

# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Dining</b></p> <p>Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 5:00 P.M. Evening Refreshments 7:00 P.M.</p>	<p>Tuesdays are 1:1 Comfort Tours &amp; Appointments</p> <p>Wednesday 1:30 PM Destination Outings Some outings require that we leave at 10:30, if that is the case residents will be notified.</p>	<p>Program Locations: If unmarked, Town Square (TS) CR Conference Room CM Community C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen Italics is an IN2L program</p>			<p><b>1</b> 10:00 Lower Body Exercise <i>10:30 Spiritual Reflections</i> 11:00 Brain Works <i>1:30 Funny Videos</i> <b>1:30 Staff Scramble</b> 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Exercise with Shay</p>	<p><b>2</b> 10:00 Morning Exercise 11:00 Proverbs 1:30 Video Trivia <i>1:30 Commercial Review</i> 3:00 Sing Along with Susie 3:30 Crafting Corners 6:00 Dance With Shay</p>
<p><b>3</b> 9:30 Prayer &amp; Reflection 10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Group 6:00 Java Music</p>	<p><b>4</b> 10:00 Using Weights 11:00 20 Questions 1:30 Basketball 3:00 Art with Jen 3:30 Jeopardy 4:00 Fast Facts: <b>School Days</b> <i>6:00 Travelogues: National Parks</i></p>	<p><b>5</b> 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Brain Games 1:30 Cornhole 3:00 Bingo 4:00 Sing Along 6:00 Stretch with Shay</p>	<p><b>6</b> <b>10:00 Chair Yoga with Gia</b> 11:00 Word Ladder 1:30 Arms Up! 1:30 Tootle-Lou &amp; Reminisce 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>7</b> 10:00 Dance to Fitness 11:00 Name That Tune <i>1:30 Visual Relaxation</i> 3:00 iN2L Challenge 3:00 Activity Tables 4:15 Walk with Me 6:00 Movement with Shay</p>	<p><b>8</b> 10:00 Lower Body Exercise <i>10:30 Spiritual Reflections</i> 11:00 Brain Works <i>1:30 Funny Videos</i> 1:30 Soccer 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Exercise with Shay</p>	<p><b>9</b> 10:00 Morning Exercise 11:00 Name that Animal <b>1:30 Zumba</b> <i>1:30 Commercial Review</i> 3:00 Sing Along with Susie 3:30 Crafting Corners 4:15 Walk With Me 6:00 Dance With Shay</p>
<p><b>10</b> 9:30 Prayer &amp; Reflection 10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Group 6:00 Java Music</p>	<p><b>11</b> 10:00 Using Weights 11:00 20 Questions 1:30 Patriotic Reflection 2:00 Basketball 3:00 Art with Jen 3:30 Jeopardy 4:00 Fast Facts: <b>Cooking</b> <i>6:00 Travelogues: Beaches</i></p>	<p><b>12</b> 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Brain Games 1:30 Cornhole 3:00 Bingo 4:00 Sing Along 6:00 Stretch with Shay</p>	<p><b>13 *no outing today*</b> 10:00 Stretch and Shape 11:00 SCHOOL Words <b>12:00 Family Picnic*</b> <b>1:30 Larry Batter</b> 1:30 Tootle-Lou &amp; Reminisce 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>14</b> 10:00 Dance to Fitness 11:00 iN2L Challenge <i>1:30 Visual Relaxation</i> <b>1:30 Zumba</b> 3:00 Activity Tables 4:15 Walk with Me 6:00 Movement with Shay</p>	<p><b>15</b> 10:00 Lower Body Exercise <i>10:30 Spiritual Reflections</i> 11:00 Brain Works <i>1:30 Funny Videos</i> 1:30 Pillow Polo 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Exercise with Shay</p>	<p><b>16</b> 10:00 Morning Exercise 11:00 Name Five 1:30 Video Trivia <i>1:30 Commercial Review</i> 3:00 Sing Along with Susie 3:30 Crafting Corners 6:00 Dance With Shay</p>
<p><b>17</b> 9:30 Prayer &amp; Reflection 10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Group 6:00 Java Music</p>	<p><b>18</b> 10:00 Using Weights 11:00 20 Questions 1:30 Basketball 3:00 Art with Jen 3:30 Jeopardy 4:00 Fast Facts: <b>Crafts</b> <i>6:00 Travelogues: Texas</i></p>	<p><b>19</b> 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Brain Games <b>1:30 Lenny Zarcone</b> 3:00 Bingo 4:00 Sing Along 6:00 Stretch with Shay</p>	<p><b>20</b> <b>10:00 Chair Yoga with Gia</b> 11:00 Word Ladder 1:30 Arms Up! 1:30 Tootle-Lou &amp; Reminisce 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Hymn Sing</p>	<p><b>21</b> 10:00 Dance to Fitness 11:00 Jeopardy <i>1:30 Visual Relaxation</i> 3:00 iN2L Challenge 3:00 Activity Tables 4:15 Walk with Me <b>5:00 Support Group CR</b> 6:00 Movement with Shay</p>	<p><b>22</b> 10:00 Lower Body Exercise <i>10:30 Spiritual Reflections</i> 11:00 Brain Works <i>1:30 Funny Videos</i> <b>1:30 Staff Scramble</b> 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Dancing</p>	<p><b>23</b> 10:00 Morning Exercise 11:00 Fact or Fiction <b>1:30 Zumba</b> <i>1:30 Commercial Review</i> 3:00 Sing Along with Susie 3:30 Crafting Corners 4:15 Walk With Me 6:00 Dance With Shay</p>
<p><b>24</b> 9:30 Prayer &amp; Reflection 10:00 Upper Body <b>11:00 St. Dunstan's</b> 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Group 6:00 Java Music</p>	<p><b>25</b> 10:00 Using Weights 11:00 20 Questions 1:30 Basketball 3:00 Art with Jen 3:30 Jeopardy 4:00 Fast Facts: <b>Camping</b> <i>6:00 Travelogues: Colorado</i></p>	<p><b>26</b> 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Brain Games 1:30 Cornhole 3:00 Bingo 4:00 Sing Along 6:00 Stretch with Shay</p>	<p><b>27</b> 10:00 Stretch and Shape 11:00 Word Ladder <b>1:30 Mary Morse</b> 1:30 Tootle-Lou &amp; Reminisce 3:00 Small Groups 3:45 Fill In The Blank 4:15 This Day in History 6:00 Clare and Bridge Programs</p>	<p><b>28</b> 10:00 Dance to Fitness 11:00 The Price is Right <i>1:30 Visual Relaxation</i> <b>1:30 Zumba</b> 3:00 Activity Tables 4:15 Walk with Me 6:00 Movement with Shay</p>	<p><b>29</b> 10:00 Lower Body Exercise <i>10:30 Spiritual Reflections</i> 11:00 Brain Works <i>1:30 Funny Videos</i> 1:30 Soccer 3:00 Musical Review 4:15 Walk with Me 6:00 Scarf Exercise with Shay</p>	<p><b>30</b> 10:00 Morning Exercise 11:00 Stump Me 1:30 Video Trivia <i>1:30 Commercial Review</i> 3:00 Sing Along with Susie 3:30 Crafting Corners 6:00 Dance With Shay</p>