

# REFLECTIONS - SEPTEMBER 2023

## Sunday



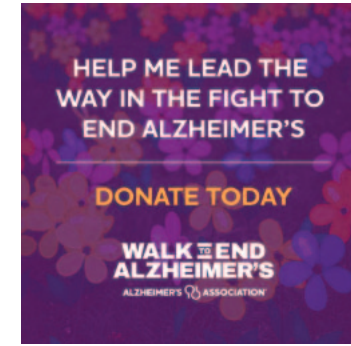
## Monday

## Tuesday



## Wednesday

## Thursday



## Friday

## Saturday

**3**

- 10:00 Catholic Mass Service
- 11:15 Van Tour - WS Farmhouse
- 1:00 Beginner Yoga
- 1:30 Alz - Ribbons
- 2:30 Good Habits - Water intake
- 3:00 1, 2, Step Step - Cha Cha
- 4:00 Outdoor Activ. - Ring Toss
- 4:30 State Facts - California
- 6:00 Sleepy Serenity - Aroma

**4**

Labor Day

- 10:00 Rise & Move - Arms
- 10:30 Hydration Station
- 11:00 Country Music Movement
- 11:30 Garden - Clean Out
- 1:30 Outting - Strafford Trail
- 2:00 Tai Chi for Arthritis
- 2:30 Discussion Group - Where were you born?
- 4:00 Massage Therapy - Hands
- 6:00 Deep Meditation

**5**

- 10:00 Build Up - Legs
- 10:30 Communion Service
- 11:30 Garden Meditation
- 1:00 Classic Music Movement
- 2:00 Artful Expression - Bing Crosby
- 3:00 Barre & Balance
- 4:00 Karaoke Contest
- 6:00 Tai Chi - Arthritis

**6**

- 10:00 Deep Breathing Exercises
- 10:30 Vocalist - Michael Lazar
- 11:30 Hydration & Meditation
- 1:00 Open Art Studio
- 2:00 Cardio Drumming
- 3:00 Hand Massage Therapy
- 3:30 Audio Book
- 6:00 Fall Flower Research
- 6:30 Poem Reading

**7**

Bday Peggy & Eleonor

- 10:00 Guided Walk Adventure
- 11:00 U.S. Inventors - Thomas Edison
- 11:30 Puzzle Club - Your Pick
- 1:30 Strength & Stability - Weights
- 2:30 Chuck Sikora DJ Music
- 3:00 Cocktail Hour
- 4:00 Word Game Challenge
- 6:00 Board Game Club

**8**

- 10:00 Move to the Music
- 10:30 Name That Tune
- 11:00 Where Were You: 1st Kiss
- 11:30 Gardening Club
- 1:00 Day In The Life: Sandra Dee
- 2:00 Barre & Balance
- 3:00 Taste Test: Cookies
- 3:30 Zumba
- 4:30 Nail Spa
- 6:00 Coffee & Reading

**9**

- 10:00 Walking Club
- 10:30 Weekly World News Update
- 11:00 Musical - 7 Brides/7 Brothers
- 1:00 Word Search Club
- 2:00 Culinary Creations - Deviled Eggs
- 2:30 Garden Movement
- 3:30 Short Story Book Club
- 6:00 Daily Recall-Discuss

**10**

Grandparent Day

- 10:00 Catholic Mass Service
- 11:15 Bus Tour - Coffee in Park
- 1:00 Beginner Yoga
- 1:30 Healthy Habits - Exercise
- 2:30 Alz - Ribbons
- 3:00 1, 2, Step Step - Cha Cha
- 4:00 Outdoor Act. Bowling
- 4:30 State Facts - California
- 6:00 Sleepy Serenity - Aroma T.

**11**

Remember America

- 10:00 Rise & Move - Arms
- 10:30 Hydration Station
- 11:00 Country Music Movement
- 11:30 Garden - Clean Out
- 1:30 Excursion - Nature Date
- 2:00 Tai Chi for Arthritis
- 2:30 Discussion Group - 1st Job
- 4:00 Massage Therapy - Hands
- 6:00 Soul Painting - Canvas

**12**

- 10:00 Build Up - Legs
- 10:30 Communion Service
- 11:30 Garden Meditation
- 1:00 Classic Music Movement
- 2:00 Artful Expression - Bing Crosby
- 3:00 Barre & Balance
- 4:00 Karaoke Contest
- 6:00 Tai Chi - Arthritis

**13**

- 10:00 Deep Breathing Exercises
- 10:30 Virtual Museum Tour
- 11:30 Hydration & Meditation
- 1:00 Open Art Studio
- 2:00 Cardio Drumming
- 3:00 Hand Massage Therapy
- 3:30 Audio Book
- 6:00 Fall Flower Research
- 6:30 Poem Reading

**14**

- 10:00 Guided Walk Adventure
- 11:00 U.S. Inventors - Robert Fulton
- 11:30 Puzzle Club - Your Pick
- 1:30 Strength & Stability - Weights
- 2:30 Afternoon Entertainment
- 3:00 Cocktail Hour
- 4:00 Word Game Challenge
- 6:00 Board Game Club

**15**

- 10:00 Move to the Music
- 10:30 Name That Tune
- 11:00 Where Were You: WW2
- 11:30 Gardening Club
- 1:30 Day In The Life: D. Day
- 2:00 Barre & Balance
- 3:00 Taste Test: Ice Cream
- 3:30 Zumba
- 4:30 Nail Spa
- 6:00 Coffee & Reading

**16**

- 10:00 Walking Club
- 10:30 Weekly World News Update
- 11:00 Musical - An American in Paris
- 1:00 Word Search Club
- 2:00 Culinary Creations - Nacho's w/Cheese
- 2:30 Garden Movement
- 3:30 Short Story Book Club
- 6:00 Daily Recall-Discuss

**17**

- 10:00 Catholic Mass Service
- 11:15 Bus Tour - Neumann Park
- 1:00 Beginner Yoga
- 1:15 Healthy Habits - Stress
- 1:30 Alz - Ribbons
- 3:00 1, 2, Step Step - Cha Cha
- 4:00 Outdoor Activ. - Ball Toss
- 4:30 State Facts - Connecticut
- 6:00 Sleepy Serenity - Aroma

**18**

- 10:00 Rise & Move - Arms
- 10:30 Hydration Station
- 11:00 Country Music Movement
- 11:30 Garden - Clean Out
- 1:30 Excursion - Kirkwood Park
- 2:00 Tai Chi for Arthritis
- 3:00 Discussion Group - Fads
- 4:00 Massage Therapy - Hands
- 6:00 Soul Painting - Canvas

**19**

- 10:00 Build Up - Legs
- 10:30 Communion Service
- 11:30 Garden Meditation
- 1:00 Classic Music Movement
- 2:00 Artful Expression - Bing Crosby
- 3:00 Tantalizing Ty - Food Demo
- 4:00 Karaoke Contest
- 6:00 Tai Chi - Arthritis

**20**

- 10:00 Deep Breathing Exercises
- 10:30 Vocalist - Bruce Copp
- 11:30 Hydration & Meditation
- 1:00 Gardening - Plant New Seeds
- 2:00 Cardio Drumming
- 3:00 Hand Massage Therapy
- 3:00 Resident Council Meeting
- 3:30 Audio Book
- 6:00 Poem Reading

**21**

- 10:00 Guided Walk Adventure
- 11:00 U.S. Inventors - Alex G. Bell
- 11:30 Puzzle Club - Your Pick
- 1:30 Strength & Stability - Weights
- 2:30 Afternoon Entertainment
- 3:00 Cocktail Hour
- 4:00 Word Game Challenge
- 6:00 Board Game Club

**22**

- 10:00 Move to the Music
- 10:30 Name That Tune
- 11:00 Where Were You: Lennon Shot
- 11:30 Gardening Club
- 1:30 Day In The Life: M. Monroe
- 2:00 Barre & Balance
- 3:00 Taste Test: Fruits
- 3:30 Zumba
- 4:30 Nail Spa
- 6:00 Coffee & Reading

**23**

- 10:00 Walking Club
- 10:30 Weekly World News Update
- 11:00 Musical - Kiss Me Kate
- 1:00 Word Search Club
- 2:00 Culinary Creations - Strawberry Cheese Cake Crackers
- 2:30 Garden Movement
- 3:30 Short Story Book Club
- 6:00 Daily Recall-Discuss

**24**

- 10:00 Catholic Mass Service
- 11:15 Bus Tour - Laurel Acres
- 1:00 Beginner Yoga
- 1:30 Healthy Habits - Heat
- 2:30 Alz - Ribbons
- 3:00 1, 2, Step Step - Cha Cha
- 4:00 Outdoor Activ. - Move it
- 4:30 State Facts - Delaware
- 6:00 Sleepy Serenity - Aroma

**25**

Happy Bday - Anna

- 10:00 Rise & Move - Arms
- 10:30 Hydration Station
- 11:00 Country Music Movement
- 11:30 Garden - Clean Out
- 1:30 Excursion - Black Run
- 2:00 Tai Chi for Arthritis
- 3:00 Discussion- Fun as a Child
- 4:00 Massage Therapy - Hands
- 6:00 Soul Painting - Canvas

**26**

- 10:00 Build Up - Legs
- 10:30 Communion Service
- 11:30 Garden Meditation
- 1:00 Classic Music Movement
- 2:00 Artful Expression - Bing Crosby
- 3:00 Barre & Balance
- 4:00 Karaoke Contest
- 6:00 Tai Chi - Arthritis

**27**

- 10:00 Deep Breathing Exercises
- 10:30 Virtual Museum Tour
- 11:30 Hydration & Meditation
- 1:00 Gardening - Plant New Seeds
- 2:00 Cardio Drumming
- 3:00 Hand Massage Therapy
- 3:30 Audio Book
- 6:00 Poem Reading

**28**

- 10:00 Guided Walk Adventure
- 11:00 U.S. Inventors - Ben Franklin
- 11:30 Puzzle Club - Your Pick
- 1:30 Strength & Stability - Weights
- 2:30 Afternoon Entertainment
- 3:00 Cocktail Hour
- 4:00 Word Game Challenge
- 6:00 Board Game Club

**29**

- 10:00 Move to the Music
- 10:30 Name That Tune
- 11:00 Where Were You: 1st Job
- 11:30 Gardening Club
- 1:30 Day In The Life of: Elvis
- 2:00 Barre & Balance
- 3:00 Taste Test: Veggies
- 3:30 Zumba
- 4:30 Nail Spa
- 6:00 Coffee & Reading

**30**

- 10:00 Walking Club
- 10:30 Weekly World News Update
- 11:00 Musical - Brigadoon
- 1:00 Word Search Club
- 2:00 Culinary Creations - Choc Pretzels
- 2:30 Garden Movement
- 3:30 Short Story Book Club
- 6:00 Daily Recall-Discuss Highlights

September  
Birthday's  
Peggy C. - 9/7  
Anna Mae - 9/25  
Eleonor H. - 9/7

Life has no remote  
so lets get up and  
change it ourselves

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