

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Key: B- Bistro on 1 st Floor TH- Theater on 2 nd Floor EC- 1 st Floor- All Welcome AR- Activity Room- 2 nd Floor IL DR- Independent Dining Room on 1 st Floor	1 10:00- Morning Stretch-B 10:30- Manicure Monday-B 1:00- Heritage Hikers 2:00- Resident Led Bingo- AR 3:30- Coloring Club- AR Labor Day	2 10:00- Stretch It Out- B 11:00- Coffee & Crosswords 1:15- Communion & Rosary- IL DR 2:00- Flower Arranging- AR 4:00- Heritage House Calls (1:1's)	3 9:30- Devotions & Coffee-B 10:00- Strength Training-B 11:00- Chair Volleyball-AR 1:00- Trivia & Tea- B 2:00- Bingo in the Bistro 3:30- Mexican Train Dominoes- AR	4 10:00- Morning Stretch-B 10:30- Coffee Social-B 1:00- Heritage Hikers 2:30- Music w/ Davis Beck (Elivs) 4:00- UNO- AR	5 10:00- Strength Training-B 11:00- Armchair Travel: Maine- B 1:00- Crafting Corner-AR 2:30- Happy Hour: Trivia-B 4:00- Resident Led Games-AR	6 10:00- Stretch It Out- B 10:30- Positive Affirmations-B 1:00- Heritage Hikers 2:00- Bingo in the Bistro 3:30- Pictionary- AR
7 10:00- Strength Training-B 10:30- Coffee Social- B 1:00- Coloring Club 2:00- SingFit- EC 3:30- Chair Volleyball-B	8 10:00- Morning Stretch-B 10:30- Manicure Monday- B 1:00- Virtual Hike- B 2:00- Resident Led Bingo-AR 3:30- Apples to Apples Card Game- AR	9 10:00- Strength Training-B 10:30- Heritage Hikers 11:00- Pet Therapy- EC 1:00- Flower Arranging-AR 2:00- Resident Council- B 3:30- All About Cambodia-B	10 9:30- Devotions & Coffee-B 10:00- Stretch It Out-B 10:30- Crafting Corner-AR 1:00- Table Games- AR 2:00- Bingo in the Bistro 3:30- Luau Social-B	11 10:00- Morning Stretch-B 10:30- Coffee Social-B 1:00- Patriotic Sing Along- AR 2:30- Music w/ Casey & Greg-B 4:00- Virtual Safari Fun- TH Patriot Day	12 9:30- Bus to Walmart 10:00- Resident Led Exercise 1:00- Watercolor Class- AR 2:30- Happy Hour: Birthday Party 4:00- Heritage House Calls	13 10:00- Strength Training 10:30- Devotions & Coffee 1:00- Native Tribes of Wisconsin- AR 2:00- Bingo in the Bistro 3:30- Sports Trivia- B
14 10:00- Morning Stretch-B 10:30- Coffee Social-B 1:00- Word Games- AR 2:00- Midday Matinee-TH 3:30- Armchair Travel: Virginia- B	15 10:00- Stretch It Out- B 10:30- Manicure Monday-B 1:30- Scenic Bus Ride 2:00- Resident Led Bingo- AR 3:30- UNO- AR 4:00- Heritage House Calls	16 10:00- Strength Training-B 10:30- Hallway Hockey-B 11:00- Pet Therapy-EC 1:15- Communion & Rosary- IL DR 2:00- Flower Arranging-AR 4:00- TED Talks & Tea- AR	17 9:30- Devotions & Coffee-B 10:00- Morning Stretch-B 10:30- Clay Creations-AR 1:00- Jewelry Making- AR 2:00- Bingo in the Bistro 3:30- Resident Led Games- AR	18 Hub's Hoedown 11:00-1:30pm Music by Junkyard Kings 	19 10:00- Strength Training- B 10:30- Coffee & Crosswords 1:00- Pictionary 2:30- Happy Hour in Bistro 4:00- Heritage House Calls (1:1's)	20 10:00- Stretch It Out- B 10:30- Positive Affirmations-B 1:00- Abstract Art- AR 2:00- Bingo in the Bistro 3:30- Trivia in the Bistro
21 10:00- Strength Training-B 10:30- Coffee Social- B 1:00- Armchair Travel: New York State-B 2:00- Midday Matinee-TH 3:30- Mexican Train Dominoes-AR	22 10:00- Morning Stretch-B 10:30- Manicure Monday-B 1:00- States & Capitals Trivia-B 2:00- Resident Led Bingo- AR 3:30- Autumn Craft- AR First Day of Autumn	23 10:00- Strength Training 10:30- Meditation-AR 11:00- Relaxation Stations-AR 1:00- Heritage Hikers 2:00- Flower Arranging 4:00- Heritage House Calls (1:1's)	24 9:30- Devotions & Coffee 10:00- Stretch It Out- B 10:30- TED Talks & Tea-AR 1:00- Armchair Travel: Vermont-B 2:00- Bingo in the Bistro 3:30- Coloring Club- AR	25 10:00-Strength Training-B 10:30- Coffee Social-B 1:00- Comics of the Past-AR 2:30- Music w/ Remember with Randy- B 4:00- One Hit Wonders- AR	26 9:30- Bus to Metro Market 10:00- Resident Led Exercise 1:00- Crafting Corner-AR 2:30- Happy Hour: Johnny Appleseed Themed-B 3:30- Trivia in Bistro	27 10:00- Morning Stretch-B 10:30- Devotions & Coffee-B 1:00- Heritage Hikers 2:00- Bingo in the Bistro 3:30- Armchair Travel: North Carolina- B
28 10:00- Strength Training 10:30- Coffee Social- B 1:00- SingFit- EC 2:00- Midday Matinee-TH 3:30- Mexican Train Dominoes- AR	29 10:00- Stretch It Out- B 10:30- Manicure Monday- B 1:00- All About Coffee- B 2:00- Resident Led Bingo- AR 3:30- Apples to Apples Card Game- B	30 10:00- Strength Training 10:30- Coloring to Jazz Music-AR 1:00- Heritage Hikers 2:00- Flower Arranging-AR 4:00- Heritage House Calls (1:1's)	National Assisted Living Week: 9/7- Grandparent's Day; 9/13- Sports & Adventure Day 9/8- Outdoor Adventure Day 9/9- Around the World Day 9/10- Beach Luau Day 9/11- Explorer's Safari Day 9/12- Heritage Pride Day		Happy Birthday: 3 rd - Fritz B. 5 th - Judy R. 17 th - Diana S. 25 th - Susan F.	

SPECIAL EVENTS

Hob's Hoedown- 18th from 11:00- 1:30pm
 Armchair Travel: see calendar for dates and times

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*