


September 2023

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Dining Room Meal Hours Breakfast: 7:30–9am Lunch: 11:30–1pm Dinner: 4:30–6pm	<ul style="list-style-type: none">ArtCognitiveEmotionalEntertainmentOutingPhysicalSocialSpiritual				<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Drumming Exercise</i>1:00 <i>Movie: A Man Called Otto</i>1:30 <i>Words in Words</i>2:30 <i>Bingo</i>3:30 <i>Happy Hour</i>5:30 <i>Night Movie</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Series: Earthstorm</i>2:30 <i>Board games</i>3:00 <i>Color By Number</i>5:30 <i>Nail Care</i>
<ul style="list-style-type: none">8:30 <i>Church Service</i>10:00 <i>News and Brews</i>11:00 <i>Yoga</i>1:00 <i>Series: Earthstorm</i>1:30 <i>Board games</i>2:30 <i>Walk & Talk</i>3:30 <i>Bingo</i>	<ul style="list-style-type: none">Today is <i>Labor Day</i>10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Movie: Liar Liar</i>2:00 <i>Outdoor Games</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>11:00 <i>Seated Cardio</i>1:00 <i>Movie: Brene Brown: the Call to Courage</i>2:00 <i>Cooking with Keith-Pizza</i>2:30 <i>Bingo</i>3:30 <i>Art Club</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>10:30 <i>Resident Council</i>11:00 <i>Walk & Talk</i>1:00 <i>Movie: 28 Days</i>1:30 <i>Scrabble</i>2:30 <i>Trivia</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>10:30 <i>Shopping Outing- Trader Joes</i>11:00 <i>Seated Balance</i>1:00 <i>Movie: The Breakfast Club</i>2:30 <i>Afternoon Tea Talk</i>3:30 <i>Nail Care</i>5:00 <i>Family Council</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Drumming Exercise</i>1:00 <i>Movie: The Age of Adaline</i>1:30 <i>Words in Words</i>2:30 <i>Bingo</i>3:30 <i>Happy Hour & Music with Rick!</i>5:30 <i>Night Movie</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Series: Earthstorm</i>2:30 <i>Board games</i>3:00 <i>Color By Number</i>5:30 <i>Nail Care</i>
<ul style="list-style-type: none">Today is <i>National Grand Parents Day</i>8:30 <i>Church Service</i>10:00 <i>News and Brews</i>11:00 <i>Yoga</i>1:00 <i>Series: Earthstorm</i>1:30 <i>Board games</i>2:30 <i>Walk & Talk</i>3:30 <i>Bingo</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Movie: The Deepest Breath</i>1:30 <i>Words in Words</i>2:30 <i>Rummikub</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>11:00 <i>Seated Cardio</i>1:00 <i>Movie: The Social Dilemma</i>2:30 <i>Bingo</i>3:30 <i>Art Club</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Walk & Talk</i>1:00 <i>Movie: The Karate Kid</i>2:30 <i>Trivia</i>3:30 <i>Happy Hour with James Kellerman</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>10:30 <i>Shopping Outing- Target</i>11:00 <i>Seated Balance</i>1:00 <i>Movie: Rocky</i>2:30 <i>Afternoon Tea Talk</i>3:30 <i>Nail Care</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>1:00 <i>Movie: A Jazzman's Blues</i>1:30 <i>Words in Words</i>2:00 <i>Rosh Hashana Apple Taste Test</i>2:30 <i>Bingo</i>3:30 <i>Happy Hour</i>5:30 <i>Night Movie</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Series: Earthstorm</i>2:30 <i>Board games</i>3:00 <i>Color By Number</i>5:30 <i>Nail Care</i>
<ul style="list-style-type: none">8:30 <i>Church Service</i>10:00 <i>News and Brews</i>11:00 <i>Yoga</i>1:00 <i>Series: Earthstorm</i>1:30 <i>Board games</i>2:30 <i>Walk & Talk</i>3:30 <i>Bingo</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Movie: Chasing Coral</i>1:30 <i>Words in Words</i>2:00 <i>National Rice Krispies day!</i>2:30 <i>Rummikub</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>11:00 <i>Seated Cardio</i>1:00 <i>Movie: Becoming</i>2:30 <i>Bingo</i>3:30 <i>Art Club</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Walk & Talk</i>1:00 <i>Movie Steel Magnolias</i>1:30 <i>Scrabble</i>2:30 <i>Trivia</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>10:30 <i>Shopping Outing- King Soopers</i>11:00 <i>Seated Balance</i>1:00 <i>Movie: Ray</i>2:30 <i>Afternoon Tea Talk</i>3:30 <i>Nail Care</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Drumming Exercise</i>1:00 <i>Movie: Groundhog Day</i>1:30 <i>Words in Words</i>2:30 <i>Bingo</i>3:30 <i>Fall Party with The Silver Circuit</i>5:30pm <i>Night Movie</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Series: Earthstorm</i>2:30 <i>Board games</i>3:00 <i>Color By Number</i>5:30 <i>Nail Care</i>
<ul style="list-style-type: none">8:30 <i>Church Service</i>10:00 <i>News and Brews</i>11:00 <i>Yoga</i>1:00 <i>Series: Earthstorm</i>1:30 <i>Board games</i>2:30 <i>Walk & Talk</i>3:30 <i>Bingo</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Movie: Inside the Mind of a Cat</i>1:30 <i>Words in Words</i>2:30 <i>Rummikub</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>11:00 <i>Seated Cardio</i>1:00 <i>Movie: Black Holes: the edge of all we know</i>2:30 <i>Bingo</i>3:30 <i>Art Club</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Walk & Talk</i>1:00 <i>Movie: Call me Kate</i>2:30 <i>Trivia</i>3:30 <i>Happy Hour</i>	<ul style="list-style-type: none">9:30 <i>Yoga</i>10:00 <i>News and Brews</i>10:30 <i>Shopping Outing- Walmart</i>11:00 <i>Seated Balance</i>1:00 <i>Movie: Murder Mystery</i>2:30 <i>Afternoon Tea Talk</i>3:30 <i>Nail Care</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Drumming Exercise</i>1:00 <i>Movie: Where the Crawdads Sing</i>1:30 <i>Words in Words</i>2:30 <i>Bingo</i>3:30 <i>Happy Hour</i>5:30 <i>Night Movie</i>	<ul style="list-style-type: none">10:00 <i>News and Brews</i>11:00 <i>Seated Weights</i>1:00 <i>Series: Earthstorm</i>2:30 <i>Board games</i>3:00 <i>Color By Number</i>5:30 <i>Nail Care</i>