

# REFLECTIONS - SEPTEMBER 2024

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

1

- 9:30 Uplifting Music
- 10:45 Outdoor Walk For Fitness
- 1:00 Decoupage Creatives
- 2:30 Whisk & Wonder Banana Bread Baking
- 3:30 Sunday Reset Collaborative
- 3:30 Active Living Yoga
- 4:00 LRC The Basking Ridge Way!
- 6:00 Intellectual Puzzles
- 7:00 Sunday Night Film

2

- 9:30 Agility Accelerators
- 10:45 Labor Day Word Search
- 12:00 Labor Day BBQ
- 1:00 Corn Hole on the Patio
- 2:00 Barre & Balance Fitness
- 3:15 Floral Design Workshop
- 4:00 Exploring Australia
- 6:00 Suit Savants Card Players Group

3

- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Whisk & Wonder Baking Club
- 2:00 Word Extraction
- 2:00 Dynamic Stretching
- 2:30 Reflections Soriee Social
- 3:30 Mindful Meditation
- 4:00 Rejuvenating Facials
- 4:30 Garden Keepers

4

- 9:30 Cardio Drumming
- 10:45 Local History Lecture Berkeley Heights
- 1:00 Scenic Excursion: Deserted Village Berkley Heights
- 2:00 Barre & Balance Fitness
- 3:00 Wine and Cheese Social
- 4:00 Nail Spa
- 4:00 Dance and Movement
- 6:00 Comedy Movie Night

5

- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Word Extraction
- 2:30 Reflections Soriee Social
- 3:30 Guided Imagery
- 4:30 Garden Keepers
- 6:00 Puzzle Hour

6

- 9:30 Cardio Drumming
- 10:30 Music & Movement
- 11:00 Punch Needle Crafting
- 1:00 High Stakes Bingo
- 2:15 Friday Cocktail Hour
- 3:30 Strength Training
- 6:30 Poetry Hour

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- 10:00 Yoga for Vitality
- 11:00 Rummikub Club
- 11:00 Art Expression
- 11:30 Musical Expression
- 1:15 Lower Body Conditioning
- 2:30 Wine and Cheese Social
- 3:30 Be Kind Sunflower Craft
- 4:30 Garden Keepers
- 6:00 Saturday Night Cinema

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- 9:30 Uplifting Music
- 10:45 Outdoor Walk For Fitness
- 1:00 Picture Day
- 2:00 Sundae Funday Social
- 3:00 Active Living Yoga
- 5:15 Around The Kitchen Table
- 6:00 Intellectual Puzzles
- 7:00 Spiritual Hymns

9

- 9:30 Agility Accelerators
- 10:45 Words With Friends
- 1:15 Music Knowledge
- 2:00 Barre & Balance Fitness
- 3:15 Floral Design Workshop
- 3:30 Mile Makers
- 4:00 Exploring Argentina
- 6:00 Suit Savants Card Players Group

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- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Whisk & Wonder Baking Club
- 2:00 Dynamic Stretching
- 2:30 Reflections Soriee Social
- 3:30 Mindful Meditation
- 4:00 Rejuvenating Facials
- 4:30 Garden Keepers
- 6:00 Short Story Hour

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- 9:30 Cardio Drumming
- 10:45 Local History Lecture Morristown
- 11:00 Travel Lecture: Scenic Excursion: Jockey Hollow
- 2:00 Barre & Balance Fitness
- 3:00 Wine and Cheese Social
- 4:00 Nail Spa
- 4:00 Dance and Movement

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- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Word Extraction
- 2:30 Reflections Soriee Social
- 3:30 Guided Imagery
- 4:30 Garden Keepers
- 6:00 Puzzle Hour

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- 9:30 Cardio Drumming
- 10:30 Music & Movement
- 11:00 Punch Needle Crafting
- 1:00 Double Solitaire w/ Bella
- 2:15 Friday Cocktail Hour
- 3:30 Strength Training
- 6:30 Poetry Hour

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- 10:00 Yoga for Vitality
- 11:00 Rummikub Club
- 11:00 Art Expression
- 11:30 Musical Expression
- 1:15 Lower Body Conditioning
- 2:30 Wine and Cheese Social
- 3:30 Be Kind Sunflower Craft
- 4:30 Garden Keepers
- 6:00 Saturday Night Cinema

15

- 9:30 Uplifting Music
- 10:45 Outdoor Walk For Fitness
- 1:00 Decoupage Creatives
- 3:00 Active Living Yoga
- 3:30 Sunday Reset Collaborative
- 5:15 Around The Kitchen Table
- 6:00 Intellectual Puzzles
- 7:00 Spiritual Hymns

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- 9:30 Agility Accelerators
- 10:45 Words With Friends
- 1:15 Music Knowledge
- 2:00 Barre & Balance Fitness
- 3:15 Floral Design Workshop
- 3:30 Mile Makers
- 4:00 Exploring Antigua and Barbuda
- 6:00 Suit Savants Card Players Group

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- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Whisk & Wonder Baking Club
- 2:00 Dynamic Stretching
- 2:00 Seeing Eye Dog Visit
- 3:00 Resident Council Meeting
- 4:00 Rejuvenating Facials
- 4:30 Garden Keepers
- 6:00 Short Story Hour

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- 9:30 Cardio Drumming
- 10:45 Local History Lecture Van Veghten House
- 11:00 Travel Lecture: Scenic Excursion: Deserted Village
- 2:00 Barre & Balance Fitness
- 3:00 Wine and Cheese Social
- 4:00 Nail Spa
- 4:00 Dance and Movement

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- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Word Extraction
- 2:30 Reflections Soriee Social
- 3:30 Guided Imagery
- 4:30 Garden Keepers
- 6:00 Puzzle Hour

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- 9:30 Cardio Drumming
- 10:30 Music & Movement
- 11:00 Punch Needle Crafting
- 1:00 High Stakes Bingo
- 2:15 Friday Cocktail Hour
- 3:30 Strength Training
- 6:30 Poetry Hour

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- 10:00 Yoga for Vitality
- 11:00 Rummikub Club
- 11:00 Art Expression
- 11:30 Musical Expression
- 1:15 Lower Body Conditioning
- 2:30 Wine and Cheese Social
- 3:30 Be Kind Sunflower Craft
- 4:30 Garden Keepers
- 6:00 Saturday Night Cinema

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- 9:30 Uplifting Music
- 10:45 Outdoor Walk For Fitness
- 1:00 Picture Day
- 2:00 Sundae Funday Social
- 3:00 Active Living Yoga
- 5:15 Around The Kitchen Table
- 6:00 Intellectual Puzzles
- 7:00 Spiritual Hymns

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- 9:30 Agility Accelerators
- 10:45 Words With Friends
- 1:15 Music Knowledge
- 2:00 Barre & Balance Fitness
- 3:15 Floral Design Workshop
- 3:30 Mile Makers
- 4:00 Exploring Austria
- 6:00 Suit Savants Card Players Group

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- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Whisk & Wonder Baking Club
- 2:00 Dynamic Stretching
- 2:30 Reflections Soriee Social
- 3:30 Mindful Meditation
- 4:00 Rejuvenating Facials
- 4:30 Garden Keepers
- 6:00 Short Story Hour

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- 9:30 Cardio Drumming
- 10:45 Local History Lecture Lord Stirling Manor
- 11:00 Travel Lecture: Scenic Excursion: Lord Stirling Manor Site
- 2:00 Barre & Balance Fitness
- 3:00 Wine and Cheese Social
- 4:00 Nail Spa
- 4:00 Dance and Movement

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- 9:30 Upper Body Conditioning
- 10:30 True and False Trivia
- 11:00 Tai Chi Movement
- 1:00 Word Extraction
- 2:30 Reflections Soriee Social
- 3:30 Guided Imagery
- 4:30 Garden Keepers
- 6:00 Puzzle Hour

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- 9:30 Cardio Drumming
- 10:30 Music & Movement
- 11:00 Punch Needle Crafting
- 1:00 Hand Spa
- 2:15 Friday Cocktail Hour
- 3:30 Strength Training
- 6:30 Poetry Hour

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- 10:00 Yoga for Vitality
- 11:00 Rummikub Club
- 11:00 Art Expression
- 11:30 Musical Expression
- 1:15 Lower Body Conditioning
- 2:30 Wine and Cheese Social
- 3:30 Be Kind Sunflower Craft
- 4:30 Garden Keepers
- 6:00 Saturday Night Cinema

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- 9:30 Uplifting Music
- 10:45 Outdoor Walk For Fitness
- 1:00 Decoupage Creatives
- 3:00 Active Living Yoga
- 3:30 Sunday Reset Collaborative
- 5:15 Around The Kitchen Table
- 6:00 Intellectual Puzzles
- 7:00 Spiritual Hymns

30

- 9:30 Agility Accelerators
- 10:45 Words With Friends
- 1:15 Music Knowledge
- 2:00 Barre & Balance Fitness
- 3:00 Mile Makers
- 3:15 Floral Design Workshop
- 6:00 Suit Savants Card Players Group



## Reflections Highlights

Happy Labor Day!!  
09/02

Double Solitaire  
w/Bella 09/13

Seeing Eye Dog Visit  
09/17

Happy Birthday  
Reny 09/28

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