## September 2023 Life Enrichment Monthly Calendar

Assisted Living

Activities are subject to change

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Fair 1:00 Veterans Club (A) 3:00 Music Bingo 5:30 Movie Night & Popcorn: A Little Princess	10:00 Coffee Chat & Current Events 12:00 Football Kickoff with Sperg 1:00 Bowling 3:00 Book Club: Chicken Soup Stories 5:00 Aromatherapy & Relaxing
36	10:00 Sunday Devotional 1:00 Spa Day Sunday 3:00 Travelogues with Rick Steves 5:00 Evening Teatime	Labor Day 4 10:00 Seated Yoga 12:00 Labor Day Buffet (MDR) 1:45 Write That Word - Labor Day Edition 2:30 Live Entertainment with Paul Wilheim (AL) 5:30 Craft Corner: Labor Day Flower	I0:00 Exercise: Active Fitness 1:30 Outing: Colemans Farm Market 3:00 Game: Pop Darts 5:30 Conversation Cards	10:00 Exercise: Tai Chi 1:00 Candy Bar Bingo 3:00 Hello Fall - Happy Hour 5:00 Storytime & Relaxation	7 10:00 Exercise: Seated Boxing 1:00 Activity Planning Meeting 1:30 Manicures & Mimosas with Erin 5:30 Minute to Win It: Cup Stacking Relay		9:00 Outing: Saline Farmers Market 10:00 Coffee Chats & Current Events 1:00 Jigsaw Puzzles & 60's Music 3:00 Threes Dice Game 3:30 Football Kickoff with Sperg 5:00 Aromatherapy
	ICY)	10:00 9/11 - Moment of Silence (SL Flag Pole) 1:45 Seated Zumba 2:30 Live Entertainment with Jerry Perrine (MC) 5:30 Paint & Sip Featuring: Sparkling Cider	10:00 Active Fitness 1:30 Outing: Wiard's Orchard 3:00 Housekeeping Give Back Project 5:30 Ted Talk & Tea Time	9:00 Waffle Wednesday (MDR) 10:00 Seated Weight Training 1:00 Candy Bar Bingo 3:00 Cider Mill - Happy Hour 5:30 Conversation Cards	10:00 Exercise: Seated Stretch Bands 1:00 Baking Group: Carmel Candy Apples 3:00 Snack Hour & Giant Cross Words 5:30 Spa Night - Manicures & Hand Massages	10:00 Cardio Drumming 1:00 Live Entertainment with the ABC Sisters (TH) 1:00 Baking Group: Apple Dumplings 3:00 Coloring Craft: Fall Leaves 5:30 Movie Night & Popcorn: My Sisters Keeper	10:00 Coffee Chats with Apple Dumplings & Current Events 1:00 Mayflower History 3:00 Courtyard Corn Hole 5:00 Aromatherapy & Relaxing 7:30 Football Kickoff with Sperg
	10:00 Sunday Devotional 1:00 Spa Day Sunday 3:00 Travelogues with Rick Steves 5:00 Evening Teatime	10:00 Active Fitness 1:45 ABC Challenge Trivia 2:30 Live Entertainment with Christine Schinker (AL) 5:30 Minute to Win It: Flip Cup	19 10:00 Seated Yoga 1:30 Outing: Kapnick Orchards 3:00 Family Feud 5:30 Ted Talk & Tea Time	10:00 Weights & Stretching 1:00 Music Bingo 3:00 National Punch Day - Happy Hour 5:00 Conversation Cards	10:00 Seated Boxing 1:00 September Birthday Party (AL) 3:00 Word in Words Trivia Challenge 5:30 Craft Corner: Pumpkin Painting	10:00 Cardio Drumming 1:00 Live Entertainment with Yuta (NL) 3:00 National Ice Cream Cone Day - Ice Cream Hour 5:30 Movie Night & Popcorn: Love & Galato	10:00 Coffee Chats & Current Events 12:00 Football Kickoff with Sperg 1:00 Dart Competition 3:00 Bingo 5:00 Aromatherapy & Relaxing
	10:00 Sunday Devotional 1:00 Spa Day Sunday 3:00 Travelogues with Rick Steves 5:00 Evening Teatime  Calender Key:	10:00 Seated Zumba 1:45 Card Game: War 2:30 Live Entertainment with Marsha Gayle (MC) 5:30 Minute To Win It: Domino Stacking  TH - Theater	10:00 Active Fitness 1:30 Outing: Yankee Air Museum 3:00 Card Game: Uno Snap 5:30 Ted Talk & Tea Time	10:00 Exercise: Balloon Volleyball 1:00 Culinary Showcase with Chef Adam (MC) 3:00 Lions Power Hour - Happy Hour 5:00 Conversation Cards	10:00 Exercise: Octo-Bands 1:00 Game: Ready, Steady, Roll 3:00 Card Game: Blink 6:00 Family Casino Night	10:00 Cardio Drumming 1:00 Craft Corner: Button Monogram 3:00 Game: The Fuzzies 5:30 Movie Night & Popcorn: The Dig	10:00 Coffee Chats & Current Events 1:00 Uno 3:00 Book Club: Chicken Soup Stories 5:00 Aromatherapy & Relaxing TBD Football Kickoff with Sperg

AL - Assisted Living MC - Memory Care

MDR - Main Dining Room

NL - North Lobby

ICY - Independent Courtyard

IL - Independent Living CY - Courtyard

