

September

RA=Receiving Area BT=Bus Trip
CY=Courtyard B=Bistro
DR=Dining Room TR=TV Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 9:30 StrongerU Senior Fitness Cardio Moves & Meditation-RA 10:00 Errands - BT 1:00 Resident Council Meeting 2:30 Bingo - B 5:20 After Dinner Drinks & Karaoke Entertainment w/ Roy	2 9:30 Chair Yoga - RA 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Uno Game - B 5:20 Netflix, Popcorn and Movie Night - B	3 9:30 Seated Boxing Cardio-RA 10:00 Mindfulness Meditation 1:00 Bingo - B 2:30 Root Beer Float Social - B 5:20 Movie Night Resident Choice - B
4 9:15 StrongerU Sr Fitness	5 9:30 StrongerU Sr Fitness	6 9:30 StrongerU Sr Fitness Flexibility Exercise – RA 10:00 Calm Meditation 10:15 Veteran’s Café Chat-B 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo – B 5:30 Poker Night - TR	7 9:30 Seated Aerobics and Meditation - RA 10:30 Aromatherapy - B 1:30 Catholic Mass and Reconciliation, Fr. Nicholas 2:30 Bingo - B 3:00 Sip & Paint: on canvas 5:30 Evening Bible Study - B	8 9:30 StrongerU Senior Fitness Weight Training-RA 10:00 Walmart/CVS Shopping - BT 1:00 Bingo - B 2:30 September Celebrant Birthday Bash w/ Matthew 5:30 Classic Movie Night:- B	9 9:30 Chair Yoga 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Apples to Apples Game 5:20 Netflix, Popcorn and Movie Night - B	10 9:30 Seated Boxing Cardio 10:00 Mindfulness Meditation 10:30 Pet Therapy - CY 1:00 Bingo - B 2:30 Food for Fuel: Healthy Smoothie Social - B 5:20 Movie Night Resident Choice - B	
11 9:15 StrongerU Sr Fitness	12 9:30 StrongerU Sr Fitness Stability & Core Exercise -RA 10:00 Focus Meditation - B 10:10 Movers & Shakers Walking Club - CY 1:00 Bingo - B 2:15 Resident Activity Chat -B 5:20 Classic Movie Night - B	13 9:30 StrongerU Sr Fitness	14	15 9:30 StrongerU Senior Fitness Weight Training-RA 10:00 Lunch Outing - BT 1:00 Bingo - B 3:00 Pizza, Wine and Beer Social - B 5:30 Classic Movie Night - B	16 9:30 Chair Yoga - RA 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Dominoes Game - B 5:20 Netflix, Popcorn and Movie Night - B	17 9:30 Seated Boxing Cardio 10:00 Mindfulness Meditation 1:00 Bingo - B 2:30 Root Beer Float Social - B 5:20 Movie Night Resident Choice - B	
18 9:15 StrongerU Sr Fitness	19 9:30 StrongerU Sr Fitness Core Exercise - RA 10:00 Focus Meditation - B 10:10 Movers & Shakers Walking Club - CY 1:00 Bingo - B 2:15 Resident Activity Chat - B 5:20 Classic Movie Night - B	20 9:30 StrongerU Sr Fitness Flexibility Exercise – RA 10:00 Calm Meditation 10:15 Veteran’s Café Chat 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo – B 5:30 Poker Night - TR	21 9:30 StrongerU Sr Fitness	22 9:30 StrongerU Senior Fitness Weight Training-RA 10:00 Lunch Outing - BT 1:00 Bingo - B 3:00 Pizza, Wine and Beer Social - B 5:30 Classic Movie Night - B	23 9:30 Chair Yoga 10:00 Calm Meditation - RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Jenga Game - B 5:20 Netflix, Popcorn and Movie Night - B	24 9:30 Seated Boxing Cardio 10:00 Mindfulness Meditation 10:30 Pet Therapy - CY 1:00 Bingo - B 2:30 Root Beer Float Social - B 5:20 Movie Night Resident Choice - B	
25 9:15 StrongerU Sr Fitness	26 9:30 StrongerU Sr Fitness Core Exercise - RA 10:00 Focus Meditation - B 10:10 Movers & Shakers Walking Club - CY 1:00 Bingo - B 2:15 Resident Activity Chat - B 5:20 Classic Movie Night - B	27 9:30 StrongerU Sr Fitness Flexibility Exercise – RA 10:00 Calm Meditation 10:15 Veteran’s Café Chat-B 1:00 Food & Demo Nutrition Class w/ Rachel - B 2:30 Bingo – B 5:30 Poker Night - TR	28 9:30 Seated Aerobics and Meditation - RA 10:30 Aromatherapy & Hand Massage - B 1:00 Bingo - B 3:00 Sip & Paint: "" on canvas 5:30 Evening Bible Study - B	29 9:30 StrongerU Senior Fitness Weight Training-RA 10:00 Lunch Outing - BT 1:00 Bingo - B 3:00 Pizza, Wine and Beer Social - B 5:30 Classic Movie Night - B	30 9:30 Chair Yoga 10:00 Healing Meditation-RA 10:10 Senior Topics Class by Mary Frances - B 1:00 Bingo - B 3:00 Scrabble Game - B 5:20 Netflix, Popcorn and Movie Night - B	"We're meant to be together."	

