

REFLECTIONS - SEPTEMBER 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September Events

- 9/1 Susan Smolen Patriotic Singer 2pm
- 9/8 Fall Festival Happy Hour with John Ignacious
- 9/11 Bayada talk on falls 2pm
- 9/14 Wood sign workshop 2pm
- 9/22 Happy Hour with Justin Gonzalez
- 9/28 Flu Shot Clinic
- 9/28 Alzheimers Support Group 7pm

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care



3
10:00 What's the Good News
11:00 Sunday Stretch
11:00 Virtual Catholic Mass
1:00 Dear Abby
1:30 Sundae Social
3:00 Walking the Community
3:30 Unforgettable Quotes
4:00 Musical Memories
6:00 Musical Comedy

4 Labor Day
10:00 What's New With You
10:30 Stretching on the Patio
12:00 Labor Day BBQ
1:00 Floral Design
2:30 Trip to Duck Donuts
3:00 Barre & Balance Class
4:00 Poetry Readings
7:00 Spiritual Reading

5
10:00 This Day in History
11:00 Courtyard Resistance Band
11:00 Heart to Hand Ceramic
1:00 Tai Chi for Arthritis
2:00 Knowledge 'Bout
3:00 Root Beer Floats
3:30 Short Stories
6:00 Garden Club
6:30 On Golden Pond

6
10:00 What's the Good News?
10:30 Low Intensity Intervals
11:00 Reminisce Together
11:00 Making Recycled Paper
1:00 Finish the Lyrics
2:00 Cardio Pump Class
3:00 Karaoke Happy Hour
4:00 Intro to Dominos
7:00 Tonight's classic movie

7 Happy Birthday Helen
10:00 Scenic Drive
10:00 Daily news discussion
10:30 Barre & Balance
11:00 America's National Parks
2:00 Bread Making Class
2:00 Tai Chi for Arthritis
3:00 Iced tea & banana bread
4:00 Men's Club: Checkers
6:00 Garden Club
6:30 Film-Noir Night

8
10:00 Dancercise
11:00 Tongue Drum Class
1:00 Courtyard Soccer
2:00 Virtual Tour of Paris
2:15 Cake & Coffee Talk
3:00 Fall Festival Happy Hour
3:15 Complete the phrase
4:30 Team Word Search
7:00 Comedy Movie Night

9
10:00 Brain Fitness
10:30 Balance and Flex
11:30 Knowledge 'Bout
1:00 Nature-lovers Bird Watch
2:00 Milk Shakes and Mingle
3:00 Stretching on the Patio
4:00 Painting portraits
4:15 Card Sharks 500 Rummy
6:30 Short Stories

10 Grandparents Day
10:00 What's the Good News
11:00 Sunday Stretch
11:00 Virtual Catholic Mass
1:00 Dear Abby
1:30 Banana Split Social
3:00 Walking the Community
3:30 Unforgettable Quotes
4:00 Grandparents Day Facts
6:00 The War with Grandpa

11 Happy B-day Jonelle
10:00 What's New With You
10:30 Patriotic Day Service
1:00 Floral Design
2:30 Trip to Cooper River Park
3:00 Barre & Balance Class
4:00 Poetry Readings
6:00 Tongue Drum Class
7:00 Jazz Listening Class

12
10:00 This Day in History
10:30 Volunteer Singers
11:00 Courtyard Resistance Band
11:00 Scrabble Ball
1:00 Tai Chi for Arthritis
2:00 Class: Tie Dye Shirts
3:00 Root Beer Floats
6:00 Garden Club
7:00 Sinatra Sing a long

13 Int'l Chocolate Day
10:00 Trip: Air Victory Museum
10:30 Low Intensity Intervals
11:00 Reminisce Together
11:00 Making paper class
1:00 Finish the Lyrics
2:00 Cardio Pump Class
3:30 Chocolate Fondue tasting
4:00 Intro to Dominos
7:00 Classic movie night

14
10:00 Scenic Drive
10:00 Daily news discussion
10:30 Barre & Balance
11:00 One Day Video
2:00 Wood sign workshop
2:00 Tai Chi for Arthritis
3:00 Afternoon Tea & Krimpets
4:00 Men's Club: Checkers
6:00 Garden Club
6:30 Everybody Loves Raymond

15 Rosh Hashana
10:00 Dancercise
11:00 Recipe sharing
1:00 Courtyard Soccer
2:00 Docuseries: Our Planet
3:00 Apple's and caramel dip
3:00 Glee Club Happy Hour
4:30 Team Word Search
4:30 Rosh Hashana celebration
7:00 Comedy Movie Night

16
10:00 Brain Fitness
10:30 Balance and Flex
11:30 Knowledge 'Bout
1:00 Nature-lovers Bird Watch
2:00 Milk Shakes and Mingle
3:00 Stretching on the Patio
4:00 Painting fall ceramics
4:15 Card Sharks 500 Rummy
6:30 Aroma therapy/meditation

17
10:00 What's the Good News
11:00 Sunday Stretch
11:00 Virtual Catholic Mass
1:00 Dear Abby
1:30 Sundae Social
3:00 Walking the Community
3:30 Unforgettable Quotes
4:00 Musical Memories
6:00 Gone with the Wind

18
10:00 What's New With You
10:30 Midmorning stretch
1:00 Floral Design
2:30 Trip to Dunkin' Donuts
3:00 Barre & Balance Class
4:00 Poetry: Walt Whitman
6:00 Table Games
7:00 Cultivated music hour

19
10:00 This Day in History
10:30 Volunteer Singers
11:00 Scrabble Ball
11:00 Heart to hand painting
1:00 Tai Chi for Arthritis
2:00 Knowledge 'Bout
3:00 Pudding Parfaits
3:30 Short Stories
6:00 Indoor Garden Club
6:30 Carol Burnette Show

20
10:00 What's the Good News?
10:30 Low Intensity Intervals
11:00 Reminisce Together
11:00 Gratitude journaling
1:00 Finish the Lyrics
2:00 Cardio Pump Class
3:00 Karaoke Happy Hour
4:00 Men's Club: Dominos
7:00 Breakfast at Tiffany's

21
10:00 Scenic Drive
10:00 Resident Council
10:30 Barre & Balance
11:00 60's sing a long
2:00 One Day Video
2:00 Tai Chi for Arthritis
3:00 Afternoon Tea & Krimpets
4:00 Men's Club: Checkers
6:00 Indoor Garden Club
6:30 Film-Noir Night

22
10:00 Dancercise
11:00 Best thing I ever Baked
1:00 Indoor Soccer
2:00 Virtual ballpark tour
2:15 Cake & Coffee Talk
3:00 Singer: Justin Gonzalez
3:15 Complete the phrase
4:30 Team Word Search
7:00 Grumpy old men

23
10:00 Brain Fitness
10:30 Balance and Flex
11:30 Knowledge 'Bout
1:00 Nature-lovers Bird Watch
2:00 Milk Shakes and Mingle
3:00 Stretching on the Patio
4:00 Art Class: Fall wreaths
4:15 Card Sharks Crazy 8's
7:00 Sitcom: Leave it to Beaver

24 Yom Kippur
10:00 What's the Good News
11:00 Sunday Stretch
11:00 Virtual Catholic Mass
1:00 Dear Abby
1:30 Sundae Social
3:00 Walking the Community
3:30 Unforgettable Quotes
4:00 Musical Memories
6:00 Musical: The King & I

25
10:00 What's New With You
10:30 Stretching on the Patio
1:00 Floral Design
2:30 Trip to Custard Stand
3:00 Barre & Balance Class
4:00 Poetry Readings
6:00 Table Games
7:00 Spiritual Reading

26
10:00 This Day in History
10:30 Volunteer Singers
11:00 Resistance Band Class
11:00 Scrabble Ball
1:00 Tai Chi for Arthritis
2:00 Knowledge 'Bout
3:00 Root Beer Floats
3:30 Short Stories
6:00 Indoor Garden Club
7:00 George Burns & Gracie Allen

27
10:00 What's the Good News?
10:30 Low Intensity Intervals
11:00 Reminisce Together
11:00 Writing Group
1:00 Finish the Lyrics
2:00 Cardio Pump Class
3:00 Karaoke Happy Hour
4:00 Intro to Dominos
7:00 Doctor Dolittle

28
10:00 Scenic Drive
10:00 Daily news discussion
10:30 Barre & Balance
11:00 Swan Lake Ballet
2:00 Bread Baking Class
2:00 Tai Chi for Arthritis
3:00 Cinnamon Swirl Bread
4:00 Men's Club: Checkers
6:00 Indoor Garden Club
7:00 The Apartment

29
10:00 Zumba Gold Class
11:00 Scents of fall
1:00 Indoor Soccer
2:00 Virtual tour: Apple Farm
2:15 Apple Pie & Coffee Talk
3:00 Happy Hour
4:00 Complete the phrase
6:00 Team Word Search
7:00 Hello Dolly

30
10:00 Brain Fitness
10:30 Balance and Flex
11:30 Knowledge 'Bout
1:00 Nature-lovers Bird Watch
2:00 Milk Shakes and Mingle
3:00 Golden Yoga class
4:00 Painting class
4:15 Card Sharks: Bridge
7:00 Sitcom: Andy Griffith Show