




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
9:00-9:50					Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50					Drum Circle ^{Pr., S, C} Bean Bag Toss ^{C, S, P}
11:00-11:45					Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55					Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45					Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00					Refreshments
3:30-4:00					Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30					Friday Frolic ^R One on one projects ^{Pr.}
	4	5	6	7	8
9:00-9:50	We are closed!	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50		Chimes ^{Pr., S, C} Crossword Puzzle ^{C, S}	Hangman ^{C, S} Art & Craft: Patriotic Clothespins	A-Z ^{C, S} Trivia ^{C, S}	Karaoke ^{C, Pr., S} One on one projects ^{Pr.}
11:00-11:45		Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55		Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45		Word Scramble ^{C, S} Book Club ^{S, C}	Word Charts ^{C, S} Table Game ^{S, C}	Expressive of Art ^{S, C, Pr.} Wheels of Fortune ^{S, C}	Drum Circle ^{Pr., S, C} Bowling Game ^{S, P}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Bean Bag Toss ^{S, C} Pictionary ^{S, C}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Family Feud ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30		Spin Your Wheels ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	11	12	13	14	15
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Best 10 ^{C, S} One on one projects ^{Pr.}	Word Charts ^{C, S} Coloring ^{S, C, Pr.}	Drum Circle ^{Pr., S, C} Shake the memory ^{C, S}	Penny Ante ^{C, S} Crossword Puzzle ^{C, S}	Origami ^{S, C, Pr.} Hangman ^{C, S}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Target Toss ^{C, S, P}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Chimes ^{Pr., S, C} 100 or Bust ^{C, S, P}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{S, C} Hedbanz ^{S, C}	Spin Your Wheels ^{S, C} Expressive of Art ^{S, C, Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{C, S} Bean Bag Toss ^{C, S, P}	Family Feud ^{C, S} Story Writing ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Connect 4 ^{S, C} Bowling Game ^{S, Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Raise Up Hand ^{S, C} One on one projects ^{Pr.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	18	19	20	21	22
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword First Day of Autumn 23rd!
10:00-10:50	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} 100 Or Bust ^{S, C}	Wheels of Fortune ^{S, C} Art & Craft:Fall Luminaries Mason Jars	Trivia ^{C, S} Life Story ^{S, C}	Price is Right ^{C, S} One on one projects ^{Pr.}
11:00-11:45	Hedbanz ^{S, C} Trivia ^{C, S}	Crossword Puzzle ^{C, S} Lawn Darts ^{C, P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Penny Ante ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Family Feud ^{C, S} Hangman ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Connect 4 ^{S, C} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Drum Circle ^{Pr., S, C} Raise up Hand ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Big Words & Small Words ^{C, S} Raise Up Hand ^{C, S}	Word Scramble ^{C, S} Target Toss ^{C, S, P}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S, C} Words of Wisdom ^{C, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Book Club ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	25	26	27	28	29
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	We are closed due to staff training!
10:00-10:50	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} Penny Ante ^{C, S}	Big Words & Small Words ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	
11:00-11:45	Word Charts ^{C, S} Hedbanz ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Raise up Hand ^{C, S} Crossword Puzzle ^{C, S}	
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	
2:00-2:45	Hangman ^{C, S} 100 or Bust ^{C, S}	Wheels of Fortune ^{S, C} One on one projects ^{Pr.}	Bingo ^{C, S} Spin Your Wheels ^{S, C}	Pictionary ^{C, S} Family Feud ^{C, S}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Bowling Game ^{S, C} Words of Wisdom ^{C, S}	Tuesday Movie Matinee One on one projects ^{Pr.}	Lawn Darts ^{C, P, S} Trivia ^{C, S}	Thursday Frolic ^R One on one projects ^{Pr.}	
4:10-4:30	Round table talk ^{C, S, R} One on one projects ^{Pr.}	Tuesday Movie Matinee One on one projects ^{Pr.}	Conversation Ball ^{C, S} One on one projects ^{Pr.}	Thursday Frolic ^R One on one projects ^{Pr.}	

*Alternative activities will be offered as requested

September is...

- National Grains Month
- National Recovery Month
- National Square Dance Month
- Fall Hat Month
- Better Breakfast Month
- Classical Music Month

Personal Workshop

Jigsaw Puzzles
Crossword/Word Search
Reminisce
Coloring
Indoor/Outdoor Walks (depending on temperature)
Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants daily

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers
Wellness (Mind & Body): Chair Yoga
Core Focus: Chair Pilates
Lower Extremity: Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise