

REFLECTIONS - SEPTEMBER 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
3:00 Knowledge Bout Challenge
4:00 Pub Hour
6:30 Musical Memories

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Labor Day

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 Scenic Excursion
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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10:00 Resistance Band Exercise
10:00 History Unfolded
10:45 Jewelry Design Workshop
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Nail Spa
4:00 Pub Hour
6:30 Poetry Hour

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10:00 Wellness Yoga
10:00 World News Report
11:00 Resident Council
11:00 Short Stories
1:30 Reflections Excursion
1:30 Travel & Discuss
2:30 Dance & Movement
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

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10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations-Apple Turnover
1:30 Book Club
2:00 Strength & Conditioning
2:30 Reflections Refreshments
4:00 World Trivia
6:30 World Discussion
7:00 Concert Series-courtyard

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10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Brushstrokes
4:00 Pub Hour
6:30 Hand Massages

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10:00 Virtual Shabbat Services
10:15 Pilates Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
2:00 Cornhole Tournament
3:00 Resistance Band Exercise
4:00 Word Extraction
6:30 Guided Meditation

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Grandparents Day

10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
3:00 Granddaughters duet
4:00 Pub Hour
6:30 Musical Memories

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Sal's Birthday

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 Scenic Excursion
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Pet Therapy with "Coddy"
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Nail Spa
4:00 Pub Hour
6:30 Poetry Hour

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10:00 Wellness Yoga
10:00 World News Report
11:00 Choice Dilemma's
1:30 Reflections Excursion
1:30 Travel & Discuss
2:30 Dance & Movement
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

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10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations - soup
1:30 Music Therapy
2:00 Strength & Conditioning
2:30 Reflections Refreshments
3:00 Resident Council
4:00 Wine & Charcuterie Social
6:30 Spiritual Music Hour

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10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
11:15 Intellectual Puzzles
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Open Art Studio
4:00 Pub Hour
6:30 Hand Massages

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10:00 Virtual Shabbat Services
10:15 Pilates Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
2:00 Cornhole Tournament
3:00 Resistance Band Exercise
4:00 Word Extraction
6:30 Guided Meditation

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10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
3:00 Knowledge Bout Challenge
4:00 Pub Hour
6:30 Musical Memories

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10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 Scenic Excursion
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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10:00 Resistance Band Exercise
10:00 History Unfolded
10:45 Jewelry Design Workshop
1:30 Walk for Fitness
1:30 Drawing Workshop
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Nail Spa
4:00 Pub Hour
6:30 Poetry Hour

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10:00 Wellness Yoga
10:00 World News Report
11:00 Short Stories
1:30 Reflections Excursion
1:30 Travel & Discuss
2:30 Dance & Movement
3:00 Afternoon Humor
4:00 Signature Cocktail Hour
6:30 Guided Imagery

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Jamie's Birthday

10:00 Tai Chi for Arthritis
11:00 Positive News Exchange
11:30 Culinary Creations -donuts
2:00 Strength & Conditioning
2:30 Spa treatments
4:00 Learn about Canada
6:30 Spiritual Music Hour
7:30 The movie "Big"

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10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Brushstrokes
4:00 Pub Hour
6:30 Hand Massages

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10:00 Virtual Shabbat Services
10:15 Pilates Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
2:00 Cornhole Tournament
3:00 Resistance Band Exercise
4:00 Word Extraction
6:30 Guided Meditation

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Nada's Birthday

10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 J. Sherlock Pianist
3:00 Grand daughters duet
4:00 Pub Hour
6:30 Musical Memories

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10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 Scenic Excursion
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group

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10:00 Resistance Band Exercise
10:00 History Unfolded
11:00 Pet Therapy with "Coddy"
1:30 Walk for Fitness
1:30 Community Showdown
2:00 Sergio's Yoga Session
3:00 Nail Spa
4:00 Pub Hour
6:30 Poetry Hour

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Artisans Showcase Day

10:00 Wellness Yoga
10:00 World News Report
11:00 Choice Dilemma's
1:30 Reflections Excursion
1:30 Travel & Discuss
2:30 Dance & Movement
3:00 Afternoon Humor
4:00 Artisans Showcase
6:30 Guided Imagery

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10:00 Tai Chi for Arthritis
10:00 Positive News Exchange
10:30 Culinary Creations - salad
1:30 Phrase Completion
1:30 Music Therapy
2:00 Strength & Conditioning
2:30 Impressionist Art
4:00 Wine & Charcuterie Social
6:30 Spiritual Music Hour

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10:00 Cardio Drumming
10:00 World News Report
10:45 Vocal Fusion Karaoke
11:15 Intellectual Puzzles
1:30 Barre & Balance
2:00 Renowned Profiles
3:00 Open Art Studio
4:00 Pub Hour
6:30 Hand Massages

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10:00 Virtual Shabbat Services
10:15 Pilates Stretch
11:00 Watercolor Basics
1:00 Hand Rejuvenation
2:00 Cornhole Tournament
3:00 Resistance Band Exercise
4:00 Word Extraction
6:30 Guided Meditation

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10:15 Barre & Balance Class
10:30 Walk for Fitness
11:00 Virtual Catholic Mass
1:30 Cardio Circuits
2:00 Court Case Discussion
3:00 Knowledge Bout Challenge
4:00 Pub Hour
6:30 Musical Memories

30

10:00 Cardio Drumming Class
10:00 World News Report
10:30 Classification Challenge
10:30 Scenic Excursion
1:30 Flower Arrangements
2:00 Art Skills-Color Therapy
3:00 Tai Chi for Arthritis
4:00 Trivia at the Pub
6:30 Mindful Writing Group



Highlights:

RSS salon service opens

Birthday's: Sal, Jamie & Nada

Board certified music therapist & Dog therapy with "Coddy"

Granddaughters' singing performance

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