

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> Cy - Courtyards DR - Dining Room			10:15 Walking Group (P) <b>1</b> 10:30 Daily Devotions (L) 11:00 Hymn Sing (L) 2:00 Catholic Communion (TH) 2:30 Historical Rides (FP) 3:00 Movie & Popcorn (TH) 6:30 Bingo (L)	9:00 The Golden Girls (1:1 ch. 58) <b>2</b> 10:30 Daily Devotions (L) 10:45 Aerobic Exercises (TH) 11:00 Mind Joggers (L) 11:00 Pokeno Game (Library) 2:00 Sing-a-Long w/ Diane Hart 7:00 Wheel of Fortune (B ch. 8) 7:30 Jeopardy (B ch. 8)	10:30 Daily Devotions (L) <b>3</b> 10:45 Noodle Exercise (TH) 11:15 Chain Reaction (L) 2:00 Line Dancing (B) 3:00 Friday Cheers (B) 7:00 Wheel of Fortune (B ch.8) 7:30 Jeopardy (B ch.8) 11:15 Matching Game (L)	10:00 Bingo (L) <b>4</b> 11:00 Bunny Therapy (FP) 2:00 Hymn sing w/ Bubba Johnson (DR) 3:00 Movie Time! (TH) 7:00 Lawrence Welk (B ch.23)
10:00 inTouch w/ Dr Charles Stanley (B ch. 8) <b>5</b> 11:00 First Baptist Church (B ch. 8) 2:00 Ice Cream Social (FP) 3:00 Walking Group (Patio) 4:00 Bird Watching (Cy) 4:00 Football Game! (L)	Labor Day <b>6</b> 10:30 Daily Devotions (L) 11:00 Sit & Stretch (L) 11:15 Animal Facts (L) 11:15 High School Trivia (L) 2:00 Bingo (L) 3:00 Volleyball Game (B) 7:00 Wheel of Fortune (B ch.8) 7:30 Jeopardy (B ch.8)	Rosh Hashanah <b>7</b> 9:00 Golden Girls (B) 10:30 Daily Devotions (L) 11:00 Morning Stretches (L) 11:15 Five Second Rule (L) 12:00 Men's Club Lunch Group (B) 2:00 Activity Planning Committee (B) 2:30 Word Puzzles (B) 6:00 Bonanza (B Ch. 295)	10:15 Walking Group (P) <b>8</b> 10:30 Daily Devotions (L) 11:00 Hymn Sing (L) 2:00 Spelling Bee (L) 3:00 Wine Down Wednesday (B) 6:30 Movie Date! (TH)	9:00 The Golden Girls (1:1 ch. 58) <b>9</b> 10:30 Daily Devotions (L) 10:45 Aerobic Exercises (TH) 11:00 Mind Joggers (L) 2:00 Pokeno Game (Library) 7:00 Wheel of Fortune (B ch. 8) 7:30 Jeopardy (B ch. 8)	10:30 Daily Devotions (L) <b>10</b> 10:45 Noodle Exercise (TH) 11:15 Stress Management Talks w/ Fox Rehab (L) 2:00 Karaoke (B) 3:00 Pictionary Game (B) 7:00 Wheel of Fortune (B ch.8) 7:30 Jeopardy (B ch.8))	10:30 Crossword Puzzles (B) <b>11</b> 11:00 Ageless Grace exercise class (L) 2:00 Pokeno (L) 3:00 Movie Time! (TH) 7:00 Lawrence Welk (B ch.23)
10:00 inTouch w/ Dr Charles Stanley (B ch. 8) <b>12</b> 11:00 First Baptist Church (B ch. 8) 1:00 Picture Day (TH) 3:00 Walking Group (Patio) 4:00 Bird Watching (Cy) 4:00 Football Game! (L)	10:00 Manicures & Pedicures (L) <b>13</b> 10:30 Daily Devotions (L) 11:00 Sit & Stretch (L) 2:00 Bingo (L) 3:00 Charades (B) 3:00 Map Quest (L) 7:00 Wheel of Fortune (B ch.8) 7:30 Jeopardy (B ch.8)	9:00 Golden Girls (B) <b>14</b> 10:30 Daily Devotions (L) 11:00 Morning Stretches (L) 11:30 Lady's Luncheon (B) 2:00 Resident Council Meeting (B) 2:30 Bowling (P) 3:00 Watermelon Social (Patio) 6:00 Bonanza (B Ch. 295)	Yom Kippur <b>15</b> 10:15 Walking Group (P) 10:30 Daily Devotions (L) 11:00 Hymn Sing (L) 1:30 Movie & Popcorn (TH) 2:00 Donut Run! (FP) 6:30 Domino Game (L)	9:00 The Golden Girls (1:1 ch. 58) <b>16</b> 10:30 Daily Devotions (L) 10:45 Aerobic Exercises (TH) 11:00 Mind Joggers (L) 2:00 Pokeno Game (Library) 3:00 Arts & Crafts (B) 7:00 Wheel of Fortune (B ch. 8) 7:30 Jeopardy (B ch. 8)	10:30 Daily Devotions (L) <b>17</b> 10:45 Noodle Exercise (TH) 11:15 Lingo Game (L) 2:00 Senior Prom w/ entertainer Craig Anders (DR) 7:00 Wheel of Fortune (B ch.8)) 7:30 Jeopardy (B ch.8))	10:30 Exercise Class (TH) <b>18</b> 11:00 Crossword Puzzles (B) 2:00 Bingo (L) 3:00 Movie Time! (TH) 7:00 Lawrence Welk (B ch.23)
10:00 inTouch w/ Dr Charles Stanley (B ch. 8) <b>19</b> 11:00 First Baptist Church (B ch. 8) 2:00 Rootbeer Float Social 3:00 Walking Group (Patio) 4:00 Bird Watching (Cy) 4:00 Football Game! (L)	10:30 Daily Devotions (L) <b>20</b> 11:00 Sit & Stretch (L) 11:15 The Study of Birds (L) 2:00 Bingo (L) 3:00 Miniature Golf (P) 7:00 Wheel of Fortune (B ch.8) 7:30 Jeopardy (B ch.8)	9:00 Golden Girls (B) <b>21</b> 10:30 Daily Devotions (L) 11:00 Morning Stretches (L) 11:15 Tea for Two Tuesdays (L) 2:00 Food Committee Meeting (B) 2:30 Horse Shoe Game (P) 6:00 Bonanza (B Ch. 295)	10:00 Walking Group (P) <b>22</b> 10:15 Daily Devotions (L) 10:30 Sing-a-Long w/ Mary Stella (MC) 2:00 Cooking w/ Karla! (B) 3:00 Chat & Chew (B) 6:30 Movie & Popcorn (TH)	9:00 The Golden Girls (1:1 ch. 58) <b>23</b> 10:30 Daily Devotions (L) 10:45 Aerobic Exercises (TH) 11:00 Mind Joggers (L) 12:00 Music by Dr. Cage (DR) 2:00 Pokeno Game (Library) 7:00 Wheel of Fortune (B ch. 8) 7:30 Jeopardy (B ch. 8)	10:30 Daily Devotions (L) <b>24</b> 10:45 Noodle Exercise (TH) 11:15 Words Work (L) 2:00 Birthday Party! (B) 3:00 Taboo Game 7:00 Wheel of Fortune (B ch.8)) 7:30 Jeopardy (B ch.8))	10:30 Crossword Puzzles (B) <b>25</b> 11:00 Ageless Grace exercise class (B) 2:00 Bingo (L) 3:00 Movie Time! (TH) 7:00 Lawrence Welk (B ch.23)
10:00 inTouch w/ Dr Charles Stanley (B ch. 8) <b>26</b> 11:00 First Baptist Church (B ch. 8) 2:00 Ice Cream Social (FP) 3:00 Walking Group (Patio) 4:00 Bird Watching (Cy) 4:00 Football Game! (L)	10:00 Manicures & Pedicures (L) <b>27</b> 10:30 Daily Devotions (L) 11:00 Sit & Stretch (L) 11:15 Trivia (L) 2:00 Bingo (L) 3:00 Volleyball Game (B) 7:00 Wheel of Fortune (B ch.8) 7:30 Jeopardy (B ch.8)	9:00 Golden Girls (B) <b>28</b> 10:30 Daily Devotions (L) 11:00 Morning Stretches (L) 11:15 Reminiscent Moment (L) 2:30 Corn Hole Game (P) 3:00 Tea for Two Tuesdays (B) 6:00 Bonanza (B Ch. 295)	10:15 Walking Group (P) <b>29</b> 10:30 Daily Devotions (L) 11:00 Hymn Sing (L) 1:30 Movie & Popcorn (TH) 2:00 Historical Rides (FP) 6:30 Scrabble Game (L)	9:00 The Golden Girls (1:1 ch. 58) <b>30</b> 10:30 Daily Devotions (L) 10:45 Aerobic Exercises (TH) 11:00 Mind Joggers (L) 2:00 Pokeno Game (Library) 7:00 Wheel of Fortune (B ch. 8) 7:30 Jeopardy (B ch. 8)		

# September 2021

Assisted Living





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Theme: Back to School Month

# September 2021

Discovery Village at the West End  
Independent Living

### Dining Room Hours

Open Breakfast  
8:30a-12:00p  
Daytime Dining  
12:00p-5:30p  
Formal Dining  
5:30p

**1** 9:00 10-Minute Meditation – Ch. 970  
**9:30 Add-On Shopping Run (+)**  
10:00 Chair Yoga with Iffet (B)  
**12:00 Trip: Deliver School Supplies (+)**  
**1:45 Catholic Communion in AL (+)**  
3:00 Candy Bingo (B)  
4:30 Resident Happy Hour (B#)  
7:00 Card Game – “31” (L#)

**2** 8:00 Walking Club-Meet in Lobby  
10:15 Balance Class with Fox Rehab (B)  
11:00 Assorted Scones (B)  
11:30 Mandala Art (L)  
**12:00 Men’s Club Luncheon (D+)**  
2:00 Movie: **Good Sam** (T)  
4:30 Happy Hour (B)

**3** 9:00 10-Minute Meditation – 970  
10:00 Chair Yoga with Iffet (B)  
11:00 Game: Buzzword (B)  
1:30 Bridge (L#)  
2:00 Dollar Bingo (B)  
4:30 Wine & Cheese Happy Hour (B)

**4** 8:00 Walking Club - Meet in the Lobby  
10:00 Virtual Exercise–Ch. 970  
**11:00 Line Dancing (B)**  
1:00 Rummikub (L#)  
4:30 Resident Happy Hour (B#)  
7:00 Movie: **In Bruges** (T)

**5** 10:00 Virtual Exercise – Ch. 970  
11:00 Grove Ave Baptist Church Service on NBC 12  
**3:00 Documentary – Ch. 970** See flyer for more info!

**6** 10:00 Brain Fitness Packets – Pick up in the Library  
**11:00 Ageless Grace Exercise (B)**  
1:00 Rummikub (L#)  
2:00 Virtual Exercise Class – Ch. 970  
**3:00 Busy Fingers Group (L#)**  
4:30 Resident Happy Hour (B#)  
*\*No Transportation Provided Today*

Labor Day  
Rosh Hashanah, Begins at Sunset

**7** 8:00 Walking Club-Meet in Lobby  
10:00 Strength & Balance Class (B)  
11:00 Nickel Bingo (B)  
1:15 Guide to Meditation (T)  
**12:00 Tech Class with Mark (L)**  
1:00 Bridge (L#)  
2:00 Netflix Series: **Bridgerton** (T)  
**3:00 Pet Therapy with Rabbits (B)**  
4:30 Name Tag Happy Hour (B)

**8** 9:00 10-Minute Meditation – Ch. 970  
10:00 Chair Yoga with Iffet (B)  
**10:00 Trip: Blandford Church Tour & Lunch - \$8 (+)**  
2:00 Prize Bingo (B)  
4:30 Resident Happy Hour (B#)  
**5:30 Themed Dinner with Action Stations (D)**  
**6:30 Musical Performance by Billy Mitchell (B)**  
7:00 Card Game – “31” (L#)

**9** 8:00 Walking Club-Meet in Lobby  
10:15 Balance Class with Fox Rehab (B)  
11:00 Assorted Danishes (B)  
11:30 Group Giant Crossword Puzzle (B)  
**1:00 Henrico Co. Mobile Library (B)**  
2:00 Movie: **Adrift** (T)  
4:30 Happy Hour (B)

**10** **9:00 Complimentary Breakfast (D+)**  
9:00 10-Minute Meditation – Ch. 970  
9:30 Shopping Bus Run (+)  
10:00 Chair Yoga with Iffet (B)  
1:30 Bridge (L#)  
1:30 Shopping Bus Run (+)  
2:00 Candy Bingo (B)  
4:30 Wine & Cheese Happy Hour (B)

**11** 8:00 Walking Club - Meet in the Lobby  
10:00 Virtual Exercise–Ch. 970  
1:00 Rummikub – 3 tables (L#)  
1:00 Contract Rummy – 1 table (L#)  
4:30 Resident Happy Hour (B#)  
7:00 Movie: **Big Stone Gap** (T)

Patriot Day

**12** 10:00 Virtual Exercise – Ch. 970  
11:00 Grove Ave Baptist Church Service on NBC 12  
**12:00 – 2:00 Sunday Brunch (D)** \*To-Go Boxed Dinners Delivered Tonight  
**3:00 Group Sing Along with Dan (B)**

Grandparent’s Day

**13** 9:30 Grocery/Bank Bus Run (+)  
10:00 Brain Fitness (L)  
**11:00 Jamin’ with Jillson (B)**  
1:00 Rummikub (L#)  
1:00 Spiro100 Exercise Class (W)  
1:30 Shopping Bus Run (+)  
2:00 Prize Pokeno (B)  
**2:30 Bible Study Group (T#)**  
**3:00 Busy Fingers Group (L#)**  
**4:00 Margarita Monday with the Sales Team (B)**

**14** 8:00 Walking Club-Meet in Lobby  
10:00 Strength & Balance Class (B)  
**11:00 Activity Planning Meeting (B)**  
**1:00 Party Bridge (L#+)**  
1:15 Guide to Meditation (T)  
2:00 Netflix Series: **Bridgerton** (T)  
**3:00 OnSite Dermatology Apt. Visits**  
4:30 Name Tag Happy Hour (B)  
**7:00 Guided Autobiography Group (Apt. 403)**

**15** 9:00 10-Minute Meditation – Ch. 970  
**9:30 Hearing Aid Clinic (L)**  
10:00 Chair Yoga with Iffet (B)  
**10:00 Trip: Apple Picking & Lunch at Carter’s Mountain Orchard - \$12 (+)**  
2:00 Dollar Bingo (B)  
4:30 Resident Happy Hour (B#)  
7:00 Card Game – “31” (L#)

Yom Kippur, Begins at Sunset

**16** 8:00 Walking Club-Meet in Lobby  
10:15 Balance Class with Fox Rehab (B)  
11:30 Mandala Art (L)  
1:00 Game: Buzzword (B)  
2:00 Movie: **Hampstead** (T)  
4:30 Happy Hour (B)  
**6:30 Musical Performance by Triple Crossing Jazz Project (B)**

**17** 9:00 10-Minute Meditation – 970  
9:30 *Limited* Shopping Bus Run (+)  
10:00 Chair Yoga with Iffet (B)  
**11:15 Lunch Bunch: Boychiks Deli (+)**  
1:30 Bridge (L#)  
1:30 Shopping Bus Run (+)  
1:30 Nickel Bingo (B)  
**3:00 Chef’s Demo & Tasting (B+)**  
4:30 Wine & Cheese Happy Hour (B)

**18** 8:00 Walking Club - Lobby  
10:00 Virtual Exercise- Ch. 970  
**11:00 Line Dancing (B)**  
1:00 Rummikub (L#)  
**2:00 Rocket Launch Science Show in the Courtyard**  
4:30 Resident Happy Hour (B#)  
**6:30 Musical Performance by McKinley Cardwell (B)**  
7:00 Movie: **Driving Miss Daisy** (T)

**19** 10:00 Virtual Exercise – Ch. 970  
11:00 Grove Ave Baptist Church Service on NBC 12  
**3:00 Documentary – Ch. 970** See flyer for more info!

*Reminder! Spirit Week begins tomorrow. See flyer for info on how to participate!*

**20 Spirit Week – Wacky Sock Day!**  
9:30 Grocery/Bank Bus Run (+)  
10:00 Brain Fitness (L)  
**11:00 Ageless Grace (B)**  
1:00 Rummikub (L#)  
1:00 Spiro100 Exercise Class (W)  
1:30 Regency Area Shopping Run (+)  
2:00 Candy Bingo (B)  
**3:00 Busy Fingers Group (L#)**  
4:30 Resident Happy Hour (B#)  
**7:00 Poetry Circle (W#)**

**21 Spirit Week – Pirate Day!**  
8:00 Walking Club-Meet in Lobby  
10:00 Strength & Balance Class (B)  
**11:00 Discovery University Lecture (T)**  
**12:00 Tech Class with Mark (L)**  
1:00 Bridge (L#)  
1:15 Guide to Meditation (T)  
2:00 Netflix Series: **Bridgerton** (T)  
4:30 Name Tag Happy Hour (B)  
**7:00 Guided Autobiography Group (Apt. 403)**

**22 Spirit Week – Look Alike Day!**  
9:00 10-Minute Meditation – Ch. 970  
10:00 Chair Yoga with Iffet (B)  
**11:00 Game: Are you Smarter Than a 5<sup>th</sup> Grader? (B)**  
2:00 Prize Bingo (B)  
**3:30 Pet Therapy with Rabbits (B)**  
4:30 Resident Happy Hour (B#)  
**5:15 Trip: Dinner at Little Angela’s Italian Restaurant (+)**  
7:00 Card Game – “31” (L#)

First Day of Autumn

**23 Spirit Week – Patriotic Day!**  
8:00 Walking Club-Meet in Lobby  
10:15 Balance Class with Fox Rehab (B)  
11:00 Muffins & Mimosas (B)  
11:30 Group Giant Crossword Puzzle (B)  
**1:00 Henrico Co. Mobile Library (B)**  
**1:30 Q&A Health, Diet & Nutrition Lecture with Gen (L)**  
2:00 Movie: **Big Miracle** (T)  
4:30 Happy Hour (B)

**24 Spirit Week – Jersey Day!**  
9:00 10-Minute Meditation – Ch. 970  
9:30 Shopping Bus Run (+)  
10:00 Chair Yoga with Iffet (B)  
**12:00 Feeding First Responders – Trip (+)** See flyer for info!  
1:30 Shopping Bus Run (+)  
1:30 Bridge (L#)  
2:00 Dollar Bingo (B)  
4:30 Wine & Cheese Happy Hour (B)  
**6:30 Trip: Alexander Paley Music Festival (+)** \*See flyer for info!

**25** 8:00 Walking Club - Lobby  
10:00 Virtual Exercise- Ch. 970  
1:00 Rummikub – 3 tables (L#)  
1:00 Contract Rummy – 1 table (L#)  
**1:00 Candy Bingo (B)**  
**3:00 Trivia Competition with Dan (B+)**  
4:30 Resident Happy Hour (B#)  
7:00 Movie: **Dark Waters** (T)

**26** 10:00 Virtual Exercise – Ch. 970  
11:00 Grove Ave Baptist Church Service on NBC 12  
**3:00 Documentary – Ch. 970** See flyer for more info!

**27** 9:30 Grocery/Bank Bus Run (+)  
10:00 Brain Fitness (L)  
**11:00 Jamin’ with Jillson (B)**  
1:00 Rummikub (L#)  
1:00 Spiro100 Exercise Class (W)  
1:30 Shopping Bus Run (+)  
2:00 Nickel Bingo (B)  
**2:30 Bible Study Group (T#)**  
**3:00 Busy Fingers Group (L#)**  
4:30 Resident Happy Hour (B#)

**28** 8:00 Walking Club-Meet in Lobby  
10:00 Strength & Balance Class (B)  
**11:00 Guess the Staff Member’s School Picture (B)**  
1:00 Bridge (L#)  
1:15 Guide to Meditation (T)  
2:00 Netflix Series: **Bridgerton** (T)  
4:30 Name Tag Happy Hour (B)  
**7:00 Guided Autobiography Group (Apt. 403)**

**29** 9:00 10-Minute Meditation – Ch. 970  
**9:00 Made-to-Order Pancakes (+)** See other side for more info!  
10:00 Chair Yoga with Iffet (B)  
**10:00 Trip: Shopping at Williamsburg Outlets - \$8 (+)**  
11:00 Game: Buzzword (B)  
2:00 Prize Pokeno (B)  
4:30 Resident Happy Hour (B#)  
7:00 Card Game – “31” (L#)

**30** 8:00 Walking Club-Meet in Lobby  
10:15 Balance Class with Fox Rehab (B)  
11:00 Assorted Scones (B)  
11:30 Mandala Art (L)  
2:00 Movie: **The Sum of All Fears** (T)  
4:30 Happy Hour (B)

### Location Key

**B** - Legends Bar 1<sup>st</sup> Fl  
**C** - Dining Rm Courtyard  
**D** - Sensations Dining Rm  
**L** - Library & Media Ctr 2<sup>nd</sup> Fl  
**R** - Rm Next to Concierge  
**T** - Movie Theater 3<sup>rd</sup> Fl  
**W** - Wellness Center 1<sup>st</sup> Fl  
**#** - Resident-Led Activity  
**+** - Sign-up Required



**SUN MON TUE WED THUR FRI SAT**

**LOCATION KEY**  
 AR - Activity Room  
 Cy - Courtyards  
 DR - Dining Room  
 LR - Living Room

**5**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion (LR)  
 11:00 First Baptist Church on TV (AR)  
 2:00 Spa Afternoon (AR)  
 3:00 Sundae Social (DR)  
 3:30 Sunday Stretches (AR)  
 4:00 Bird Watching (Cy)  
 6:00 This or That Labor Day Chat (LR)  
 7:30 Sunday at the Cinema (AR)

**6**  
 Labor Day  
 10:00 Morning Reflection (LR)  
 10:00 Dog Visitors (LR)  
 10:30 Morning Movement - Sittercize (LR)  
 11:00 BINGO (LR)  
 2:00 Red, White, & Blue Crafternoon (LR)  
 3:00 Snacktivity - Mocktail Monday (DR)  
 4:00 Corn Hole (LR)  
 6:00 Labor Day Laughs (AR)  
 7:30 Jeopardy (AR)

**7**  
 9:30 Bread Baking (DR)  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Reach (LR)  
 11:00 Back to School Senior Advice (LR)  
 11:30 Chicken Soup for the Soul (LR)  
 2:00 Bible Study & Hymn Sing (LR)  
 3:00 Tea Time (DR)  
 4:00 Afternoon Stroll  
 6:00 Tic Tac Tuesday (AR)

**8**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Walking Club (Outside)  
 11:00 School Days Reminiscing (LR)  
 11:30 Career Conversations (LR)  
 2:00 Writing Workshop (DR)  
 3:00 Snacktivity - Coffee & Conversation (DR)  
 4:00 Walking Club  
 7:00 Watercolor Art (AR)

**9**  
 Teddy Bear Day  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Sit & Stretch (LR)  
 11:00 Devotions (LR)  
 2:00 Hands in the Garden (Cy)  
 3:30 Parachute Games (LR)  
 4:00 Manicures (AR)  
 7:00 Teddy Bear Tea & Trivia (AR)

**10**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Let's Dance! (LR)  
 10:30 You've Got Mail  
 11:00 Joy Ride  
 1:00 Bunny Therapy (LR)  
 2:00 Prayer in my Pocket (LR)  
 3:00 Happy Hour (LR)  
 4:00 Jewelry Making (AR)  
 7:00 Hallmark Movie (AR)

**11**  
 10:00 Morning Reflection (LR)  
 10:30 Sit & Stretch (AR)  
 11:00 BINGO (AR)  
 2:00 Hand Massages (AR)  
 3:00 Fresh Fruit Smoothie Social (DR)  
 3:30 Therapeutic Coloring (LR)  
 4:00 Bowling (LR)  
 6:30 Evening Stroll  
 7:00 Lawrence Welk (AR)

**12**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion (LR)  
 11:00 First Baptist Church on TV (AR)  
 2:00 Spa Afternoon (AR)  
 3:00 Sundae Social (DR)  
 3:30 Sunday Stretches (AR)  
 4:00 Bird Watching (Cy)  
 7:30 Sunday at the Cinema (AR)

**13**  
 10:00 Morning Reflection (LR)  
 10:30 Morning Movement - Sittercize (LR)  
 11:00 BINGO (LR)  
 2:00 Apple Crafternoon (LR)  
 3:00 Snacktivity - Mocktail Monday (DR)  
 3:30 Fountain Favs 50's (LR)  
 4:00 Back to School Trivia (LR)  
 7:30 Jeopardy (AR)

**14**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Reach (LR)  
 11:00 Homemade Applesauce (DR)  
 11:30 Chicken Soup for the Soul (LR)  
 2:00 Bible Study & Hymn Sing (LR)  
 3:00 Tea Time (DR)  
 4:00 Afternoon Stroll  
 6:00 Tic Tac Tuesday (AR)

**15**  
 Hat Day  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Walking Club (Outside)  
 11:30 High School Hobby Chat (LR)  
 12:00 Red Hat Society Luncheon (DR)  
 2:00 Miss Fannie's Hat (LR)  
 3:00 Snacktivity - Coffee & Conversation (DR)  
 4:00 100 Words (LR)  
 7:00 Watercolor Art (AR)

**16**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Sit & Stretch (LR)  
 11:00 Devotions (LR)  
 2:00 Hands in the Garden (Cy)  
 3:30 Parachute Games (LR)  
 4:00 Manicures (AR)  
 7:00 Therapeutic Coloring (AR)

**17**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Let's Dance! (LR)  
 10:30 You've Got Mail  
 11:00 Joy Ride  
 1:00 Bunny Therapy (LR)  
 2:00 Campfire Painting (LR)  
 3:00 Birthday Social (DR)  
 4:00 Tools of the Trade (AR)  
 7:00 Hallmark Movie (AR)

**18**  
 10:00 Morning Reflection (LR)  
 10:30 Sit & Stretch (AR)  
 11:00 Family Feud (AR)  
 2:00 Hand Massages (AR)  
 3:00 Fresh Fruit Smoothie Social (DR)  
 3:30 Dear Abby Coffee Chat (LR)  
 4:00 Basketball (LR)  
 6:30 Evening Stroll  
 7:00 Lawrence Welk (AR)

**19**  
 Grandparent Day  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion (LR)  
 11:00 First Baptist Church on TV (AR)  
 2:00 Spa Afternoon (AR)  
 3:00 Sundae Social (DR)  
 3:30 Sunday Stretches (AR)  
 4:00 Bird Watching (Cy)  
 6:00 Grandparent Wordsearch (AR)  
 7:30 Sunday at the Cinema (AR)

**20**  
 10:00 Morning Reflection (LR)  
 10:30 Morning Movement - Sittercize (LR)  
 11:00 BINGO (LR)  
 2:00 Sunflower Crafternoon (LR)  
 3:00 Snacktivity - Mocktail Monday (DR)  
 3:30 Grandparent Trivia (LR)  
 4:00 Corn Hole (LR)  
 7:30 Jeopardy (AR)

**21**  
 9:30 Bread Baking (DR)  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Reach (LR)  
 11:30 Chicken Soup for the Soul (LR)  
 1:00 Tattoos & "Booze" (Courtyard)  
 2:00 Bible Study & Hymn Sing (LR)  
 3:00 Tea Time (DR)  
 4:00 Afternoon Stroll  
 6:00 Tic Tac Tuesday (AR)

**22**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Walking Club (Outside)  
 10:45 Mary Stella Sing a Long (LR)  
 11:30 Resident Council Meeting (LR)  
 2:00 Writing Workshop (DR)  
 3:00 Snacktivity - Coffee & Conversation (DR)  
 4:00 Walking Club  
 7:00 Watercolor Art (AR)

**23**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Sit & Stretch (LR)  
 11:00 Devotions (LR)  
 2:00 Hands in the Garden (Cy)  
 3:30 Parachute Games (LR)  
 4:00 Manicures (AR)  
 7:00 Fall Trivia (AR)

**24**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Let's Dance! (LR)  
 10:30 You've Got Mail  
 11:00 Joy Ride  
 1:00 Bunny Therapy (LR)  
 2:00 Fall Scavenger Hunt (Courtyards & Community Walk)  
 3:00 Snacktivity - Water Infusion Bar (DR)  
 7:00 Hallmark Movie (AR)

**25**  
 10:00 Morning Reflection (LR)  
 10:30 Sit & Stretch (AR)  
 11:00 BINGO (AR)  
 2:00 Hand Massages (AR)  
 3:00 Fresh Fruit Smoothie Social (DR)  
 3:30 Therapeutic Coloring (LR)  
 4:00 Bowling (LR)  
 6:30 Evening Stroll  
 7:00 Lawrence Welk (AR)

**26**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion (LR)  
 11:00 First Baptist Church on TV (AR)  
 2:00 Spa Afternoon (AR)  
 3:00 Sundae Social (DR)  
 3:30 Sunday Stretches (AR)  
 4:00 Bird Watching (Cy)  
 7:30 Sunday at the Cinema (AR)

**27**  
 10:00 Morning Reflection (LR)  
 10:30 Morning Movement - Sittercize (LR)  
 11:00 BINGO (LR)  
 2:00 Leaf Crafternoon (LR)  
 3:00 Snacktivity - Mocktail Monday (DR)  
 3:30 Fountain Favs 50's (LR)  
 7:30 Jeopardy (AR)

**28**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Reach (LR)  
 11:30 Chicken Soup for the Soul (LR)  
 2:00 Bible Study & Hymn Sing (LR)  
 3:00 Tea Time (DR)  
 4:00 Afternoon Stroll  
 6:00 Tic Tac Tuesday (AR)

**29**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Walking Club (Outside)  
 11:30 This or That Chat (LR)  
 2:00 Apple Painting (LR)  
 3:00 Snacktivity - Coffee & Conversation (DR)  
 4:00 100 Words (LR)  
 7:00 Watercolor Art (AR)

**30**  
 10:00 Morning Reflection (LR)  
 10:30 Morning in Motion - Sit & Stretch (LR)  
 11:00 Devotions (LR)  
 2:00 Hands in the Garden (Cy)  
 3:30 Parachute Games (LR)  
 4:00 Manicures (AR)  
 7:00 Therapeutic Coloring (AR)

**September 2021**

**Memory Care**

