

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Sunday Morning (TV ch. 4) 10:00 Catholic Mass (TV ch. 138) 10:30 Activities with Shelby 4:00 Sunroom Drinks</p> <p>1</p>	<p>10:15 Mindful Meditation 11:00 Words within a Word 1:30 Movie Monday: Eat Pray Love 4:00 Sunroom Social</p> <p>Happy Birthday Nancy D & Margot</p> <p>Labor Day</p> <p>2</p>	<p>9:00-12:00 Hair Salon 11:15 Drumfit 2:00 High Roller Dice Game 4:00 Sing Along with Janice Hannah</p> <p>3</p>	<p>10:15 Chair Yoga 11:00 Bingo 2:00 Drumfit 2:00 & 3:00 Linda's Scenic Drive 4:00 Sunroom Drinks</p> <p>4</p>	<p>9:00-12:00 Hair Salon 10:15 Chair Tai Chi & Qigong 11:00 Card Games & Coloring 12:30 Cape Cod Canal Cruise 4:00 Sunroom Social</p> <p>5</p>	<p>9:30 Service Dog Cotton Visits 10:15 Seated Weight Training 11:00 Bingo 2:00 Crafts with Kerri & Joyce 4:00 Sunroom Social</p> <p>6</p>	<p>10:00 "The Rosary" (TV ch. 138) 10:30 Armchair Travel with Jess 4:00 Sunroom Drinks</p> <p>7</p>
<p>9:00 Sunday Morning (TV ch. 4) 10:00 Catholic Mass (TV ch. 138) 10:30 Activities with Shelby 4:00 Sunroom Drinks</p> <p>8</p> <p>Grandparents Day</p>	<p>10:15 Mindful Meditation 11:00 Words within a Word 1:30 Movie Monday: Oklahoma 4:00 Sunroom Social</p> <p>Happy Birthday Shelby</p> <p>9</p>	<p>9:00-12:00 Hair Salon 10:00 Morning Mingle & Donuts 11:15 Drumfit 2:00 High Roller Dice Game 4:00 Sing Along with Janice Hannah</p> <p>10</p>	<p>10:15 Chair Yoga 11:00 Bingo 1:30 Cape Cod VNA Blood Pressure Clinic (sunroom) 2:00 & 3:00 Linda's Scenic Drive 4:00 Sunroom Drinks</p> <p>11</p>	<p>9:00-12:00 Hair Salon Manicures with Mikaela 10:15 Chair Tai Chi & Qigong 11:00 Card Games & Coloring 2:00 Reiki with Susan Lee Nolan 4:00 Sunroom Social</p> <p>Happy Birthday Sarah</p> <p>12</p>	<p>9:30 Service Dog Cotton Visits 10:15 Seated Weight Training 11:00 Bingo 2:00 Crafts with Kerri & Jess 4:00 Sunroom Social</p> <p>13</p>	<p>10:00 "The Rosary" (TV ch. 138) 10:30 Armchair Travel with Jess 4:00 Sunroom Drinks</p> <p>14</p>
<p>9:00 Sunday Morning (TV ch. 4) 10:00 Catholic Mass (TV ch. 138) 10:30 Activities with Shelby 4:00 Sunroom Drinks</p> <p>15</p>	<p>10:15 Mindful Meditation 11:00 Words within a Word 1:30 Movie Monday: Breakfast at Tiffany's 4:00 Sunroom Social</p> <p>16</p>	<p>9:00-12:00 Hair Salon 11:15 Drumfit 2:00 High Roller Dice Game 4:00 Sing Along with Janice Hannah</p> <p>17</p>	<p>10:15 Chair Yoga 11:00 Bingo 2:00 Drumfit 2:00 & 3:00 Linda's Scenic Drive 4:00 Sunroom Drinks</p> <p>18</p>	<p>9:00-12:00 Hair Salon 10:15 Chair Tai Chi & Qigong 11:00 Musical Performance: Dawna Hammers 12:30 Picnic at Canal 2:30 Walking Club 4:00 Sunroom Drinks</p> <p>19</p>	<p>9:30 Service Dog Cotton Visits 10:15 Seated Weight Training 11:00 Bingo 2:00 Crafts with Kerri & Joyce: Beading 4:00 Sunroom Social</p> <p>20</p>	<p>10:00 "The Rosary" (TV ch. 138) 10:30 Armchair Travel with Jess 4:00 Sunroom Drinks</p> <p>Oktoberfest Begins</p> <p>21</p>
<p>9:00 Sunday Morning (TV ch. 4) 10:00 Catholic Mass (TV ch. 138) 10:30 Activities with Shelby 4:00 Sunroom Drinks</p> <p>Happy Birthday Francine</p> <p>Autumn Begins</p> <p>22</p>	<p>10:15 Mindful Meditation 11:00 Words within a Word 1:30 Movie Monday: Hidden Figures 4:00 Sunroom Social</p> <p>23</p>	<p>9:00-12:00 Hair Salon 10:00 Morning Mingle & Donuts 11:15 Drumfit 2:00 High Roller Dice Game 3:30 Resident Meeting (sunroom) 4:00 Sing Along with Janice Hannah</p> <p>24</p>	<p>10:15 Chair Yoga 11:00 Bingo 2:00 & 3:00 Linda's Scenic Drive 4:00 Sunroom Drinks</p> <p>25</p>	<p>9:00-12:00 Hair Salon 10:15 Chair Tai Chi & Qigong 11:00 Musical Performance: Chris Carter 2:30 Walking Club 4:00 Sunroom Social</p> <p>26</p>	<p>9:30 Service Dog Cotton Visits 10:15 Seated Weight Training 11:00 Bingo 2:00 Crafts with Kerri & Jess 4:00 Sunroom Social</p> <p>27</p>	<p>10:00 "The Rosary" (TV ch. 138) 10:30 Armchair Travel with Jess 4:00 Sunroom Drinks</p> <p>Happy Birthday Connie</p> <p>28</p>
<p>9:00 Sunday Morning (TV ch. 4) 10:00 Catholic Mass (TV ch. 138) 10:30 Activities with Shelby 4:00 Sunroom Drinks</p> <p>29</p>	<p>10:15 Mindful Meditation 11:00 Words within a Word 1:30 Movie Monday: Cat on a Hot Tin Roof 4:00 Sunroom Social</p> <p>30</p>	<p>Some activities require signing up Calendar is subject to change</p>				