

SEPTEMBER 2024

HEALTHY AGING MONTH

Sunday	<u>Monda</u> y	Tuesday	Wednesday	Thursday	<u>Friday</u>	Saturday
Better Breakfast Month 1	Labor Day 2	US Bowling League Day 3	Eat an Extra Dessert Day 4	National Cheese Pizza Day 5	Great Egg Toss Day 6	International Bacon Day 7
10:30 Chair Yoga	10:30 Zumba	10:30 Coffee & Chat	10:30 Walking Group	10:30 Coffee & Chat	10:30 Chair Yoga	10:30 Chair Exercise
11:30 Bingo	11:30 Hotdog & Chips Social	11:30 Baking Club	11:30 Puzzle Mania	11:30 Test My Knowledge	11:30 Let's Play Scrabble	11:30 Bingo
2:00 1:1	2:00 1:1	2:00 1:1	2:00 1:1	2:00 1:1	2:00 1:1	2:00 1:1
3:00 Church Service	3:00 Bean Bag Toss	3:00 Bowling Contest	3:00 Bible Study	3:00 Game Social	3:00 Painting Social	3:00 Family Feud
4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering
Grandparents Day 8	International Sudoku Day 9	National TV Dinner Day 10	Patriot Day 1	National Chocolate Milkshake Day 12	National Peanut Day 13	National Coloring Day 14
10:30 Zumba	10:30 Upper Body Fitness	10:30 Coffee & Chat	10:30 Aerobics	10:30 Walking Group	10:30 Zumba	10:30 Chair Yoga
11:30 Bingo	11:30 Around The World: Africa	11:30 Trivia	11:30 Test My Knowledge	11:30 Around The World: Japan	11:30 Resident Outing: Hibachi	11:30 Bingo
2:00 1:1	2:00 1:1	2:00 1:1	2:00 Manicures	2:00 1:1	2:00 1:1	2:00 1:1
3:00 Church Service	3:00 Bingo	3:00 Movie Social	3:00 Bible Study	3:00 Bingo	3:00 Puzzle Mania	3:00 Cornhole
4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering
Make a Hat Day 15	National Play-Doh Day 16	National Table Shuffleboard Day 17	National Cheeseburger Day 18	8 National Butterscotch Pudding Day 19	World Mini Golf Day 20	National Karaoke Day 21
10:30 Chair Exercise	10:30 Strength Training	10:30 Coffee & Chat	10:30 Aerobics	10:30 Walking Group	10:30 Zumba	10:30 Chair Yoga
11:30 Bingo	11:30 Getting To Know My Peers	11:30 Trivia	11:30 Test My Knowledge	11:30 Resident Council Meeting	11:30 Test My Knowledge Team	11:30 Bingo
2:00 1:1	Social	2:00 1:1	2:00 1:1	2:00 1:1	Contest	2:00 1:1
3:00 Church Service	2:00 1:1	3:00 Bingo	3:00 Bible Study	3:00 Root Beer Pong	2:00 Bible Study	3:00 Karaoke Social
4:00 Outside Gathering	3:00 Bowling	4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	3:00 Happy Hour	4:00 Outside Gathering
	4:00 Outside Gathering				4:00 Outside Gathering	
National Girls' Night In Day 22						
10:30 Chair Exercise	10:30 Fitness Social	10:30 Chair Yoga	10:30 Coffee & Chat	10:30 Exercise Gathering	10:30 Zumba	10:30 Chair Yoga
11:30 Bingo	11:30 Did You Know?	11:30 Baking Club	11:30 Aerobics	11:30 Making S'mores	11:30 Resident Outing: Ichiban	11:30 Bingo
2:00 1:1 3:00 Church Service	2:00 1:1 3:00 Bingo	2:00 1:1 3:00 Movie Social	2:00 Manicures	2:00 1:1 3:00 Fashion Show	Buffet 2:00 1:1	2:00 1:1
4:00 Outside Gathering	4:00 Outside Gathering	4:00 Outside Gathering	3:00 Bible Study 4:00 Outside Gathering	4:00 Outside Gathering	3:00 Puzzle Mania	3:00 Bean Bag Toss 4:00 Outside Gathering
4.00 Outside dathering	4.00 Outside dathering	4.00 Outside dathering	4.00 Outside Gathering	4.00 Outside dathering	4:00 Outside Gathering	4.00 Outside dathering
National Silent Movie Day 29						
10:30 Chair Exercise	10:30 Strength Training					
11:30 Bingo	11:30 Baking Club					
2:00 1:1	2:00 1:1					
3:00 Church Service	3:00 Cornhole					
4:00 Outside Gathering	4:00 Outside Gathering					