

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am Televised Catholic Mass (Channel 20) 10:30am Nature Appreciation & Trivia w/Sara 3:00pm Afternoon Movie Matinee 1	Labor Day 10:00am 1:1 Morning Greet w/Theresa 10:30 Blooming Bingo w/Theresa 2:00pm Nothing But Net Game w/Sara 3:00pm Patio Social w/ Sara 2	10:00am Seated Stretch w/Sara 11:00am Let's Bowl w/Sara 1:30pm Deck of Cards Match Game w/Audrey 2:00pm Drumming w/Audrey (Dining Room) 3	10:00 Youtube Exercise w/Nicolette 10:30 Trivia with Nicolette 11:00 National Geographic Episode of the Day 2:00pm: Bingo w/Nicolette 3:00 Movie Matinee 4	11:00am Seated Tai Chi Instructed by Ann Sullo (Dining Room) 2:00pm Tabletop Bowling w/Sara 3:00pm Catch me If you Can w/Sara 5	10:30am 1:1 Morning Greet w/Meg 11:00am White Board Activity w/Sara 2:00pm: Name that Tune w/Nicolette 2:30pm: Afternoon Exercise w/Nicolette 6	10:30am Seated Exercise w/ Nicolette 11:00am Volleyball w/Nicolette 11:30am Nature Appreciation w/Nicolette 1:30pm Live Music with Nancy Wildman (Dining Room) 7
10:00am Televised Catholic Mass (Channel 20) 10:30am Nature Appreciation & Ball Toss w/Sara 3:00pm Afternoon Movie Matinee 8	10:00am 1:1 Morning Greet w/Theresa 10:30am POKENO! w/Theresa 2:00pm Bingo w/Sara 2:30pm Pet Therapy Visits w/Gromit 3:00pm Catch Me If You Can w/ Sara 9	10:00am Seated Stretch w/Sara 11:00am Lets Get Crafty w/Sara 1:30pm Pick a Card Social w/Audrey 2:00pm Drumming w/Audrey (Dining Room) 10	10:00 Youtube Exercise w/Nicolette 10:30 Trivia with Nicolette 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm Bingo with Nicolette 3:00 Movie Matinee 11	11:30 Balloon Volleyball w/Jordyn 2:00pm Nature Appreciation w/Sara 3:00pm Whiteboard Game w/Sara 12	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Balloon Volleyball Exercise w/Audrey 11:00am Finish the Line Trivia w/Audrey 11:30am Reminisce This! w/Audrey 2:00pm: Name that Tune w/Nicolette 2:30pm: Afternoon Exercise w/Nicolette 13	10:30am Seated Exercise w/ Nicolette 11:00am Volleyball w/Nicolette 11:30am Nature Appreciation w/Nicolette 14
10:00am Televised Catholic Mass (Channel 20) 10:30am Nature Appreciation & Trivia w/Sara 3:00pm Afternoon Movie Matinee 15	10:00am 1:1 Morning Greet w/Theresa 10:30am Round the Clock: dice game w/Theresa 2:00pm Nothing But Net w/Sara 3:00pm Patio Social w/ Sara 16	10:00am Seated Stretch w/Sara 11:00am Balloon Volleyball w/Sara 1:30pm Trivia Challenge w/Audrey 2:00pm Drumming w/Audrey (Dining Room) 17	10:00 Youtube Exercise w/Nicolette 10:30 Trivia with Nicolette 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm Bingo with Nicolette 3:00 Movie Matinee 18	11:00am Seated Tai Chi Instructed by Ann Sullo (Dining Room) 2:00pm Communion Service w/ Sacred Heart Church Volunteers Helen and Karen (Dining Room) 3:00pm Tabletop Bowling w/Sara 19	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Ribbon Exercise w/Audrey 11:00am Name Five w/Audrey 11:30am Reminisce This! w/Audrey 2:00pm: Name that Tune w/Nicolette 2:30pm: Afternoon Exercise w/Nicolette 20	10:30 am Seated Exercise w/ Nicolette 11:00am: Volleyball w/Nicolette 11:30am Nature Appreciation w/Nicolette 1:30pm Live Music with Jim Moore (Dining Room) 21
First Day of Autumn 10:00am Televised Catholic Mass (Channel 20) 10:30am Nature Appreciation & Ball Toss w/Sara 3:00pm Afternoon Movie Matinee 22	10:00am 1:1 Morning Greet w/Theresa 10:30am Familiar Faces Bingo w/Theresa 2:00pm Let's Get Crafty w/Sara 3:00pm Catch Me If You Can w/ Sara 23	10:00am Seated Stretch w/Sara 11:00am White Board Activity w/Sara 1:30pm Up and Down the River Card Game w/Audrey 2:00pm Drumming w/Audrey (Dining Room) 2:30pm Pet Therapy Visits w/Gromit 24	10:00am 1:1 Morning Greet w/Theresa 10:15am Resident Council Meeting (Dining Room) 10:30am Card Exercise with Nicolette 11:00am Piano Performance w/Gary Stabile (Dining Room) 2:00pm Bingo w/Nicolette 25	11:30 Balloon Volleyball w/Jordyn 2:00pm Ball Toss w/ Sara 3:00pm Bingo w/ Sara 26	10:00am Friendly 1:1 CL Visit w/Audrey 10:30am Balloon Volleyball Exercise w/Audrey 11:00am Cooking Creation: Kicking off Autumn with Homemade Apple Sauce w/Audrey 2:00pm: Name that Tune w/Nicolette 2:30pm: Afternoon Exercise w/Nicolette 27	10:30 am Seated Exercise w/ Nicolette 11:00am: Volleyball w/Nicolette 11:30am Nature Appreciation w/Nicolette 28
10:00am Televised Catholic Mass (Channel 20) 10:30am Nature Appreciation & Trivia w/Sara 3:00pm Afternoon Movie Matinee 29	10:30am 1:1 Morning Greet w/Meg 11:00am White Board Activity w/Sara 2:00pm Nothing But Net Game w/Sara 3:00pm Patio Social w/ Sara 30	ACTIVITY LOCATOR KEY				

All activities take place in the Springs living room unless otherwise noted

Meet the Community Life Team!
Meg Maier
Community Life Director
Audrey Zanzal
Jordyn Smith
Nicolette Duncan
Theresa D'Ambrosio
Sara Veillette

All programs and times are subject to change without notice

SEPTEMBER 2024

Springs

