

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- 4**
- 10:00 Sunday Worship
 - 11:00 Balloon Volleyball
 - 11:30 Brain Fitness
 - 1:30 Bowling Tournament
 - 2:00 Brushstrokes
 - 2:30 History Club
 - 3:00 Word Mining
 - 3:30 Reflections Refreshments
 - 4:00 Music Appreciation- Johnny Cash

- 5**
- 10:00 Morning Devotions
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Lightweight Training
 - 2:00 Word In Word Game
 - 2:30 Scenic Ride
 - 3:00 Reflections Refreshments
 - 3:30 Words Starting With "C"
 - 4:00 Guided Meditation
 - 6:00 Movie Night -Musical

- 6**
- 10:00 Morning Mass
 - 10:30 Whiteboard Trivia
 - 11:30 Catholic Mass
 - 1:30 Tai Chi
 - 2:00 Trivia Tuesday
 - 2:30 Protestant Service
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Corner
 - 4:00 Travelogue
 - 6:00 Movie Night - Romance

- 7**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Barre & Balance exercise
 - 1:30 Chair Tennis
 - 2:00 Patio Bingo
 - 3:00 Reflections Refreshments
 - 3:30 This Day In History
 - 4:00 Scarf Dancing
 - 6:00 Comedy Movie Night

- 1**
- 10:00 Morning Devotions
 - 10:30 Baking club-Banana Muffins
 - 11:00 Silver Sneakers Exercise
 - 1:30 Tai Chi
 - 2:00 Pokeno
 - 3:00 Reflections Refreshments
 - 3:30 Anagrams
 - 4:00 Daily Chronicle
 - 6:00 Film-Noir Night

- 2**
- 10:00 Guided Meditation
 - 10:30 Nail Spa & Aromatherapy
 - 11:00 Barre & Balance Exercise
 - 1:30 Walking Club
 - 2:00 Cranium Crunches
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Hour
 - 4:00 This Day In History
 - 6:00 Pick a Flick

- 3**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Move to the Beat
 - 2:00 Crossword Challenge
 - 3:00 Reflections Refreshments
 - 3:00 Mini Golf Tournament
 - 4:00 Book Club
 - 6:00 Retro Movie Night

- 11**
- 10:00 Sunday Worship
 - 11:00 Balloon Volleyball
 - 11:30 Brain Fitness
 - 1:30 Sunday Stretch
 - 2:00 Brushstrokes
 - 2:30 History Club
 - 3:00 Word Mining
 - 3:30 Reflections Refreshments
 - 4:00 Music Appreciation- Bing Crosby

- 12**
- 10:00 Morning Devotions
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Lightweight Training
 - 2:00 Make Your Own Sundae
 - 2:30 Scenic Ride
 - 3:00 Reflections Refreshments
 - 3:30 Words Starting With "A"
 - 4:00 Guided Meditation
 - 6:00 Movie Night -Musical

- 13**
- 10:00 Morning Mass
 - 10:30 Whiteboard Trivia
 - 11:00 Light Weight Training
 - 1:30 Tai Chi
 - 2:00 Joyful Memories Reminiscence
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Corner
 - 4:00 Travelogue
 - 6:00 Movie Night - Romance

- 14**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Barre & Balance exercise
 - 11:30 This Day In History
 - 1:30 Chair Tennis
 - 2:00 Minute To Win It Game
 - 3:00 Reflections Refreshments
 - 3:30 Making Music W/ Maggie
 - 4:00 Scarf Dancing
 - 6:00 Comedy Movie Night

- 15**
- 10:00 Morning Devotions
 - 10:30 Baking club-Sweet Cinnamon Honey Butter
 - 11:00 Silver Sneakers Exercise
 - 1:30 Tai Chi
 - 2:00 Creating Joyful Memories- Scrapbooking
 - 3:00 Reflections Refreshments
 - 3:30 Anagrams
 - 4:00 Daily Chronicle

- 16**
- 10:00 Guided Meditation
 - 10:30 Nail Spa & Aromatherapy
 - 11:00 Barre & Balance Exercise
 - 1:30 Walking Club
 - 2:00 What Brings You Joy & Photos
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Hour
 - 4:00 This Day In History
 - 6:00 Pick a Flick

- 17**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Move to the Beat
 - 2:00 Crossword Challenge
 - 3:00 Reflections Refreshments
 - 3:00 Mini Golf Tournament
 - 4:00 Book Club
 - 6:00 Retro Movie Night

- 18**
- 10:00 Sunday Worship
 - 11:00 Balloon Volleyball
 - 11:30 Brain Fitness
 - 1:30 Sunday Stretch
 - 2:00 Brushstrokes
 - 2:30 History Club
 - 3:00 Word Mining
 - 3:30 Reflections Refreshments
 - 4:00 Music Appreciation- Patsy Cline

- 19**
- 10:00 Morning Devotions
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Lightweight Training
 - 2:00 Patio Bingo
 - 2:00 Scenic Ride with Ice Cream
 - 3:00 Reflections Refreshments
 - 3:30 Words Starting With "A"
 - 4:00 Guided Meditation

- 20**
- 10:00 Morning Mass
 - 10:30 Whiteboard Trivia
 - 11:00 Light Weight Training
 - 1:30 Tai Chi
 - 2:00 Trivia Tuesday
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Corner
 - 4:00 Travelogue
 - 6:00 Movie Night - Romance

- 21**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Barre & Balance exercise
 - 1:30 Chair Tennis
 - 2:00 Patio Bingo
 - 3:00 Reflections Refreshments
 - 3:30 This Day In History
 - 4:00 Scarf Dancing
 - 6:00 Comedy Movie Night

- 22**
- 10:00 Morning Devotions
 - 10:30 Baking club- Apple Muffins
 - 11:00 Silver Sneakers Exercise
 - 1:30 Tai Chi
 - 2:00 Patio Bingo
 - 3:00 Reflections Refreshments
 - 3:30 Anagrams
 - 4:00 Daily Chronicle
 - 6:00 Film-Noir Night

- 23**
- 10:00 Guided Meditation
 - 10:30 Nail Spa & Aromatherapy
 - 11:00 Barre & Balance Exercise
 - 1:30 Walking Club
 - 2:00 Cranium Crunches
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Hour
 - 4:00 This Day In History
 - 6:00 Pick a Flick

- 24**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Move to the Beat
 - 2:00 Crossword Challenge
 - 3:00 Reflections Refreshments
 - 3:00 Mini Golf Tournament
 - 4:00 Book Club
 - 6:00 Retro Movie Night

- 25**
- 10:00 Sunday Worship
 - 11:00 Balloon Volleyball
 - 11:30 Brain Fitness
 - 1:30 Sunday Stretch
 - 2:00 Brushstrokes
 - 2:30 History Club
 - 3:00 Word Mining
 - 3:30 Reflections Refreshments
 - 4:00 Music Appreciation- Fats Domino

- 26**
- 10:00 Morning Devotions
 - 10:30 Daily Chronicle
 - 11:00 Drum Class
 - 1:30 Lightweight Training
 - 2:00 Patio Bingo
 - 2:30 Scenic Ride with Ice Cream
 - 3:00 Reflections Refreshments
 - 3:30 Words Starting With "A"
 - 4:00 Guided Meditation

- 27**
- 10:00 Morning Mass
 - 10:30 Whiteboard Trivia
 - 11:00 Light Weight Training
 - 1:30 Tai Chi
 - 2:00 Trivia Tuesday
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Corner
 - 4:00 Travelogue
 - 6:00 Movie Night - Romance

- 28**
- 10:00 Morning Inspirations
 - 10:30 Daily Chronicle
 - 11:00 Barre & Balance exercise
 - 1:30 Chair Tennis
 - 2:00 Patio Bingo
 - 3:00 Reflections Refreshments
 - 3:30 This Day In History
 - 3:30 Making Music W/ Maggie
 - 6:00 Comedy Movie Night

- 29**
- 10:00 Morning Devotions
 - 10:30 Baking club-Lemon Bars
 - 11:00 Silver Sneakers Exercise
 - 1:30 Tai Chi
 - 2:00 Patio Bingo
 - 3:00 Reflections Refreshments
 - 3:30 Anagrams
 - 4:00 Daily Chronicle
 - 6:00 Film-Noir Night

- 30**
- 10:00 Guided Meditation
 - 10:30 Nail Spa & Aromatherapy
 - 11:00 Barre & Balance Exercise
 - 1:30 Walking Club
 - 2:00 Cranium Crunches
 - 3:00 Reflections Refreshments
 - 3:30 Poetry Hour
 - 4:00 This Day In History
 - 6:00 Pick a Flick



Labor Day
September 5th
National Assisted Living Week
September 11-17

PROGRAM

- Cognitive
- Emotional
- Physical
- Social