

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|--|--|---|---|--|
| 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Hymns and Lyrics<br>1:00pm: Scenic Drive<br><b>2:00pm - iN2L - Trivia</b><br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>1</b>  | <b>Happy Labor Day</b><br>9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br><b>2:00pm - (WU) Kitchen Creations</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>6:00pm - Monday Night Movie <b>2</b>      | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br><b>1:00pm: VR - Nature Exploration</b><br><b>2:00pm - Hollywood Happy Hour</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>3</b>         | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br><b>11am: iN2L - The Price is Right</b><br>1:00pm: Floral Designing<br>2:00pm - Short Stories/ Brain Games<br>3:00pm - Music & Movement<br><b>4:00pm - VR - Let's Travel</b><br>5:30pm - Cornhole Toss <b>4</b>                                    | 9:30am: Morning Fitness: Sit and Stretch<br>10am: Daily Chronicles<br>11am: Noodle-cise<br><b>1:00pm: iN2L - DID You Know?</b><br><b>2:00pm - (WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br><b>4:00: Jazz, Bubbles &amp; Bites ** 2nd FL.</b><br>6:30pm - Sensory and Reminiscence <b>5</b>     | 9:30am: Chair Zumba<br>10:00am: Reminiscing - iN2L<br><b>11:00am: (WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>6</b>  | 9:30am: Morning Fitness - Yoga<br>10am: Daily Chronicles<br><b>11am: iN2L - Water Color Painting</b><br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lake Side Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>7</b>  |
| <b>National Assisted Living Week</b><br>9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Hymns and Lyrics<br><b>1:00pm: iN2L - Trivia</b><br><b>2:00pm - Grandparents Day Celebration</b><br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>8</b> | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br><b>2:00pm - Music w/ Danny **</b><br><b>3:00pm - (WU) Kitchen Creations</b><br>4:00pm - Afternoon Stroll<br>6:00pm - Monday Night Movie <b>9</b>                          | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br><b>1:00pm: VR - Nature Exploration</b><br><b>2:00pm Carnival Happy Hour w/Music**</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>10</b> | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br><b>11am: iN2L - Word Day Wednesday</b><br><b>Noon: Honoring our Hero's</b><br>1:00pm: Floral Designing<br>2:00pm Short Stories/ Brain Games<br>3:00pm - Music & Movement<br><b>4:00pm - VR - Let's Travel</b><br>5:30pm - Cornhole Toss <b>11</b> | 9:30am: Morning Fitness: Sit and Stretch<br>10am: Daily Chronicles<br><b>11am Golden Tee Golf Excursion</b><br><b>1:00pm: iN2L - DID You Know?</b><br><b>2:00pm - (WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - Fall Documentary Series<br>5:30pm - Sensory and Reminiscence <b>12</b> | 9:30am: Chair Zumba<br>10:00am: Reminiscing - iN2L<br><b>11:00am: (WU) Sign Language</b><br>1:00pm - Noodle-cise<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>13</b>        | 9:30am: Morning Fitness - Yoga<br>10am: Daily Chronicles<br><b>11am: iN2L - Water Color Painting</b><br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lake Side Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>14</b>                                       |
| 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Hymns and Lyrics<br>1:00pm: Scenic Drive<br><b>2:00pm - iN2L - Trivia</b><br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br><b>6:00pm - Sunday Night Emmy's</b> <b>15</b>   | <b>Happy Guacamole Day</b><br>9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br><b>2:00pm - (WU) Kitchen Creations</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>6:00pm - Monday Night Movie <b>16</b> | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br><b>1:00pm: VR - Nature Exploration</b><br><b>2:00pm Western Happy Hour w/Music**</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>17</b>  | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11:00am: Morning Fitness<br><b>11am: Adventure to OMCA</b><br>1:00pm: Floral Designing<br><b>2:00pm - iN2L - Trivia</b><br>3:00pm - Music & Movement<br><b>4:00pm - VR - Let's Travel</b><br>5:30pm - Cornhole Toss <b>18</b>                     | 9:30am: Morning Fitness: Sit and Stretch<br>10am: Daily Chronicles<br>11am: Noodle-cise<br><b>1:00pm: iN2L - DID You Know?</b><br><b>2:00pm - (WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - Fall Documentary Series<br>5:30pm - Sensory and Reminiscence <b>19</b>                     | 9:30am: Chair Zumba<br>10:00am: Reminiscing - iN2L<br><b>11:00am: (WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>20</b> | 9:30am: Morning Fitness - Yoga<br>10am: Daily Chronicles<br><b>11am: iN2L -Water Color Painting</b><br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lake Side Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>21</b>  |
| <b>Oktoberfest Week 1</b><br>9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Hymns and Lyrics<br>1:00pm: Scenic Drive<br><b>2:00pm - iN2L - Trivia</b><br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>22</b>                                  | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br><b>2:00pm - Music w/ Danny **</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>6:00pm - Monday Night Movie <b>23</b>                                    | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Ping Pong & Yard Games<br><b>1:00pm: VR - Nature Exploration</b><br><b>2:00pm - Happy Hour on the Patio</b><br>3:00pm - Men's Corner & Manicures<br>4:00pm - Rick Steve's Travel<br>6:00pm - Television Classic's <b>24</b>     | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br><b>11am: iN2L - Trivia</b><br>1:00pm: Floral Designing<br><b>2:00pm - Resident Birthday Celebration **</b><br>3:00pm - Short Stories/ Brain Games<br><b>4:00pm - VR - Let's Travel</b><br>5:30pm - Cornhole Toss <b>25</b>                        | 9:30am: Morning Fitness: Sit and Stretch<br>10am: Daily Chronicles<br>11am: Noodle-cise<br><b>1:00pm: iN2L - DID You Know?</b><br><b>2:00pm - (WU) Strokes of Art Series</b><br>3:00pm - Evening Stroll with Friends<br>4:00pm - Fall Documentary Series<br>5:30pm - Sensory and Reminiscence <b>26</b>                     | 9:30am: Chair Zumba<br>10:00am: Reminiscing - iN2L<br><b>11:00am: (WU) Sign Language</b><br>1:00pm - Take a Swing- Golf<br>2:00pm - Mandala Painting<br>3:00pm - Fast Friday Walk<br>4:00pm - Daily Chronicles<br>6:00pm - Friday Night Matinee <b>27</b> | 9:30am: Morning Fitness - Yoga<br>10am: Daily Chronicles<br><b>11am: iN2L -Water Color Painting</b><br><b>1:00pm - Let's Go Fishing **</b><br>1:00pm - Patio Music Conversation<br>2:00pm - Balloon Kick Ball<br>3:00pm - Lake Side Stroll<br>4:00pm - Rick Steve's Travel<br>6:00pm - Saturday Night Cinema <b>28</b> |
| <b>Oktoberfest Week 2</b><br>9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Hymns and Lyrics<br>1:00pm: Scenic Drive<br><b>2:00pm - iN2L - Trivia</b><br>3:00pm - Creative Corner<br>4:00pm - Name That Tune<br>6:00pm - Sunday Night Movie <b>29</b>                                  | 9:30am: Morning Fitness<br>10am: Daily Chronicles<br>11am: Baskets, Balloons and Games<br>1:00pm: Community Gardening<br><b>2:00pm - (WU) Kitchen Creations</b><br>3:00pm - Bingo on the Patio<br>4:00pm - Afternoon Stroll<br>5:00pm - Family Appreciation Night ** <b>30</b>                     | <b>ACTIVITY LOCATOR KEY</b><br><b>WU - Watermark University</b><br><b>iN2L - It's Never too late activity program</b><br><b>VR - Virtual Reality</b><br><b>** - Live Music</b>   |  |   |   |  |

**Happy Birthday**

- Fay L. - 09/04
- Margaret C. - 09/10
- Susan S. - 09/13
- Cheryl A. - 09/29

**Special Events**

- Adventure to OMCA  
**Wednesday 9/18@ 11 AM**

**Special Events**

- Golden Tee Golf Excursion  
**Thursday 09/12 @ 11 AM**
- Dementia Support Group  
**2nd Thursday @ 4:30 PM**
- Family Appreciation Night  
**Monday 09/30 @ 5 PM**

**Family Appreciation Night**

Join us for our first Family Appreciation Night, where we express our gratitude with an evening of live music and a complimentary dinner. It's our way of saying Thank You for being part of our community.



**Inspiring GENERATIONS**  
NATIONAL ASSISTED LIVING WEEK® • SEP 8-14, 2024

**SEPTEMBER 2024**

**\*All activities are subject to change**