

White Lake Assisted Living

Independent Living | Assisted Living

September 2023

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Wear RED Fridays 1 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Bible Study 6:30 pm The Incredible Dr. Pol	2 1:30 pm Saturday Matinee ~ Mystic Pizza (Prime) 3:45 pm Worship with St. Stephens Lutheran Church
4:30 pm Worship & Communion with Pastor Dunn 3	4 Enjoy your Labor Day!! 2:00 pm Movie Matinee ~ The Grapes of Wrath (Prime)	5 10:30 am Cardio Drums 11:00 am Coffee & Chronicles 1:30 pm Bingo & Happy Hour 6:30 pm Virgin River	6 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Make your own Tie-dye 6:30 pm The Incredible Dr. Pol	7 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Cribbage w/ Chris 1:30 pm Puppies Visiting 6:30 pm Virgin River	Wear RED Friday 8 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Bible Study 6:30 pm The Incredible Dr. Pol	9 2:00 pm Saturday Matinee ~ A Dog's Purpose (Amazon)
National Grandparents Day 10 Grab some cookies & lemonade in the dining room!!	11 Wear Red Clothes 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm White Lake Fire Dept presentation, trucks on display, & ice cream social 6:30 pm Movie ~ Fireproof	12 Wear Tie-Dye 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Dessert Bar put on by Culinary 2:00 pm Staff Pie in the Face 6:30 pm Movie ~ Julie & Julia	13 Wear your White Lake Shirt 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Craft: Homemade dog treats 2:00 pm Puppies Visiting 6:30 pm Movie ~ The Biggest Little Farm	14 Wear Animal Print 10:30 am Stretch & Tone (IL) 1:30 pm Farmer's Market 2:00 pm Praising Harmonica (MC) 6:30 pm Movie ~ The Art of Racing in the Rain	15 Wear your Pajamas 10:00-11:00 Wellness Clinic 11:00 am Stretch & Tone 2:00-3:00 pm Wellness Clinic 2:00 pm Bible Study (SCR) 6:30 pm Movie ~ Patch Adams	16 1:30 pm Saturday Matinee ~ Wonder (Prime) 2:30 pm Beverage Cart 3:45 pm Worship with St. Stephens Lutheran Church
2:00 pm Worship with Faith Lutheran 17	18 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Fancy Fingers 6:30 pm The Incredible Dr. Pol	19 10:30 am Cardio Drums 11:00 am Coffee & Chronicles 1:30 pm Bingo & Happy Hour 6:30 pm Virgin River	20 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 11:00 am Hospice Service MC 1:30 pm Cribbage w/ Chris 2:00 pm Kitchen Cabinet 4:00 pm Presentation 6:30 pm The Incredible Dr. Pol	21 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Travel Club: Greece 6:30 pm Virgin River	Wear RED Friday 22 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Bible Study 6:30 pm The Incredible Dr. Pol	23 2:00 pm Saturday Matinee ~ The Bodyguard (Prime)
24 Grab a coloring page and/or crossword puzzle from in the Community Room	25 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Culinary Showcase 6:30 pm The Incredible Dr. Pol	26 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 12:00 pm Men's Lunch (IL) 1:30 pm Bingo & Happy Hour 6:30 pm Virgin River	27 9:30 am Communion Service 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm Cribbage w/ Chris 1:30 pm Resident Council 6:30 pm The Incredible Dr. Pol	28 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 1:30 pm September Birthday & New Resident Party 6:30 pm Virgin River	29 Wear RED Friday 10:30 am Stretch & Tone 11:00 am Coffee & Chronicles 2:00 pm Bible Study 6:30 pm The Incredible Dr. Pol	30 2:00 pm Saturday Matinee ~ Arsenic & Lace (Prime) 3:45 pm Worship with St. Stephens Lutheran Church

Calendar Key:

MC - Memory Care
CM - Community Room
L - Lobby

SCR - Small Conference Room
IL- Independent Dining Room

Resident Birthdays:

1st - Richard #6
2nd - Gary #28
5th - Ronald # 29

Resident Birthdays:

20th - Ann #32
20th - Marilyn #39

Staff Birthdays:

16th - Lexus

