

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 31</b> 10:00 Seated Stretches 10:45 Parachute Fun 11:30 Photo Reminiscing 1:30 Painting Sunflower Ornaments 2:30 The Perk 3:00 Spiritual Eldercare Video Church Service 4:00 Elvis Sing Along	<b>1</b> 9:45 The Perk 10:30 Monday Movement 11:00 Guess the Job, Career Reminiscing 1:30 Keep It Moving 3:00 Dominoes 4:15 Labor Day History 6:30 Adult Coloring	<b>2</b> 9:15 The Daily Perk *10:00 Catholic Rosary in AL 10:15 Name 5 10:30 Senior Music Connection Live Music with Krissy 1:30 Wheel of Fortune 2:45 Bible Study 3:45 Flower Talk 6:15 Travelogue: Alaska	<b>3</b> 9:15 The Daily Perk 10:30 True/False Trivia 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Tell Me About... 2:15 Name that Tune 3:00 Bingo 4:15 Jigsaw Joy 6:15 Nature Sounds for Relaxation	<b>4</b> 9:15 The Daily Perk 10:15 Bridgetown Music and Movement 1:30 Hoy! Card Game 3:00 Thirsty Thursday 4:00 Kickball 5:00 Name the Pairs 6:15 Sing Along	<b>5</b> 9:15 The Daily Perk 10:15Danbury Drummers Cardio Exercise 11:30 Finish the Phrase 1:15 Animal Trivia 2:00 Chair Volleyball in AL 3:15 Golden Memories 6:00 Friday Night Flick	<b>6</b> 9:15 The Daily Perk 10:00 Saturday Stretches 11:15 Musical Memories 1:45 Farm Reminiscing Bag 3:00 50s Memories 7:00 "Lawrence Welk" (TV ch.16)
<b>Grandparents' Day &amp; 7 Start of AL Week</b> 9:15 The Daily Perk 0:00 Seated Stretches 10:45 Hot Air Balloon Art 2:00 Grandparents' Day Ice Cream Social 3:00 Spiritual Eldercare Video Church Service	<b>Assisted Living Week 8</b> 9:45 The Perk 10:15 Monday Movement 11:00 Read About: Hot Air Balloons 1:30 Art Adventures: Hot Air Balloon Art 3:00 Travel Trivia 4:15 Finish the Phrase 6:30 Hot Air Balloon Videos	<b>Assisted Living Week 9</b> 9:15 The Daily Perk *10:00 Catholic Rosary in AL 10:15 Exercise "Bingo" Game 1:30 Hot Air Balloon Photo Fun 2:45 Bible Study 4:15 Hot Air Jigsaw Puzzle 6:15 50s Sing Along	<b>Assisted Living Week 10</b> 9:15 The Daily Perk 10:15 Balloon Bop 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Memory Books: Travel Talk 2:15 Word Games 3:00 Bingo 4:00 Hot Air Balloon Dot Art 6:15 Nature Sounds for Relaxation	<b>Assisted Living Week 11 Patriot Day 9/11</b> 9:15 The Daily Perk 10:15 Morning Fun 1:00 Bus Ride Outing 1:30 Patriotic Sing Along 3:00 Thirsty Thursday: Monthly Birthday Party 4:00 Red, White, Blue Art 5:00 Match the Hot Air Balloons 6:15 Ladies Nail Polish	<b>Assisted Living Week 12</b> 9:15 The Daily Perk 10:30 Danbury Drummers Cardio Exercise *11:00 Brukner Nature Center in AL 1:30 Hot Air Balloon Game 2:00 Chair Volleyball in AL 3:45 Tell Me About... 6:00 Friday Night Flick	<b>Assisted Living Week 13</b> 9:15 The Daily Perk 10:00 Saturday Stretches 11:15Hot Air Balloon Painting 1:30 Keep It Moving 3:00 Country Sing Along 7:00 "Lawrence Welk" (TV ch.16)
<b>14</b> 9:15 The Daily Perk 10:00 Seated Stretches 10:45 Noodle Ball 11:30 Finish the Phrase 1:30 Whiteboard Games 2:30 Photo Reminiscing 3:00 Spiritual Eldercare Video Church Service	<b>15</b> 9:15 The Daily Perk 10:15 Monday Movement 11:30 Hearthside Book Club 1:30 Tell Me About... 2:30 Fall Decorating 3:45 The Perk 4:15 Finish the Phrase 6:30 Hoy Card Game	<b>16</b> 9:15 The Daily Perk *10:00 Catholic Rosary in AL 10:30 Senior Music Connection Live Music with Krissy 1:45 Courtyard Conversations 2:45 Bible Study 3:45 Golden Memories 6:00 Nature Sounds for Relaxation	<b>17</b> 9:15 The Daily Perk 10:15 Three Words 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Reminiscence Dice Game 2:15 Pause for Poetry 3:00 Bingo 3:45 Whiteboard Games 6:15 Travelogue: Germany	<b>18</b> 9:15 The Daily Perk 10:15 Noodle Ball 11:45 Target Toss Game 1:00 Finish the Phrase 1:45 Flower Matching Game 3:00 Thirsty Thursday 4:00 Kickball 5:00 Wheel of Fortune 6:15 Sing Along	<b>19</b> 9:15 The Daily Perk 10:15 Danbury Drummers Cardio Exercise *Men's Luncheon in AL 11:30 Whiteboard Games 1:00 Golden Memories 2:00 Chair Volleyball in AL 3:45 True/ False Trivia 6:00 Friday Night Flick	<b>20</b> 9:15 The Daily Perk 10:00 Saturday Stretches: Resistance Bands 11:00 Swat the Fly 1:15 Ring Toss 2:30 Creative Corner 3:00 Elvis Sing Along 7:00 "Lawrence Welk" (TV ch.16)
<b>Flight Week 21</b> 9:15 The Daily Perk 10:00 Chair Yoga 10:45 Parachute Fun 11:30 Puzzle Pals 1:30 Keep it Moving 2:00 Airplane Snack Cart! 3:00 Spiritual Eldercare Video Church Service	<b>Wright Brothers Day 22</b> 9:15 The Daily Perk 10:15 Monday Movement 11:00 Read About: Wright Bros 1:45 Paper Airplane Creations 2:30 Paper Airplane Contest! 3:45 Wright Word Game 4:15 Airplane Jigsaw Puzzle 6:30 Wright Brothers Story	<b>Flight Week 23</b> 9:15 The Daily Perk *10:00 Catholic Rosary in AL 10:30 Bridgetown Music and Movement 1:30 Sing Along 2:45 Bible Study 3:45 Airplane Adult Coloring 6:15 USAF FLIGHT History	<b>Flight Week 24</b> 9:15 The Daily Perk 10:15 Airport I Spy 11:00 Exercise with Lauryn from Total Care Therapy 1:45 Creative Corner 2:30 Remote Controlled Helicopter Adventure! 4:15 Flight Words Game 6:15 Airplane Adult Coloring	<b>Flight Week 25</b> 9:15 The Daily Perk 10:30 Kickball 11:45 Airplane Trivia 2:00 "Airplane" Movie 4:00 Family Event Night! Flight Themed *More details on flyer!	<b>Flight Week 26</b> 9:15 The Daily Perk 10:15 Danbury Drummers Cardio Exercise 11:30 Flight Word Games 2:00 Chair Volleyball in AL 2:30 Airplane Craft Fun 3:45 Airports of the Past 6:00 Friday Night Flick	<b>Flight Week 27</b> 9:15 The Daily Perk 10:00 Airplane Exercises 11:00 Travel Talk 1:45 Keep it Moving 2:30 Word Games 3:00 Dayton Flight History 7:00 "Lawrence Welk" (TV ch.16)
<b>28</b> 9:15 The Daily Perk 10:00 Seated Stretches 10:45 Noodle Ball 11:30 Dice Reminiscing Game 1:30 Sunday Social 2:30 Balloon Bop 3:00 Spiritual Eldercare Video Church Service	<b>29</b> 9:15 The Daily Perk 10:15 Monday Movement 11:30 Hearthside Book Club 1:45 Fall Trivia 2:30 Corn Hole 3:45 The Perk 4:15 Whiteboard Games 6:30 Uno Card Game	<b>30</b> 9:15 The Daily Perk *10:00 Catholic Rosary in AL 10:30 Swat the Fly 11:00 Bridgetown Music and Movement 1:45 Creative Corner 2:45 Bible Study 415 Tell Me About... 6:00 Nature Sounds for Relaxation				

**Calendar Key:**  
\*Activities listed as "in AL"  
take place in the other side  
of the building. If you would

like to attend these events,  
please let a staff member  
know so we can make  
arrangements as needed.

\*Therapy Dog visits  
occur 2-3x per month.

\*Sunshine Alert:  
On beautiful days,  
we will change to  
outdoor activities!

Innovation of  
Exploration of Flight Week  
September 21-27  
  
Assisted Living Week:  
  
September 7-13

