Independe	ence Village	of White	Lake
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## September 2023 Life Enrichment Monthly Calendar

Independent Living | Enhanced Living

Activities are subject to change

١	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						I 1:00 Weight Workout (GP) 1:00-3:00 2U Vision (GP) 2:30 Chair Volleyball (C) 6:00 Chicken Foot Dominoes (FL)	I 1:00 Shape Up Fitness (GP) 1:00 Music with Jerry Perrine (C) 2:30 Euchre Club (GP) (Need 4 People to Play) 3:30 Village Putters (GP)
	I 1:00 Let's Exercise (GP) 12:30 Catholic Mass (GP) St. Pat's on TV 1:00 \$2 LCR Game (GP) Bring 8 quarters 2:30 Men's Pool (3rd floor)	LABOR DAY  10:30 Massage w/Annie, by appt.  11:00 Let's Exercise (GP)  11:30 Early Dinner (EDR)  12:00 Early Dinner (MDR)  1:30 Ice Cream Cones (C)  6:00 Poker Club - Bring \$ (GP)  6:00 Chicken Foot Dominoes (FL)	9:30 Therapy Dog Visit (CA) 10:00 Click List Shopping (AO) 11:00 Exercise with PT (GP) 1:00 Blood Pressure Check (D) 1:30 Kindness Card Crew (PDR) 2:30 Chair Volleyball (C)	I 1:00 Theraband Exercise (GP) 1:30 Nail Painting (GP) 2:30 Quarter Bingo (GP) Bring \$3.50 to play 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP)	7 10:30 Oakland County (S) Farmers Market 11:00 Exercise with PT (GP) 3:30 Birthday Happy Hour (C) Tom Zakarian will entertain 6:00 Rummikub Game (GP) 6:00 Pinochle Club (GP)	8 10:00-11:30 Traveling Cart (ST) Photo of you and your grandchild 1:00 Weight Workout (GP) 2:30 Chair Volleyball (C) 6:00 Chicken Foot Dominoes (FL)	I 1:00 Exercise It with Elin (GP) I:00 Nickels Game (GP) Bring 20 nickels 2:30 Euchre Club (GP) (Need 4 People to Play) 3:30 Village Putters (GP)
	GRANDPARENTS DAY   0  11:30 Brunch Full Service (EDR)  11:30 Brunch No Guests (MDR)  12:30 Brunch with Guests (MDR)  1:30 Outside Music (MC)  with Frank Sternett  3:00 Family Bingo (MDR)  Bring \$3.50 to play	10:30 Massage w/Annie, by appt. 10:30 Train Your Brain (L) 11:00 Chair Yoga (GP) 1:30 Mass with St. Pat's (GP) 3:00 Chair Volleyball (C) 6:00 Poker Club - Bring \$ (GP) 6:00 Chicken Foot Dominoes (FL)	9:30 Therapy Dog Visit (CA) 10:00 Click List Shopping (AO) 11:00 Exercise with PT (GP) 1:00 Blood Pressure Check (D) 2:30 Culinary Showcase (GP) 5:30 Music by Steve Kovich (C)	I 1:00 Weight Workout (GP) 1:30 Nurse Chat (GP) 1:45-3:30 Traveling Cart (ST) Chocolate Milkshake Cookies 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP)	8:30-10:00 Waffle Bar (MDR) 11:00 Exercise with PT (GP) 2:30 Grief Support Group (L) 3:00 Reminisce w/Stephanie (GP) 4:00 Drink of the Day (C) Espresso Martini 4:00 Hearing Care (L) 6:00 Bunco with St. Pat's (GP)	I 1:00 Theraband Exercise (GP) I 1:30 Lunch at Benstein Grill (S) I:00 DIA Presentation (GP) "Let me Tell You a Story" 2:30 Chair Volleyball (C) 6:00 Chicken Foot Dominoes (FL)	I 1:00 Let's Exercise (GP) 1:00 \$2 LCR Game (GP) Bring 8 quarters 2:30 Euchre Club (GP) (Need 4 People to Play) 3:30 Village Putters (GP)
	17 11:00 Exercise It with Elin (GP) 12:30 Catholic Mass (GP) St. Pat's on TV 1:30 Candy Bingo (GP) 3:00 Wii Golf (GP)	18 10:00-11:30 Traveling Cart (ST) Pumpkin Muffins 10:30 Massage w/Annie, by appt. 11:00 Chair Yoga (GP) 1:30 Communion w/St. Pat's (GP) 2:00 Pumpkin Craft (GP) 6:00 Poker Club - Bring \$ (GP) 6:00 Chicken Foot Dominoes (FL)	9:30 Therapy Dog Visit (CA) 10:00 Click List Shopping (AO) 11:00 Exercise with PT (GP) 12:45-2:30 Foot Care by appt (GP) 1:00 Blood Pressure Check (D) 2:30 Chair Volleyball (C) 5:30 Sing Along with Kathy (C)	11:00 Protestant Service (GP) 12:00 Chinese Take Out (PDR) 1:00 Theraband Exercise (GP) 2:30 Quarter Bingo (GP) Bring \$3.50 to play 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP)	11:00 Exercise with PT (GP) 1:30 Book Club (L) 2:30 Open Forum (GP) 3:30 Happy Hour Party (C) Gary Sacco will entertain 6:00 Rummikub Game (GP) 6:00 Pinochle Club (GP)	11:00 Weight Workout (GP) 12:00 Veteran's Lunch (MDR) 1:30 Scattergories Game (GP) 3:00 Chair Volleyball (C) 6:00 Chicken Foot Dominoes (FL)	I 1:00 Shape Up Fitness (GP) I:00 Nickels Game (GP) Bring 20 nickels 2:30 Euchre Club (GP) (Need 4 People to Play) 3:30 Village Putters (GP)
1 9	11:00 Let's Exercise (GP) 12:30 Communion with Kathy (GP) 12:45 Catholic Mass (GP) St. Pat's on TV 1:30 Yahtzee Game (GP)	10:30 Massage w/Annie, by appt. 10:30 Train Your Brain (L) 11:00 Chair Yoga (GP) 1:30 Communion w/St. Pat's (GP) 2:30 Chair Volleyball (C) 6:00 Poker Club - Bring \$ (GP) 6:00 Chicken Foot Dominoes (FL)	9:30 Therapy Dog Visit (CA) 10:00 Click List Shopping (AO) 11:00 Exercise with PT (GP) 1:00 Blood Pressure Check (D) 1:30 Long's Orchard (S) 5:45 Music with Kevin Wills (C)	8:30-10:00 Omelette Bar (MDR) 11:00 Age in Motion (GP) and balance Clinic 1:00 Weight Workout (GP) 2:30 Quarter Bingo (GP) Bring \$3.50 to play 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP)	11:00 Exercise with PT (GP) 2:30 Grief Support Group (L) 3:30 Happy Hour Party (C) Dan Hazelett will entertain 6:00 Bunco with St. Pat's (GP)	10:00-1:00 Flu Shot Clinic (GP) 1:00 Weight Workout (GP) 2:30 Chair Volleyball (C) 6:00 Chicken Foot Dominoes (FL)	I 1:00 Let's Exercise (GP) 1:00 \$2 LCR Game (GP) Bring 8 quarters 2:30 Euchre Club (GP) (Need 4 People to Play) 3:30 Village Putters (GP)
1		D - Den GP - Gathering Place	MDR - Main Dining Room EDR - Enhanced Dining	•	M - Massage Room	FD - Front Desk WO - Wellness Office ML - Movie Lounge	Independence Village SENIOR LIVING