

# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>Assisted Living</h1>					1	2
				<b>Happy Birthday</b>  Marilyn H.  Tom K.  Ed S.  Diana S.	10:00 Exercise w/ Spiro 100 <b>11:00 Let's Catch Up (Activity Room)</b> 1:30 Heritage Hikers 2:00 Porch Visits <b>2:30 TGIF-Happy Hour</b>	10:00 Keepin' Fit 10:30 Mindful Meditation 11:00 Heritage Hikers <b>1:00 Bingo in the Bistro</b> 3:30 Resident Led Bridge
3	4	5	6	7	8	9
10:00 Keepin' Fit <b>11:00 Coffee &amp; Cookies w/ Concierge (1st Floor Back Porch)</b> 11:00 Bethel Worship (TV) <b>2:00 Midday Matinee (IL Theater - 2nd Floor)</b>	10:00 Keepin' Fit <b>10:30 Manicure Monday (Activity Room)</b> 1:30 Heritage Hikers <b>2:30 Labor Day Happy Hour</b>  Labor Day	10:00 Exercise 10:30 Pet Therapy w/ Harper Lee <b>1:15 Catholic Communion &amp; Rosary (IL DR)</b> 1:30 Heritage Hikers <b>3:00 Flower Arranging</b>	10:00 Exercise w/ Spiro 100 11:00 Weekly Devotional w/ Mariah 1:30 Heritage Hikers <b>2:00 Bingo in the Bistro</b> 3:15 1:1 Room Visits	10:00 Exercise <b>10:45 Donuts &amp; Coffee Social in the Bistro</b> 1:30 Heritage Hikers <b>2:30 Entertainment w/ Gemini</b>	10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:00 Porch Visits <b>2:30 TGIF-Happy Hour</b>	10:00 Keepin' Fit 10:30 Mindful Meditation 11:00 Heritage Hikers <b>1:00 Bingo in the Bistro</b> 3:30 Resident Led Bridge
10	11	12	13	14	15	16
10:00 Keepin' Fit <b>11:00 Coffee &amp; Cookies w/ Concierge (1st Floor Back Porch)</b> 11:00 Bethel Worship (TV) <b>2:00 Midday Matinee (IL Theater - 2nd Floor)</b>	10:00 Keepin' Fit <b>10:30 Manicure Monday (Activity Room)</b> 1:30 Heritage Hikers <b>2:30 Happy Hour</b>  Patriot Day	10:00 Exercise 10:30 Dynseo Games <b>11:00 Spiritual Study (IL DR)</b> 1:30 Heritage Hikers <b>3:00 Flower Arranging</b>	10:00 Exercise w/ Spiro 100 <b>11:00 Card Making w/ Shirley</b> 1:30 Heritage Hikers <b>2:00 Bingo in the Bistro</b> 3:15 1:1 Room Visits	10:00 Exercise <b>10:45 Donuts &amp; Coffee Social in the Bistro</b> 1:30 Heritage Hikers <b>2:30 Entertainment w/ Stars Entertainment</b>	10:00 Exercise w/ Spiro 100 <b>10:45 Men's Group – Reminiscing About Your First Car – Activity Room</b> 1:30 Heritage Hikers 2:00 Porch Visits <b>2:30 TGIF-Happy Hour</b>	10:00 Keepin' Fit 10:30 Mindful Meditation 11:00 Heritage Hikers <b>1:00 Bingo in the Bistro</b> 3:30 Resident Led Bridge
17	18	19	20	21	22	23
10:00 Keepin' Fit <b>11:00 Coffee &amp; Cookies (1st Floor Back Porch)</b> 11:00 Bethel Worship (TV) <b>2:00 Midday Matinee (IL Theater - 2nd Floor)</b>	10:00 Keepin' Fit <b>10:30 Manicure Monday (Activity Room)</b> 1:30 Heritage Hikers <b>2:30 Happy Hour</b>	10:00 Exercise 10:30 Dynseo Games <b>1:15 Catholic Communion &amp; Rosary (IL DR)</b> 1:30 Heritage Hikers <b>3:00 Flower Arranging</b>	10:00 Exercise w/ Spiro 100 11:00 Weekly Devotional w/ Mariah 1:30 Heritage Hikers <b>2:00 Bingo in the Bistro</b> 3:15 1:1 Room Visits	10:00 Exercise <b>10:45 Donuts &amp; Coffee Social in the Bistro</b> 1:30 Heritage Hikers <b>2:30 Entertainment w/ Davis Beck</b>	10:00 Exercise w/ Spiro 100 <b>11:00 Let's Catch Up (Activity Room)</b> 1:30 Heritage Hikers 2:00 Porch Visits <b>2:30 TGIF- Autumn Happy Hour</b>	10:00 Keepin' Fit 10:30 Mindful Meditation 11:00 Heritage Hikers <b>1:00 Bingo in the Bistro</b> 3:30 Resident Led Bridge  First Day of Autumn
24	25	26	27	28	29	30
10:00 Keepin' Fit <b>11:00 Coffee &amp; Cookies w/ Concierge (1st Floor Back Porch)</b> 11:00 Bethel Worship (TV) <b>2:00 Midday Matinee (IL Theater - 2nd Floor)</b>	10:00 Keepin' Fit <b>10:30 Manicure Monday (Activity Room)</b> 1:30 Heritage Hikers <b>3:15 September Birthday Bash in the Bistro</b>	10:00 Exercise 10:30 Pet Therapy w/ Harper Lee <b>11:00 Spiritual Study (IL DR)</b> 1:30 Heritage Hikers <b>3:00 Flower Arranging</b>	10:00 Exercise w/ Spiro 100 1:30 Heritage Hikers <b>2:00 Bingo in the Bistro</b> 3:15 1:1 Room Visits	<b>HERITAGE HUB'S HOEDOWN</b>  10 am – 2 pm	10:00 Exercise w/ Spiro 100 10:30 Dynseo Games 1:30 Heritage Hikers 2:00 Porch Visits <b>2:30 TGIF-Happy Hour</b>	10:00 Keepin' Fit 10:30 Mindful Meditation 11:00 Heritage Hikers <b>1:00 Bingo in the Bistro</b> 3:30 Resident Led Bridge

## SPECIAL EVENTS

HUB'S HOEDOWN, September 28 from 10 am – 2 pm

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