

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Worship Service (Livestream only) – Channel 1-2 2:00 Moving and Grooving 4:00 National Geographic 6:30 Evening Stroll	2 Labor Day 10:00 Sit-and-Stretch - JC 10:30 Junk Drawer Detective 2:00 Toss and Talk 4:00 Music Hour 6:30 Evening Snack and Hydration	3 10:00 Movement to Music with Jessica from Wellness Center - JC 10:30 Dose of Nostalgia 2:00 Chicken Soup for Soul Reading 4:00 Group Puzzle 6:30 Evening Music in the Lobby	4 10:00 Exercise - JC 10:30 Daily Chronicles 2:00 Music with Judi 4:00 Patio Visits 6:30 Evening Movie	5 10:00 Tai Chi - JC 10:30 Buddy Walks – Lobby 1:00 BINGO 2:00 End of Summer Ice Cream Social – West Courtyard 4:00 Toss and Talk 6:30 Song for the Soul	6 10:00 Exercise - JC 10:30 Monthly Gazette 2:00 Armchair Travel 4:00 Snack and Chat 6:30 Evening Movie	7 10:00 Exercise with Rosemary – JC 2:30 Afternoon Matinee 4:00 Move and Groove 6:30 Table Puzzle
8 10:00 Worship Service – C 2:00 Courtyard Relaxation 4:00 Busy Boxes 6:30 Evening Stroll	9 10:00 Sit-and-Stretch - JC 10:30 September IQ 2:00 Concert with Highwater Band - C 4:00 Evening Manicures 6:30 Table Games	10 10:00 Movement to Music with Jessica from Wellness Center - JC 10:30 Watercolor Art 2:00 Toss and Talk 4:00 Armchair Travel 6:30 Evening Music in the Lobby	11 10:00 Exercise - JC 10:30 Trivia Time 2:00 Music with Judi 4:00 Patio Visits 6:30 Evening Movie	12 10:00 Tai Chi - JC 10:30 Buddy Walks – Lobby 1:00 BINGO 2:00 Trivia 4:00 Talk to Me 6:30 Group Puzzle	13 10:00 Exercise – JC 10:30 Friday the 13 th - JC 2:00 Music with Chris - C 4:00 Songs for the Soul 6:30 Evening Movie	14 10:00 Exercise with Rosemary - JC 4:00 Table Bowling 6:30 National Geographic
15 10:00 Worship Service – C 2:00 Toss and Talk 4:00 Jigsaw Puzzle 6:30 Evening Meditation	16 10:00 Sit-and-Stretch - JC 10:30 Reminiscing about Homework 2:00 Concert with a Ballerina and Violinist - C 4:00 Qigong with Risa - JC 6:30 Green House Walk	17 Full Moon 10:00 Movement to Music with Jessica from Wellness Center - JC 10:30 How did we Ever Live Without Inventions 2:00 Junk Drawer Detective 4:00 Table Bowling 6:30 Evening Music in the Lobby	18 10:00 Exercise - JC 10:30 Name 10 Game 12:00 Pizza Dine In 2:00 Music with Judi 4:00 Move and Groove 6:30 Evening Movie	19 10:00 Tai Chi - JC 10:30 Buddy Walks – Lobby 1:00 BINGO 2:00 Laugh with Me 4:00 National Geographic 6:30 Magazine Hour	20 10:00 Exercise - JC 10:30 Short Stories - JC 2:00 Concert with Dino - C 4:00 Talk to Me 6:30 Evening Movie	21 10:00 Exercise with Rosemary - JC 2:30 Afternoon Matinee 4:00 Hallway Bean Bag Toss 6:30 Picture This
22 First Day of Fall 10:00 Worship Service - C 2:00 Songs for the Soul 4:00 Hallway Beanbag Toss 6:30 Busy Boxes	23 10:00 Sit-and-Stretch - JC 10:30 Monday Manicure 2:00 All House Birthday Party with French Horn Player - DR 4:00 Qigong - JC 6:30 Music Hour	24 10:00 Movement to Music with Jessica from Wellness Center - JC 10:30 Volleyball 2:00 Candlelight Remembrance Service – C 4:00 Un-game 6:30 Evening Music in the Lobby	25 10:00 Visit with the Breck Students - C 2:00 Music with Judi 4:00 Move and Groove 6:30 Evening Movie	26 10:00 Tai Chi - JC 10:30 Buddy Walks – Lobby 1:00 BINGO 2:00 The Great Outdoors Man 4:00 Evening Snack and Chat 6:30 Arts and Crafts: Coloring	27 10:00 Exercise - JC 10:30 Trivia 2:00 Qigong 3:00 Shabbat Services - C 4:00 Music Hour 6:30 Evening Movie	28 10:00 Exercise with Rosemary - JC 3:00 Concert with Flamenco Dancers - C 4:00 Toss and Talk 6:30 Sing Along
29 10:00 Worship Service – C 2:00 Songs of Faith 4:00 Toss and Talk 6:30 Patio Visiting	30 10:00 Sit-and-Stretch - JC 10:30 Dose of Nostalgia 2:00 Art Hour 4:00 Qigong - JC 6:30 Evening Manicures		BIRTHDAYS		Activities are subject to change.	LEGEND: C – Centrum LV - Lakeview Room DR - Dining Room Not labeled – Garden Events in Centrum are shown on Channel 1-2