



# September 2023

- LOBBY
- ACTIVITY ROOM
- Green
- 🎵 SING-ALONG
- 🚌 Bus Ride

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:30 ■ Read the newspaper  
 10:00 ■ Snack & Hydration  
 10:30 ■ Facial Care  
 1:00 ■ BINGO!  
 2:00 ■ Happy Hour!- Churros  
 3:00 ■ Piano w/ Georgia 🎵  
 5:30 ■ Balloon Toss!

9:30 ■ Chicken Soup for the Soul  
 10:00 ■ Snack & Hydration  
 10:30 ■ Online streaming Church service  
 1:00 ■ Karaoke! 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Bus Ride 🚌  
 5:30 ■ Movie & Popcorn

3 **Labor Day** 4  
 9:30 ■ Sit & Stretch  
 10:00 ■ Bus Ride 🚌  
 1:00 ■ Facial Care  
 2:00 ■ Snack & Hydration  
 2:30 ■ Make dog Biscuits for the shelter  
 3:30 ■ John Gilmour Sings 🎵  
 5:30 ■ Movie & Popcorn

10:00 ■ Snack & Hydration  
 10:30 ■ Manicure and Pedicures  
 1:00 ■ Puzzles & Board Games  
 2:00 ■ Snack & Hydration  
 3:00 ■ BINGO!  
 5:30 ■ Balloon Toss!

10:00 ■ Snack & Hydration  
 10:30 ■ 1 on 1 visit  
 1:00 Garden Hour  
 2:00 ■ Afternoon Snack  
 3:00 ■ Bus ride - Astoria Trolley 🚌  
 5:30 ■ Movie & Popcorn

6 **Eric comes to visit!**  
 10:00 ■ Snack & Hydration  
 10:30 ■ Read the newspaper  
 1:00 ■ BINGO!  
 2:00 ■ Piano w / Marilyn 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Reminisce Magazine  
 5:30 ■ Balloon Toss!

7  
 9:30 ■ Sit & Stretch  
 10:00 ■ Snack & Hydration  
 10:30 ■ Finish the Phrase!  
 1:00 ■ Drum Circle  
 2:00 ■ Snack & Hydration  
 3:00 ■ Karaoke 🎵  
 5:30 ■ Movie & Popcorn

8  
 9:30 ■ Read the newspaper  
 10:00 ■ Snack & Hydration  
 10:30 ■ Facial Care  
 1:00 ■ BINGO!  
 2:00 ■ Happy Hour! -Virgin Pina Coladas  
 3:00 ■ Piano w/ Georgia 🎵  
 5:30 ■ Balloon Toss!

9  
 9:30 ■ Chicken Soup for the Soul  
 10:00 ■ Snack & Hydration  
 10:30 ■ Online streaming Church service  
 1:00 ■ Karaoke! 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Bus Ride 🚌  
 5:30 ■ Movie & Popcorn

10  
 9:30 ■ Sit & Stretch  
 10:00 ■ Bus Ride 🚌  
 1:00 ■ Facial Care  
 2:00 ■ Sing along with Pastor Stephen 🎵  
 2:30 ■ Make dog Biscuits for the shelter  
 3:30 ■ John Gilmour Sings 🎵  
 5:30 ■ Movie & Popcorn

11 **Spirit Week-Crazy Hair & Socks Day!**  
 10:00 ■ Snack & Hydration  
 10:30 ■ Manicure and Pedicures  
 1:00 ■ Puzzles & Board Games  
 2:00 ■ Snack & Hydration  
 3:00 ■ BINGO!  
 5:30 ■ Balloon Toss!

12 **Spirit Week-Superhero Day!**  
 10:00 ■ Snack & Hydration  
 10:30 ■ 1 on 1 visit  
 1:00 Garden Hour  
 1:30 ■ Resident Council  
 2:00 ■ Afternoon Snack  
 3:00 ■ Bus Ride / drop biscuits at shelter 🚌  
 5:30 ■ Movie & Popcorn

13 **Spirit Week-Wacky Wednesday!**  
 9:30 ■ Eric comes to visit!  
 10:00 ■ Snack & Hydration  
 10:30 ■ Read the newspaper  
 1:00 ■ BINGO!  
 2:00 ■ Piano w / Marilyn 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Reminisce Magazine  
 5:30 ■ Balloon Toss!

14 **Spirit Week- Pajama Day!**  
 9:30 ■ Sit & Stretch  
 10:00 ■ Snack & Hydration  
 10:30 ■ Finish the Phrase!  
 1:00 ■ Parachute Ball!  
 2:00 ■ Snack & Hydration  
 3:00 ■ Karaoke 🎵  
 5:30 ■ Movie & Popcorn

15 **Spirit Week- Sports Team Day!**  
 9:30 ■ Read the newspaper  
 10:00 ■ Snack & Hydration  
 10:30 ■ Facial Care  
 1:00 ■ BINGO!  
 2:00 ■ Snack & Hydration  
 3:00 ■ Piano w/ Georgia 🎵  
 5:30 ■ Balloon Toss!

16  
 9:30 ■ Chicken Soup for the Soul  
 10:00 ■ Snack & Hydration  
 10:30 ■ Online streaming Church service  
 1:00 ■ Karaoke! 🎵  
 2:00 ■ Snack & Hydration  
 2:30 ■ Bus Ride- Wheels & Waves Car Show 🚌  
 5:30 ■ Movie & Popcorn

17  
 9:30 ■ Sit & Stretch  
 10:00 ■ Bus Ride 🚌  
 1:00 ■ Facial Care  
 2:00 ■ Snack & Hydration  
 2:30 ■ Make dog Biscuits for the shelter  
 3:30 ■ John Gilmour Sings 🎵  
 5:30 ■ Movie & Popcorn

18 **National Rice Krispie Treat Day!**  
 10:00 ■ Snack & Hydration  
 10:30 ■ Manicure and Pedicures  
 1:00 ■ Puzzles & Board Games  
 2:00 ■ Make Rice Krispies  
 3:00 ■ BINGO!  
 5:30 ■ Balloon Toss!

19  
 10:00 ■ Snack & Hydration  
 10:30 ■ 1 on 1 visit  
 11:00 ■ Maritime Museum Presentation on Luxury Cruise Ships  
 1:00 Garden Hour  
 2:00 ■ Afternoon Snack  
 3:00 ■ Bus Ride / drop biscuits at shelter 🚌  
 5:30 ■ Movie & Popcorn

20  
 9:30 ■ Eric comes to visit!  
 10:00 ■ Snack & Hydration  
 10:30 ■ Read the newspaper  
 1:00 ■ BINGO!  
 2:00 ■ Piano w / Marilyn 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Reminisce Magazine  
 5:30 ■ Balloon Toss!

21 **World Alzheimer's Day!**  
 9:30 ■ Sit & Stretch  
 10:00 ■ Snack & Hydration  
 10:30 ■ Finish the Phrase!  
 1:00 ■ Cornhole & Music  
 2:00 ■ Snack & Hydration  
 3:00 ■ Karaoke 🎵  
 5:30 ■ Movie & Popcorn

22 **National Ice Cream Cone Day!**  
 9:30 ■ Read the newspaper  
 10:00 ■ Snack & Hydration  
 10:30 ■ Facial Care  
 1:00 ■ End of Summer Party!  
 2:00 ■ Happy Hour! -Ice Cream Cones  
 3:00 ■ Piano w/ Georgia 🎵  
 5:30 ■ Balloon Toss!

23 **First Day of Autumn**  
 9:30 ■ Chicken Soup for the Soul  
 10:00 ■ Snack & Hydration  
 10:30 ■ Online streaming Church service  
 1:00 ■ Karaoke! 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Bus Ride 🚌  
 5:30 ■ Movie & Popcorn

24  
 9:30 ■ Sit & Stretch  
 10:00 ■ Bus Ride 🚌  
 1:00 ■ Facial Care  
 2:00 ■ Snack & Hydration  
 2:30 ■ Make dog Biscuits for the shelter  
 3:30 ■ John Gilmour Sings 🎵  
 5:30 ■ Movie & Popcorn

25  
 10:00 ■ Snack & Hydration  
 10:30 ■ Manicure and Pedicures  
 1:00 ■ Puzzles & Board Games  
 2:00 ■ Snack & Hydration  
 3:00 ■ BINGO!  
 5:30 ■ Balloon Toss!

26  
 10:00 ■ Snack & Hydration  
 10:30 ■ 1 on 1 visit  
 1:00 Garden Hour  
 2:00 ■ Afternoon Snack  
 3:00 ■ Bus Ride - Ice cream at Dairy Maid 🚌  
 5:30 ■ Movie & Popcorn

27  
 9:30 ■ Eric comes to visit!  
 10:00 ■ Snack & Hydration  
 10:30 ■ Read the newspaper  
 1:00 ■ BINGO!  
 2:00 ■ Piano w / Marilyn 🎵  
 2:00 ■ Snack & Hydration  
 3:00 ■ Reminisce Magazine  
 5:30 ■ Balloon Toss!

28  
 9:30 ■ Sit & Stretch  
 10:00 ■ Snack & Hydration  
 10:30 ■ Finish the Phrase!  
 1:00 ■ Drum Circle  
 2:00 ■ Snack & Hydration  
 3:00 ■ Karaoke 🎵  
 5:30 ■ Movie & Popcorn

29  
 9:30 ■ Read the newspaper  
 10:00 ■ Snack & Hydration  
 10:30 ■ Facial Care  
 1:00 ■ BINGO!  
 2:00 ■ Happy Hour! -Hot pretzels & Cheese  
 3:00 ■ Piano w/ Georgia 🎵  
 5:30 ■ Balloon Toss!

30  
 9:30 ■ Chicken Soup for the Soul  
 10:00 ■ Snack & Hydration  
 10:30 ■ Online streaming Church service  
 1:00 ■ Karaoke! 🎵  
 2:00 **Monthly Birthday Celebration**  
 3:00 ■ Bus Ride 🚌  
 5:30 ■ Movie & Popcorn