

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

September 2023					10:15 Seated Weight Training 11:00 BINGO 2:00 Music Entertainment By: Rich Walsh 4:00 Sunroom Social	1 2 10:00 "The Rosary" (TV Ch. 138) 11:00 Ring Toss 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day Happy Birthday Nancy Duggan & Margot Cahoon							
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 11:00 Cornhole 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day	3	10:15 Seated Mindful Meditation 11:00 Short Story Readings 2:00 Monday Movie Matinee: "The Bishop's Wife" 4:00 Sunroom Social Labor Day	4	10:15 DrumFIT 11:00 High Roller Dice Game 2:00 Armchair Travel: Great Smokey Mountains 4:00 Sunroom Social Concierge Services	5	Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 Lets Get Crafty! 2:00 & 3:00 Scenic Drive 4:00 Sunroom Social	6	10:15 Chair Cardio 11:00 Board Game: HED-BANZ 2:00 Word within a Word 4:00 Sunroom Social	7	10:15 Chair Tai Chi & Qigong with Donna 11:00 BINGO 2:00 Food Friday: Apple Tasting 4:00 Sunroom Social	8	10:00 "The Rosary" (TV Ch. 138) 11:00 Ring Toss 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day Happy Birthday Nancy Clark & Shelby Silva	9
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 11:00 Cornhole 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day	10	10:15 Seated Mindful Meditation 11:00 Words Starting with Letter "S" 2:00 Monday Movie Matinee: "Radio" 4:00 Sunroom Social Grandparents Day	11	10:00 Veterans Coffee 10:15 DrumFIT 11:00 High Roller Dice Game 2:00 Documentary: "Hummingbirds Jeweled Messengers" 4:00 Sunroom Social Concierge Services Happy Birthday Sarah Tribuzio	12	Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 NYE Museum Visits Decatur House 2:00 & 3:00 Scenic Drive 4:00 Sunroom Social	13	10:15 Chair Cardio 11:00 Lunch Outing: Mezza Luna 11:00 Coloring & Card Games 2:00 I Love Lucy Watching Party 4:00 Sunroom Social	14	10:15 Seated Weight Training 11:00 BINGO 2:00 Food Friday: Cheese Tasting 4:00 Sunroom Social Rosh Hashanah Begins	15	10:00 "The Rosary" (TV Ch. 138) 11:00 Ring Toss 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day Oktoberfest Begins	16
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 11:00 Cornhole 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day	17	10:15 Seated Mindful Meditation 11:00 Word within a Word 2:00 Monday Movie Matinee: "Intolerable Cruelty" 4:00 Sunroom Social	18	10:15 DrumFIT 11:00 High Roller Dice Game 2:00 Armchair Travel: "Grand Canyon" 4:00 Sunroom Social Concierge Services	19	Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 Lets Get Crafty! 2:00 & 3:00 Scenic Drive 4:00 Sunroom Social	20	10:15 Chair Tai Chi & Qigong with Donna 11:00 Scrabble 2:00 Painting with Wendi Smith 4:00 Sunroom Social	21	10:15 Seated Weight Training 11:00 BINGO 2:00 Food Friday: Ice Cream Tasting 4:00 Sunroom Social Happy Birthday Francine Anderson	22	10:00 "The Rosary" (TV Ch. 138) 11:00 Ring Toss 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day Autumn Begins	23
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 11:00 Cornhole 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day	24	10:15 Seated Mindful Meditation 11:00 Short Story Readings 2:00 Monday Movie Matinee: "Walk The Line" 4:00 Sunroom Social Yom Kippur	25	10:15 DrumFIT 11:00 High Roller Dice Game 2:00 Armchair Travel: "Spain's Green Northern Coastlines" 4:00 Sunroom Social Resident Meeting Concierge Services	26	Hair Salon Day & Manicures 10:15 Chair Yoga 11:00 BINGO 2:00 Lets Get Crafty! 2:00 & 3:00 Scenic Drive 4:00 Sunroom Social	27	10:15 Chair Cardio 11:00 Outing: Cahoon Museum of American Art 2:00 Documentary:" Robert F. Kennedy- America's Lost President" 4:00 Sunroom Social Happy Birthday Connie Tarvis	28	10:15 Seated Weight Training 11:00 BINGO 2:00 Food Friday: Pear Tasting 4:00 Sunroom Social Sukkot Begins	29	10:00 "The Rosary" (TV Ch. 138) 11:00 Ring Toss 6:00 Lawrence Welk Show (TV Ch 9) Puzzles and Word Games Available All Day	30