching Sunday (LR) 10:00 Art Club: Doodle Day (LR) 11:30 Lunch (DR) 1:30 Baking Club: Sugar Cookies with a Twist (LR) 3:00 WU Classical Music: Mozart 3:30 Exercise: Light Weight Lifting (LR) 4:30 Dinner (DR) 6:30 Relax with Jazz Music (LR) <b>1</b>	7:30 Breakfast 9:30 Exercise: Cardio (:LR) 9:30 Refreshments (LR) 10:00 Junk Drawer Detective (DR) 11:30 Lunch (DR) 1:30 Bowling for Chocolate 2:30 Craft Club: Color and Me 3:30 Men's Club Meeting: Guardians of the Galaxy (LR) 4:30 Dinner (DR) 6:30 Art Club: Color&Me (DR) <b>2</b>	7:30 Breakfast 9:30 Exercise: Stretching (LR) 10:30 Bingo (DR) 11:30 Lunch (DR) 1:30 Book Club: (LR) 2:30 Food Club: Brownies (DR) (LR) 3:30 Virtual Reality Travel to Japan 4:30 Exercise: Breath work 4:30 Dinner (DR) 6:30 Relax with Country Music <b>3</b>	7:30 Breakfast (DR) 9:30 Exercise: Balance (LR) 9:30 Refreshments (DR) 10:00 Sensory Fruit Card Game (LR) 10:30 Music and Memories (LR) 11:30 Lunch (DR) 1:30 iN2L: Strength 2:00 Singing With Dave 3:00 Book Club: Rose of Sharon 4:30 Dinner (DR) 6:30 Movie Night (LR) <b>4</b>	7:30 Breakfast (DR) 9:30 Exercise: Breath work (LR) 10:00 Refreshments (LR) 10:30 What Am I Trivia (LR) 11:00 Hand Massages&Music (LR) 12:30 Family Feud game (DR) 1:30 Junk Drawer Detective (DR) 2:00 Exercise: Light Weights (LR) 2:30 Junk Drawer Detective (DR) 3:00 Happy Hour (AL) 4:30 Dinner (DR) 6:30 Evening Puzzles with Naya <b>5</b>	7:30 Breakfast (DR) 9:00 Mindful Breathing (LR) 9:30 Refreshments 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Exercise: Strength (LR) 2:00 Braums Outing 3:00 Craft Club: Falling for Marigolds (DR) 4:00 Exercise: Chair Dancing 4:30 Dinner (DR) 6:30 Manicures and Music (LR) <b>6</b>	7:30 Breakfast (DR) 9:30 Fitness Exercise (LR) 10:00 Refreshments (LR) 10:00 Church Service 11:30 Lunch (DR) 1:30 Noodle Swat (DR) 2:30 Poetry Club 3:00 Brain Drain Challenge (DR) 3:30 Exercise: Sit & Be Fit (LR) 4:30 Dinner (DR) 6:30 WU Mocktails with Tina (DR) <b>7</b>	
7:30 Breakfast (DR) 9:30 Exercise Light Weights (LR) Refreshments (LR) 10:30 Church Service with Tina 11:30 Lunch (DR) 1:30 Bingo&Domenos (DR) 2:30 WU Classical Music: Beethoven (LR) 3:00 Exercise: Cardio 3:30 Fireball Swat (DR) 4:30 Dinner (DR) 6:30 Table Hockey (DR) <b>8</b>	7:30 Breakfast 9:30 Music Therapy with Luisa (LR) 9:30 Refreshments (LR) 10:00 You Be The Judge 11:30 Lunch (DR) 1:30 Bocce Ball (DR) 2:30 Craft Club: Color and Me 3:30 Men's Club Meeting: Grandpa's Grasshopper ((DR) 4:30 Dinner (DR) <b>9</b>	7:30 Breakfast (DR) 9:30 Exercise: Strength (LR) 10:30 Bingo (DR) 11:30 Lunch (DR) 1:30 Exercise: Balance (LR) 2:30 Social Club: Getting to Know You (LR) 3:30 Virtual Reality Travel to Mount Rushmore(LR) 4:30 Dinner (DR) 6:30 Evening Puzzle Fun (DR) <b>10</b>	7:30 Breakfast (DR) 9:30 Exercise: Stretching (LR) 9:30 Refreshments 10:00 Joke Club (LR) 11:30 Lunch (DR) 1:30 Exercise: Sit and Be Fit (LR) 2:30 Thriving Through Music (LR) 3:30 Book Club (DR) 4:30 Dinner (DR) 6:30 Movie Night (LR) <b>11</b>	7:30 Breakfast (DR) 9:30 Exercise: Stretching(LR) 10:00 Refreshments 10:30 Food Corner: Caramel Brownies (DR) 11:30 Lunch (DR) 1:30 iN2L Brain Challenge (LR) 2:30 Book Club (LR) 3:00 Happy Hour (DR) Exercise: Breath Work (LR) 4:30 Dinner (DR) 6:30 Hand Massages (LR) <b>12</b>	7:30 Breakfast (DR) 9:00 Exercise: Strengthening (LR) 9:30 You Be the Judge (LR) 10:00 Bingo (LR) 11:30 Lunch (DR) 1:30 Exercise: Chair Dancing (LR) 2:00 You Be The Judge (LR) 2:30 Craft Club: Vases with Pressed Flowers 3:00 Bible Study with Tina (DR) 4:30 Dinner (DR) 6:30 Relax with 40's Music (LR) <b>13</b>	7:30 Breakfast (DR) 9:30 Saturday Fitness (LR) 10:00 Refreshments (LR) 10:00 Church Service 11:30 Lunch (DR) 1:30 Craft Club: Color&ME (DR) 1:30 Bean Bag Toss (LR) 2:30 Cowboy's Car Show with Calvin 3:00 Saturday Trivia (DR) 4:30 Dinner (LR) <b>14</b>	
7:30 Breakfast 9:30 Exercise Stretching Sunday 10:30 Church Service with Tina 11:30 Lunch (DR) 1:30 WU Classical Music: Bach (LR) 2:30 September Match Up (LR) 3:00 Can You Picture This (DR) 3:30 Documentary Club: Hispanic Traditions (LR) 4:30 Exercise: Weight Training 4:30 Dinner (DR) 6:30 Game Night (DR) <b>15</b>	7:30 Breakfast (DR) 9:30 Exercise Balance (LR) 10:00 Pet Therapy: Miniature Horses (LR) 11:00 Exercise: Jazz Steps (DR) 11:30 Lunch (DR) 1:30 Men's Club Meeting: The Loaner Car 4:30 Dinner (DR) 6:30 Movie and Snacks <b>16</b>	7:30 Breakfast (DR) 9:30 Exercise: Breathwork (LR) 9:30 Refreshments (LR) 10:00 September Jeopardy Trivia (LR) 10:30 Songs&Smiles with Carl (LR) 11:30 Lunch (LR) 1:30 Exercise: Stretching (LR) 2:30 Practicing Gratitude (LR) 3:30 Virtual Reality: Travel to the Grand Canyon (LR) 4:30 Dinner (DR) 6:30 Thriving Through Music Music(LR) <b>17</b>	7:30 Breakfast (DR) 9:30 Exercise: Balance (LR) 9:45 Refreshments 10:00 Gardening Club (LR) 10:30 WU (LR) 11:30 Lunch (DR) 1:30 Practicing Gratitude (LR) 2:00 Entertainment with Krystal (LR) 3:00 Exercise: Sit and Be Fit (LR) 3:30 Book Club (LR) 4:30 Dinner (DR) 6:30 Manicures&Music (LR) <b>18</b>	7:30 Breakfast (DR) 9:30 Exercise Cardio (LR) 9:30 Refreshments 10:00 Baking Club: Blueberry Muffins (DR) 11:30 Lunch (DR) 1:30 Table Tennis (DR) 2:00 Penny for Your Thoughts (LR) 3:00 Happy Hour (DR) 4:00 Exercise: Balance (LR) 4:30 Dinner (DR) 6:30 Art Corner: Color and Me <b>19</b>	7:30 Breakfast (DR) 9:00 Exercise: Strengthening (DR) 9:30 Refreshments (LR) 10:00 Country Drive Outing 11:30 Lunch (DR) 1:30 Daily Chronicle (LR) 2:00 Price is Right with Shelly (LR) 3:00 Bible Study with Tina (LR) 4:30 Exercise: Range of Motion (DR) 4:30 Dinner (DR) 6:30 Thriving Through Music (LR) <b>20</b>	7:30 Breakfast (DR) 9:30 Saturday Fitness (LR) 9:30 Refreshments (DR) 10:00 Church Service (LR) 11:30 Lunch (DR) 1:30 Gardening Club (LR) 2:30 Poetry Club (DR) 3:30 Thriving Thoug Music (LR) 4:30 Dinner (DR) 6:30 Evening Puzzles with Nayas (DR) <b>21</b>	
7:30 Breakfast (DR) 9:30 Exercise: Stretching (LR) 10:00 Refreshments (LR) 10:30 Church Service with Tina 11:30 Lunch (DR) 12:30 Exercise: Balance (LR) 1:30 WU classical Music: Debussy (LR) 2:30 Food Club: Peanut Butter Cookies (DR) 3:30 Who, What, Where (LR) <b>22</b>	7:30 Breakfast (DR) 9:30 Exercise: Light Weights (LR) 10:00 You Be the Judge (LR) 11:00 Gardening Club: Marigolds (LR) 11:30 Lunch (DR) 1:00 Men's Club Meeting:(FR) 2:00 WU (FR) 3:00 Exercise: Strength Training (DR) 4:30 Dinner (DR) 6:30 Game Night with Nayas(DR) <b>23</b>	7:30 Breakfast (DR) 9:30 Exercise: Strength (LR) 9:30 Refreshments (LR) 10:00 Penny for your Thoughts (LR) 10:30 Bingo (LR) 11:30 Lunch (DR) 1:30 Coffee and News Discussion (LR) 2:30 Exercise: Light Weights (LR) 3:30 Virtual Reality: Travel to Scotland (LR) 4:30 Dinner (DR) 6:30 Evening Puzzles with Nayas <b>24</b>	7:30 Breakfast (DR) 9:30 Exercise: Light Weights(LR) 9:45 Refreshments 10:00 WU Storytelling with __ (LR) 11:30 Lunch (DR) 1:30 Karaoke Sing A Long (LR) 2:30 Exercise: Chair Dancing 3:30 Craft Club: Color&Me (DR) 4:30 Dinner (DR) 6:30 Thriving Through Music (LR) <b>25</b>	7:30 Breakfast (DR) 9:30 Exercise-Balance (LR) 10:00 Refreshments 10:30 Dominos (LR) 11:30 Lunch (DR) 1:30 Food Corner: Banana Oatmeal Cookies (DR) 2:00 Chronicle Discussion (LR) 3:00 Happy Hour (DR) 3:30 Exercise: Strength Training 4:30 Dinner (DR) 6:30 Manicures and Music (LR) <b>26</b>	7:30 Breakfast (DR) 9:30 Exercise: Strengthening (DR) 10:00 Table Tennis (DR) 10:30 Junk Drawer Challenge (DR) 11:30 Lunch (DR) 1:30 Daily Chronicle (LR) 2:00 Ice Cream Social with Leigh 2:30 Pet Therapy with Roni and Dude 3:00 Exercise: Light Weights (LR) 3:30 Bible Study with Tina (DR) 4:30 Dinner (DR) 6:30 Memory Baskets (DR) <b>27</b>	7:30 Breakfast (DR) 9:30 Exercise: Fitness (LR) 9:30 Refreshments (LR) 10:00 Church Service (LR) 11:30 Lunch (DR) 1:30 Bean Bag Toss (DR) 2:00 Food Corner: Chocolate Chip Cookies (DR) 2:30 Saturday Trivia (DR) 3:00 Exercise: Breath Work (DR) 4:30 Dinner (DR) 6:30 Nail Salon & Music (LR) <b>28</b>	
7:30 Breakfast (DR) 9:30 Stretching Sunday (LR) 10:30 Church Sevice with Tina 11:30 Lunch (DR) 1:30 Baking Club: M&N Cookies (DR) 3:00 WU Classical Music (LR) 3:30 Exercise: Light Weight Lifting (LR) 4:30 Dinner (DR) 6:30 Manicures and Music (LR) <b>29</b>	7:30 Breakfast 9:30 Exercise: Cardio (:LR) 9:30 Refreshmeants (LR) 10:00 Precious Memories (LR) 11:30 Lunch (DR) 1:30 Table Tennis (DR) 2:30 Craft Club: Color and Me 3:30 Men's Club: Where in the World 4:30 Dinner (DR) 6:30 Relax with Country <b>30</b>	<b>ACTIVITY LOCATOR KEY</b>					
		<ul style="list-style-type: none"> <li>• <b>LR</b> : Living Room</li> <li>• <b>DR</b>: Dining Room</li> <li>• <b>AL-DR</b>: Assisted Living Dining Room</li> </ul>		<p>Friendly Reminder: <b>Happy Birthday</b></p> <p>Schedule changes may occur due to Resident Preferences</p>			

# SEPTEMBER 2024

## Memory Care Living



**PARKVIEW**  
IN FRISCO  
A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

