

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



NATIONAL ASSISTED LIVING WEEK  
SEPTEMBER 12-18, 2021



- 5**
- 9:00 ■ Mass
  - 10:00 ■ Daily Chronicles
  - 10:15 ■ Morning Workout
  - 11:00 ■ Hand Massage and Nails
  - 1:30 ■ The Walking Club
  - 2:00 ■ Afternoon Matinee
  - 2:15 ■ Sunday Sundaes
  - 3:30 ■ Finishing Lyrics
  - 4:00 ■ Matching Game
  - 6:15 ■ Rosary

- 6**
- 10:00 ■ Daily Chronicles
  - 10:00 ■ Joy Ridin' Around Town!
  - 11:00 ■ Words That Start With
  - 1:30 ■ Honest Guy Meditation
  - 2:30 ■ Octaband Seated Stretch
  - 3:00 ■ Jewelry Making w/ Debbie
  - 4:00 ■ Karaoke

- 7**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 11:00 ■ Art Class
  - 1:00 ■ Spelling Bee
  - 1:30 ■ Outing/Resident's Choice!
  - 2:30 ■ After Noon walking Club
  - 4:00 ■ Sing Along with Eldersong

- 8**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Silver Sneakers You Tube
  - 11:30 ■ Mind Joggers
  - 1:30 ■ Finish the Phrase
  - 1:30 ■ Steve Gintz Music Therapy
  - 2:00 ■ Cooking Demo with Chef Chris!
  - 2:30 ■ Afternoon Stretch
  - 3:30 ■ Stories of Kindness
  - 4:00 ■ Aqua Painting Class

- 9**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Zumba Gold!
  - 11:00 ■ Family Feud- DVD
  - 1:30 ■ Art Class
  - 1:30 ■ Reflections Travel Club!
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ Bingo/Hot Coco Social
  - 4:00 ■ Sing Along

- 10**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 10:15 ■ Broadway Seated Dance
  - 10:45 ■ Trivia Time
  - 1:00 ■ Patriotic Reading Club
  - 1:30 ■ Resident Lecture
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ Happy Hour Fun! (Wine and Music)
  - 4:00 ■ Family Sing Along!

- 11**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Sit and be Fit
  - 11:00 ■ Current Events w/Awa
  - 2:00 ■ Parachute Fun
  - 2:30 ■ You be the Judge
  - 3:00 ■ Smarter than a 5th Grader
  - 3:00 ■ Grandparents Day Concert!
  - 3:30 ■ Documentary
  - 4:00 ■ Sing-a-long

- 12**
- 9:00 ■ Mass
  - 10:00 ■ Daily Chronicles
  - 10:15 ■ Morning Workout
  - 11:00 ■ Hand Massage and Nails
  - 1:30 ■ The Walking Club
  - 2:00 ■ Afternoon Matinee
  - 2:15 ■ Sunday Sundaes
  - 3:30 ■ Finishing Lyrics
  - 4:00 ■ Mind Stretchers
  - 6:15 ■ Rosary

- 13**
- 10:00 ■ Daily Chronicles
  - 10:00 ■ Joy Ridin' Around Town!
  - 10:15 ■ Joy Ridin' Around Town!
  - 11:00 ■ Words That Start With
  - 11:00 ■ Ruth Rappaport Piano Concert
  - 1:30 ■ Honest Guy Meditation
  - 2:30 ■ Octaband Seated Stretch
  - 3:00 ■ Jewelry Making w/ Debbie
  - 4:00 ■ Jam Session!

- 14**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 11:00 ■ Champagne Brunch
  - 11:30 ■ Art Class
  - 1:00 ■ Spelling Bee
  - 1:30 ■ Outing/Resident's Choice!
  - 2:30 ■ After Noon walking Club
  - 3:00 ■ Puzzle Party!
  - 4:00 ■ Sing Along with Eldersong

- 15**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Silver Sneakers You Tube
  - 10:45 ■ Mind Stretchers
  - 1:30 ■ Finish the Phrase
  - 2:00 ■ Cooking Demo with Chef Chris!
  - 2:00 ■ Sip and Paint Social
  - 2:30 ■ Afternoon Stretch
  - 3:30 ■ Stories of Kindness
  - 4:00 ■ Aqua Painting Class

- 16**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Zumba Gold!
  - 11:00 ■ Family Feud- DVD
  - 11:00 ■ Rubin Brothers Concert
  - 1:30 ■ Art Class
  - 1:30 ■ Reflections Travel Club!
  - 2:00 ■ Doug and Kelly Happy Hour
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ You Be the Judge
  - 4:00 ■ Sing Along

- 17**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 10:45 ■ Trivia Time
  - 1:00 ■ Patriotic Reading Club
  - 1:30 ■ Resident Lecture
  - 2:00 ■ Soda Shop Social!
  - 2:00 ■ Elvis Impersonator!
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ Happy Hour Fun! (Wine and Music)

- 18**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Sit and be Fit
  - 10:45 ■ Chain Word Game
  - 2:00 ■ Parachute Fun
  - 2:30 ■ You be the Judge
  - 3:00 ■ I Hear Memories
  - 3:30 ■ Documentary
  - 4:00 ■ Sing-a-long

- 19**
- 9:00 ■ Mass
  - 10:00 ■ Daily Chronicles
  - 10:15 ■ Morning Workout
  - 11:00 ■ Hand Massage and Nails
  - 1:30 ■ The Walking Club
  - 2:00 ■ Afternoon Matinee
  - 2:15 ■ Sunday Sundaes
  - 3:30 ■ Finishing Lyrics
  - 4:00 ■ Matching Game
  - 6:15 ■ Rosary

- 20**
- 10:00 ■ Daily Chronicles
  - 10:00 ■ Joy Ridin' Around Town!
  - 11:00 ■ Words That Start With
  - 1:30 ■ Honest Guy Meditation
  - 2:30 ■ Octaband Seated Stretch
  - 3:00 ■ Jewelry Making w/ Debbie
  - 4:00 ■ Jam Session!

- 21**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 11:00 ■ Art Class
  - 1:00 ■ Spelling Bee
  - 1:30 ■ Outing/Resident's Choice!
  - 2:30 ■ After Noon walking Club
  - 4:00 ■ Sing Along with Eldersong

- 22**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Silver Sneakers You Tube
  - 11:30 ■ Mind Joggers
  - 1:30 ■ Finish the Phrase
  - 2:00 ■ Cooking Demo with Chef Chris!
  - 2:30 ■ Afternoon Stretch
  - 3:30 ■ Stories of Kindness
  - 4:00 ■ Aqua Painting Class

- 23**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Zumba Gold!
  - 11:00 ■ Family Feud- DVD
  - 1:30 ■ Art Class
  - 1:30 ■ Reflections Travel Club!
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ Bingo/Hot Coco Social
  - 4:00 ■ Sing Along

- 24**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 10:15 ■ Broadway Seated Dance
  - 10:45 ■ Trivia Time
  - 1:00 ■ Patriotic Reading Club
  - 1:30 ■ Resident Lecture
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ Happy Hour Fun! (Wine and Music)
  - 4:00 ■ Family Sing Along!

- 25**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Sit and be Fit
  - 11:00 ■ Current Events w/Awa
  - 2:00 ■ Parachute Fun
  - 2:30 ■ You be the Judge
  - 3:00 ■ Smarter than a 5th Grader
  - 3:30 ■ Documentary
  - 4:00 ■ Sing-a-long

- 26**
- 9:00 ■ Mass
  - 10:00 ■ Daily Chronicles
  - 10:15 ■ Morning Workout
  - 11:00 ■ Hand Massage and Nails
  - 1:30 ■ The Walking Club
  - 2:00 ■ Afternoon Matinee
  - 2:15 ■ Sunday Sundaes
  - 3:30 ■ Finishing Lyrics
  - 4:00 ■ Mind Stretchers
  - 6:15 ■ Rosary

- 27**
- 10:00 ■ Daily Chronicles
  - 10:00 ■ Joy Ridin' Around Town!
  - 10:15 ■ Joy Ridin' Around Town!
  - 11:00 ■ Words That Start With
  - 11:00 ■ Ruth Rappaport Piano Concert
  - 1:30 ■ Honest Guy Meditation
  - 2:30 ■ Octaband Seated Stretch
  - 3:00 ■ Jewelry Making w/ Debbie
  - 4:00 ■ Jam Session!

- 28**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Tai Chi
  - 11:00 ■ Art Class
  - 1:00 ■ Spelling Bee
  - 1:30 ■ Outing/Resident's Choice!
  - 2:30 ■ After Noon walking Club
  - 3:00 ■ Puzzle Party!
  - 4:00 ■ Sing Along with Eldersong

- 29**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Silver Sneakers You Tube
  - 10:45 ■ Mind Stretchers
  - 1:30 ■ Finish the Phrase
  - 2:00 ■ Cooking Demo with Chef Chris!
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ Rob Natoli and the String Swing Band
  - 3:30 ■ Stories of Kindness

- 30**
- 10:00 ■ Daily Chronicles
  - 10:15 ■ Broadway Seated Dance
  - 10:15 ■ Zumba Gold!
  - 11:00 ■ Family Feud- DVD
  - 1:30 ■ Art Class
  - 1:30 ■ Reflections Travel Club!
  - 2:30 ■ Afternoon Stretch
  - 3:00 ■ You Be the Judge
  - 4:00 ■ Sing Along



September  
2021

Celebrating National Assisted Living Week gives us a chance to recognize all of the staff, volunteers, and communities that play a vital role in making these facilities a success. So get ready, September 12-18 is a week to point out the amazing things that go on within the world of assisted living.

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social