



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>All activities are 45 min unless otherwise stated</p>	<p>1 FCR– 1st Floor Conference Room 3rd FL– 3rd Floor Lobby AL– Assisted Living Day Room HC– Healthcare Day Room DR– Dining Room TVR– TV Room Liv Room—Living Room</p>	<p>IYR– In Your Room 1 FL– First Floor Lobby GAL—Gallery BPL—Back Parking Lot MC– Memory Care Living Room KIT—Kitchen</p>			<p>1 College Colors Day 9:00 Daily Gazette with Skip (MC) 10:00 Movement Morning Fun (AL) 1:00 Rest & Relaxation (IYR) 3:00-4:00 Games with Dan (MS) 3:30 Music Performance: Me & Martha (MC)</p>	<p>2 National Hummingbird Day 9:30 Fascinating Facts (AL) 10:30 Gazebo Visit 1:00 Trail Mix Cart 2:00 Music with Skip (LR)</p>	
	<p>3 National Pet Rock Day 11:00-12:00 T.V. Church Service (Channel 287) 1:00 Rest & Relax (IYR) 1:30 One-on-One Visits 3:30 Vespers (Chapel)</p>	<p>4 Labor Day 10:00 Gazebo Visits 11:15 Mad Libs and Labor Day Laughs (AR) 1:00 Rest & Relaxation (IYR)</p>	<p>5 National Be Late for Something Day 9:30 Coffee and Tea Talk: Meet and Greet with Tiffany (MC) 10:30 Bingo (AL) 11:15 Spa Time (Liv Rm) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30-4:00 Chair Yoga (MC) 6:00 T.V. Favorites (TV Rm)</p>	<p>6 National Read a Book Day 9:30 Gentle Moves (AL) 10:30 Dominoes (MC) 1:45 Hydration Cart 2:00-2:30 Seated Qigong (MC) 3:00 Sing-a-long (MC) 6:00 Reading Corner (MC)</p>	<p>7 National Acorn Squash Day 9:30 Senior Stroll 10:30 Name That Tune (MC) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30 Bingo (MC) 6:00 T.V. Favorites (TV Rm)</p>	<p>8 Stand Up To Cancer Day 9:00 Daily Gazette with Skip (MC) 10:00 Fun Friday (Breeze Way) 1:45 Hydration Cart 2:00 Balloon Toss (MC) 3:00-4:00 Games with Dan (MS) 6:00 Reading Corner (MC)</p>	<p>9 International Sudoku Day 9:30 Mixed-Up School Cafeteria (AL) 10:30 Gazebo Visit 1:00 Snack Cart</p>
	<p>10 National Grandparents Day 11:00-12:00 T.V. Church Service (IYR) 1:00 Rest & Relax (IYR) 1:30 One-on-One Visits (IYR) 3:30 Vespers (Chapel)</p>	<p>11 National Make Your Bed Day 9:00 Monday Morning Music (MC) 10:15 Morning Moves 1:45 Hydration Cart 2:00 Devotions (MC) 3:00 Music with Susan (TV Rm) 3:30 Bingo (HCDR) 4:30 First Responders Dinner (GAL) 6:00 Reading Corner (MC)</p>	<p>12 National Day of Encouragement 9:30 Coffee and Tea Talk (MC) 10:30 Bingo (AL) 11:15 Spa Time (Liv Rm) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30-4:00 Chair Yoga (MC) 6:00 T.V. Favorites (TV Rm)</p>	<p>13 International Chocolate Day 9:30 Gentle Moves (AL) 10:30 Dominoes (MC) 1:45 Hydration Cart 2:00-2:30 Seated Qigong (MC) 3:00 Choose Your Chocolate (MC) 6:00 Reading Corner (MC)</p>	<p>14 National Coloring Day 9:30 Senior Stroll 10:30 Color Me Happy (MC) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30 Bingo (MC) 6:00 T.V. Favorites (TV Rm)</p>	<p>15 Make a Hat Day 9:00 Daily Gazette with Skip (MC) 10:00 Fun Friday (AR) 1:45 Hydration Cart 2:00 Craft: Making Felt Hats for Winter (MC) 3:00 Music Performance: Susan Edelman (GAL) 3:00-4:00 Games with Dan (MS) 6:00 Reading Corner (MC)</p>	<p>16 National Dance Day 9:30 Wacky Wordies (HC) 10:30 Gazebo Visit 1:00 Snack Cart 2:00 Music with Grace (LR)</p>

September 2023

The Cottages (MC)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17 Smithsonian Day 11:00-12:00 T.V. Church Service (IYR) 1:00 Rest & Relax (IYR) 1:30 One-on-One Visits (IYR) 3:30 Vespers (Chapel)	18 National Respect Day 9:00 Monday Morning Music (MC) 10:15 Morning Moves 1:45 Hydration Cart 2:00 Devotions (MC) 3:00 Music with Susan (TV Rm) 3:30 Bingo (HCDR) 6:00 Reading Corner (MC)	19 Recycle Now Week 9:30 Coffee and Tea Talk (MC) 10:30 Bingo (AL) 11:15 Spa Time (Liv Rm) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30-4:00 Chair Yoga (MC) 6:00 T.V. Favorites (TV Rm)	20 National Punch Day 9:30 Gentle Moves (AL) 10:30-11:00 Resident Council (AR) 1:45 Hydration Cart 2:00-2:30 Seated Qigong (MC) 3:00 Music Performance: Barbara Martin (GAL) 6:00 Reading Corner (MC)	21 World Alzheimer's Day 9:30 Senior Stroll 10:30 Arm Chair Travel: Mexico (MC) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30 Bingo (MC) 3:30-4:30 Dog Visits (MC) 6:00 T.V. Favorites (TV Rm) 6:00 Open Mic Night (GAL)	22 Falls Prevention Awareness Day 9:00 Daily Gazette with Skip (MC) 10:00 Fun Friday (AR) 1:45 Hydration Cart 2:00 Balloon Toss (MC) 3:00-4:00 Games with Dan (MS) 6:00 Reading Corner (MC)	23 First Day of Autumn 10:00 Current Events and News (AL) 11:00 Who and What Am I? (AL) 2:00 Trivia Fun (AL) 3:00 Puzzle Time (Puzzle Table) 4:00 Memory Game (AL)
24 World Rivers Day 11:00-12:00 T.V. Church Service (IYR) 1:00 Rest & Relax (IYR) 1:30 Door To Door (IYR) 3:30 Vespers (Chapel)	25 National One-Hit Wonder Day 9:00 Monday Morning Music (MC) 10:15 Morning Moves 1:45 Hydration Cart 2:00 Devotions (MC) 3:00 Music with Susan (TV Rm) 3:30 Bingo (HCDR) 6:00 Reading Corner (MC)	26 Johnny Appleseed Day 9:30 Coffee and Tea Talk (MC) 10:30 Bingo (AL) 11:15 Spa Time (Liv Rm) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30 Birthday Social 6:00 T.V. Favorites (TV Rm)	27 National No Excuses Day 9:30 Gentle Moves (AL) 10:30 Dominoes (MC) 1:45 Hydration Cart 2:00-2:30 Seated Exercise (MC) 3:00 What's Cooking?: Cookies (KIT) 6:00 Reading Corner (MC)	28 National Good Neighbor Day 9:30 Senior Stroll 10:30 Let's Talk Sports (MC) 1:45 Hydration Cart 2:00-3:00 Country Ride 3:30 Bingo (MC) 3:30-4:30 Dog Visits (MC) 6:00 T.V. Favorites (TV Rm)	29 National Coffee Day 9:00 Daily Gazette with Skip (MC) 10:00 Fun Friday (AR) 1:45 Hydration Cart 2:00 Balloon Toss (MC) 3:00-4:00 Games with Dan (MS) 6:00 Reading Corner (MC)	30 Orange Shirt Day 10:00 Current Events and News (AL) 11:00 Gazebo Visit 1:00 Reminisce Time with Skip (AL) 2:00 Basketball Fun (MC)



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IYR— In Your Room
 1 FL— First Floor Lobby
 GAL—Gallery
 BPL—Back Parking Lot
 MC— Memory Care Living Room
 KIT—Kitchen