

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AMERICAN CHESS DAY 9:30 MorningGreetingsw/Kayti-S 10:30 Exercise&Music w/Kayti-IL 11:00 Mandala Art w/Kayti-IL 2:30 Manicures w/Kayti-IL 6:30 Card Games w/CG's-IL 1	LABOR DAY 10:00 Morning Independent Activities-IL 11:00 Exercise to Music w/CG's-IL 2:30 Theme Bingo! w/CG's-IL 3:30 Afternoon Independent Activities-IL 6:30 Card Games w/CG's-IL 2	NATIONAL SKYSCRAPER DAY 9:30 Fun Fitness w/NP-S 11:00 Weight Fitness w/VH - IL 11:00 Singer: Lynn Lewis - S 11:30 Skyscrapers w/VH - IL 2:30 Seated Soccer w/VH-IL 3:30 Rags To Riches w/VH-IL 4:15 World Religion w/VH-S Evening News Bloopers w/CG's - IL 3	EAT AN EXTRA DESSERT DAY 9:30 Morning Fitness w/NP-S 10:00 Tai Chi w/Jonathan-G 10:30 Tai Chi w/Jonathan-IL 11:30 Who & What w/NP - S 1:30 Singing With Sister Char -IL 2:30 Finish The Saying w/NP - IL 3:30 Horse Shoe Toss w/NP - G 4:15 Sing Along w/NP - S 6:30 4 In A Row w/CG's - IL 4	INTERNATIONAL DAY OF CHARITY 9:30 Warm up Stretch w/NP-S 11:00 Rise And Shine w/VH-IL 11:30 History Of Charities w/VH-IL 11:30 Charity Day w/NP - S 2:30 Drum Circle w/VH-IL 3:30 Trivia w/VH-IL 4:15 Balloon Toss w/NP-S 6:30 Sorry Game w/CG's - IL 5	COFFEE ICE CREAM DAY 9:30 Warm Up Stretch w/NP-S 10:30 Entertainer: MOJO -IL 11:30 American Culture w/VH - IL 11:30 Chicken ForThe Soul w/NP-S 2:00 Spanish 101 w/Sister Irene 2:30 CoffeeIceCreamSocialw/VH-IL 3:30 All About Coffee w/VH - IL 4:15 Coffee Facts w/VH-S 6	BUY A BOOK DAY 9:30 Saturday Fitness w/VH-S 10:00 Lets Get Fit w/VH-G 11:00 Fittersice w/VH-IL 11:30 Manicures & Music w/VH-S 2:00 Paisley Pet Therapy -S 2:15 Singer Jennifer DiSapio - IL 3:30 Singer Jennifer DiSapio - G 4:15 Story Time w/VH - S 6:30 Buttons Up w/CG's - IL 7	
GRANDPARENTS DAY 9:30 Get Fit w/VH-S 10:00 Sunday Fitness w/VH-G 11:00 Workout w/VH-IL 11:30 Manicures & Music w/VH-S 2:30 Armchair Travel: Thailand Social w/VH-IL 3:30 Armchair Travel: Thailand -G 4:15 Game Time w/VH-S 6:30 Sunday Movie w/CG 8	NATIONAL WHEN PIGS FLY DAY 9:30 Warm Up w/VH-S 11:00 Exercise Trivia w/Joey-IL 11:00 Singing With Sister Char -S 11:30 Looking Forward w/VH-IL 2:30 Cocktail Hour w/NP -IL 3:30 Who Said That w/NP-IL 6:00 Cocktail With Pigs In the Blanket w/NP-S 6:30 Poetry reading w/CG-IL 9	NATIONAL ANTS ON A LOG DAY 9:30 Work It Exercise w/NP-S 11:00 Shake Those Bones w/NP-IL 11:00 Singer:Jennifer DiSapio-S 11:15 Out-Trip-Red Lobster w/VH 11:30 Today In History w/NP -IL 2:30 Buttons Up w/NP-IL 3:30 Reminisce w/NP-IL 4:15 Ring Toss w/NP 6:30 Outburst Game w/CG's-IL 10	PATRIOTS DAY 9:30 Stay Fit w/NP - S 10:30 Singer : Leigh Henry - G 11:00 Head - To-Toe w/NP - IL 11:30 Who & What w/NP-S 1:30 Singing With Sister Char -IL 2:30 SheaButterLotion w/NP-IL 3:30 Word Game w/NP - G 4:15 Where & When w/NP- S 6:30 Western Movie w/CG's - IL 11	NATIONAL VIDEO GAME DAY 9:30 Bend & Stretch w/NP-S 11:00 Light Fitness w/NP-IL 11:30 Beach Ball Toss w/NP-IL 2:30 Karaoke w/NP-IL 3:30 Brain-Teaser w/NP-IL 4:15 Name 5 w/NP-S 6:30 Jigsaw Puzzles w-CG's-IL 12	INTERNATIONAL CHOCOLATE DAY 9:30 Stay Fit w/NP-S 11:00 Exercise Dice w/NP-IL 11:30 You Tube Trivia w/NP-IL 2:00 Spanish 101 w/Sister Irene 2:30 Chocolate Bingo w/NP-IL 3:30 Name That w/NP-IL 4:15 Trivia w/NP-S 6:30 Card Games w/CG's IL 13	NATIONAL COLORING DAY 10:30 Morning Greetings w/Lisa-S 0:00 Tai Chi w/Jonathan-G 10:30 Tai Chi w/Jonathan-IL 11:30 Music & Laughter w/Lisa-S 2:00 Paisley Pet Therapy -IL 2:00 Variety of Fun w/Lisa-IL 2:30 Variety of Fun w/Lisa-G 3:00 Stories for the Soul w/Lisa-S 6:30 YouTube Concert w/CG's-IL 14	
MAKE A HAT DAY 9:30 Light Stretch w/NP-S 10:00 Shake It Loose w/NP-G 11:00 Bend & Stretch w/NP-IL 11:30 Balloon Toss 2:30 Bingo w/NP -IL 3:30 Guess That Game w/NP 4:15 Great Laugh w/NP 6:30 Tic Tac Toe w/CG's-IL 15	NATIONAL CINNAMON BREAD DAY 9:30 Monday Fitness w/NP - S 11:00 Exercise Trivia w/Joey-IL 11:00 Singing With Sister Char -S 11:30 Looking Forward w/VH-IL 2:30 Name That Tune w/VH-IL 3:30 Manicures & Music w/VH-IL 6:00 Armchair Travel : TH w/VH-S 6:30 Farkle Game w/CG's-IL 16	CONSTITUTION DAY 9:30 Stretch Fitness w/VH-S 11:00 Work It! Exercise w/VH-IL 11:30 Wheel Of Fortune w/VH-S 2:30 Left- Center- Right w/VH-IL 4:15 Untie The Knot w/VH-S 6:30 Outburst! Game w/CG's-IL 17	NATIONAL FIRST LOVE DAY 9:30 Mid-week Fitness w/VH-S 10:00 Tai Chi w/Jonathan-G 10:30 Tai Chi w/Jonathan-IL 11:30 SpringsResidentCouncil - SDR 1:30 Singing With Sister Char -IL 2:30 Charades w/VH-IL 3:30 Ring Toss w/VH-G 4:15 Sensory Touch w/VH-S 6:30 Evening Chat w/CG's-IL 18	NATIONAL BUTTERSCOTCH PUDDING DAY 9:30 Light Fitness w/NP - S 10:00 Shake & Groove w/NP - G 11:00 Stay Fit w/NP - IL 11:30 Funny Stories w/NP - S 2:30 Bingo w/Noemi - IL 3:30 Word Games w/NP - G 4:15 Let's Travel w/NP - S 6:30 Music For The Soul w/CG's 19	NATIONAL PUNCH DAY 9:30 Light Stretch w/NP - S 10:00 Shake it Loose w/NP - G 11:Fun Fitness w/NP - IL 11:30 Ring Toss w/NP - S 2:00 Spanish 101 w/Sister Irene 2:30 Happy Hour w/NP-IL 3:30 Sing Along w/NP - G 4:15 Punch Social w/NP-S 6:30 Kerplunk!Game w/CG's 20	INTERNATIONAL DAY OF PEACE 9:30 Light Stretch w/NP - S 10:00 Music&Dance w/Jennifer-G 11:00 Music&Dance w/Jennifer-IL 11:30 Guess The Color w/NP-S 2:00 Paisley Pet Therapy -G 2:30 Reminisce w/NP-IL 3:30 Stories For The Soul - NP- G 4:15 Saying&Meanings-NP-S 21	
WORLD RHINO DAY 9:30 Morning Greetingsw/Kayti-S 10:30 Exercise&Music w/Kayti-IL 11:00 Mandala Art w/Kayti-IL 11:30 Pianist: John Lamb-S 2:30 Manicure&Music w/Kayti-IL 6:30 Card Games w/CG's-IL 22	INTERNATIONAL DAY OF SIGN LANGUAGE 9:30 Rise And Shine w/VH-S 11:00 Exercise Dice w/Joey-IL 11:00 Singing With Sister Char-S 11:30 Looking Forward w/VH-IL 2:30 Sign Language w/VH-IL 4:15 Puzzles w/VH-S 6:30 Dominos w/CG's-IL 23	WORLD BOLLYWOOD DAY 9:30 Easy Does It Fitness w/VH-S 11:00 Lets Move w/VH-IL 11:30 Health Talk "Dental Health" w/Bindu George, RN-IL 11:30 Balloon Toss w/VH-S 2:30 Pianist John Lamb-IL 4:15 All About Bollywood w/VH-S 6:30 Classical Favorites w/CG's-IL 24	NATIONAL COOKING DAY 9:30 Head To Toe Fitness w/VH-S 10:30 Light Fitness w/VH -IL 11:15 Inn Resident Council - IL DR 2:30 Birthday Party w/VH- IL 4:15 Ice Cream Wednesday Social w/VH-S 6:30 Relaxing Music w/CG's-IL 25	LOVE NOTE DAY 9:30 Light Fitness w/VH-S 11:00 Dice Fitness w/VH-IL 11:15 Out Trip - Char And Lemon 11:30 Bingo w/CL -S 2:30 Ball In The Basket w/CL-IL 4:00 Basket-Ball w/VH-S 6:30 Farkle Game w/CG's-IL 26	NATIONAL SCARF DAY 9:30 Friday Fun Fitness w/VH-S 11:00 Dancercise w/VH- IL 11:30 Dance With Me w/VH-S 2:00 Spanish 101 w/Sister Irene 2:30 Popcorn And Movie w/VH-IL 3:30 International Dance w/VH-G 4:15 Fall Social w/VH-S 6:30 Evening TCM w/CG's - IL 27	NATIONAL SELF AWARENESS DAY 9:30 Morning Greetings w/Joey-S 10:00 Tai Chi w/Jonathan-G 10:30 Tai Chi w/Jonathan-IL 11:30 Family Feud w/Joey-S 2:30 Wheel of Fortune w/Joey-IL 3:30 Family Feud w/Joey-G 4:00 AfternoonGreetings w/Joey-S 6:30 Evening Stretch w/CG's-IL 28	
NATIONAL COFFEE DAY 10:00 Morning Greetings w/Joey-S 10:30 Exercise & Trivia w/Joey-G 11:00 Exercise & Trivia w/Joey-IL 11:30 Inspirational w/Joey-S 2:30 Acey Deucey w/Joey - IL 3:30 Wheel Of Fortune w/Joey - G 4:00 Afternoon Greetings w/Joey - S 6:30 Relaxing Music w/CG's - IL 29	NATIONAL LOVE PEOPLE DAY 9:30 Head To Toes w/NP-S 11:00 Exercise Trivia w/Joey-IL 11:00 Singing With Sister Char -S 11:30 Looking Forward w/VH-IL 11:30Good Old Days w/NP - S 2:30 Singer: Lynn Lewis - IL 3:30 Current Events w/VH - IL 6:00 Pudding Social w/VH-S 6:30 Mandala Art w/CG's - IL 30	ACTIVITY LOCATOR KEY					

Hispanic Heritage Month
Self Care Awareness Month
National Sewing Month
Classical Music Month
Fall Hat Month
Better Breakfast Month
National Square Dance Month

Weekly Friday Shabbat Service In The Town Center Interfaith Chapel

Monthly Catholic Communion with Sister Maureen

Any Questions About Out-Trips or Family gathering, or programs.
Call Victoria at 203-373-6452
or Noemi at 203-373- 6168

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer."
-Helen Hunt Jackson

SEPTEMBER 2024
Inn/Springs

 **THE WATERMARK**
AT 3030 PARK