

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:30- Thankful Thoughts 11:30- Stretch & Stroll 1- At Home Travels 2:30- Amara Bucks Bingo 6- Documentary & Discussion</p>	<p>2</p> <p>9:30- News & Chat 10:30- Growing Gardens 1- Step Out Walking Club 2:30- Spa & Speak 4- Motown & Movin' 6- Sounds of Summer <small>Labor Day</small></p>	<p>3</p> <p>10- Tunes w/ Kevin 11- Helping Hands Hour 1- At Home Concerts 2- Read Along Book Club 3- Bingo w/ Pat! 6- Stretch It Out Fitness</p>	<p>4</p> <p>9:30- Morning Stretches 10- Visit w/ Vicky 11- Strength & Stretch 1:30- Bean Bag Toss 2- Let's Get Crafty 4- Wine & Cheese Social 6- Coloring to Relax</p>	<p>5</p> <p>9:30- Chair Chi 10- Learning Lessons: Planets 11- Helping Hands Hour 1:30- Hand Massages 2- Sing along w/ David 3:30- Art Studio 6- Stories w/ Friends</p>	<p>6</p> <p>10am-4pm: Food Drive & Tailgate Party 2:30- YouTube: Babies 3- Bingo 6- TV Land Classics</p>	<p>7</p> <p>10- Bible Study w/ Pat 1- Chair Chi-Tai Chi 1:30- Lip Balm Making 3:30- Current News 4- Outdoor Relaxing 6- Movie Night (CH)</p>
<p>8</p> <p>10:30- Positive Thinking 11:30- Stretch & Stroll 1- Milkshake Social 2:30- Amara Bucks Bingo 6- Documentary & Discussion <small>Grandparents' Day</small></p>	<p>9</p> <p>9:30- News & Chat 10:30- Garden Growing 1- Step Out Walking Club 2:30- Spa & Speak 4- Jazz & Jive 4:30- Outing: Dinner @ Hola Mexico</p>	<p>10</p> <p>10- World Events 11- Helping Hands Hour 1- At Home Concerts 2- Read Along Book Club 3- Bingo w/ Pat 6- Flex Around</p>	<p>11</p> <p>9:30- Current News Crew 10- Visit w/ Vicky 1:30- Cornhole Crush 2- Let's Get Crafty 4- Tiki Hut Happy Hour 6- 1st Responders Dinner</p>	<p>12</p> <p>9:30- Seated Yoga 10- Learning Lessons: Mythology 11- Helping Hands Hour 1:30- Art Studio 3:30- Hand Massages 6- Music & Memories</p>	<p>13</p> <p>9:30- Local News 11- Noodle Fitness 1:30- Weekly Legend 2:30- YouTube: Crazy Cats 3- Bingo w/ Pat 6- TV Land Classics</p>	<p>14</p> <p>10- Bible Study w/ Pat 1- Seated Yoga 1:30- Scenic Drive 3:30- World News 4- Patio Peace 6- Movie Night (CH)</p>
<p>15</p> <p>10:30- Morning Reflections 11:30- Stretch & Stroll 1- Cranium Crunch 2:30- Amara Bucks Bingo 6- Documentary & Discussion</p>	<p>16</p> <p>9:30- News & Chat 10:30- Growing Gardens 1- Step Out Walking Club 2:30- Spa & Speak 4- Blue Brothers Moves 6- Sounds of the Rainforest</p>	<p>17</p> <p>10- Tunes w/ Kevin 11- Helping Hands Hour 1- Pet Therapy w/ Luna 2- Read along Book Club 3- Bingo w/ Pat 6- Stretch It Out</p>	<p>18</p> <p>9:30- What's New 10- Visit w/ Vicky 11- Flex & Stretch 1:30- Bean Bag Toss 2- Let's Get Crafty 4- Wine & Cheese Social 6- Relaxing Colors</p>	<p>19</p> <p>9:30- Chair Chi 10- Learning Lessons: Constellations 11- Helping Hands Hour 1:30- Art Studio 2:30- Afternoon Singing 3:30- Hand Massages 6- Campfire Stories</p>	<p>20</p> <p>9:30- Local News 11- Noodle Fitness 1:30- Weekly Legend 2:30- YouTube: Fun Fails 3- Bingo w/ Pat 6- TV Land Classics</p>	<p>21</p> <p>10- Sunny Courtyard Social 1- Chair Chi- Tai Chi 2- Bible Study w/ Pat 3:30- Local News 4:30- Outdoor Relaxing 6- Movie Night (CH) <small>Oktoberfest Begins</small></p>
<p>22</p> <p>10:30- Morning Gratitude 11:30- Stretch & Stroll 1- At Home Travels 2:30- Amara Bucks Bingo 6- Documentary & Discussion</p>	<p>23</p> <p>9:30- News & Chat 10:30- Garden Growing 1- Step Out Walking Club 2:30- Spa & Speak 4- Music Memories 6- Sounds of the Beach <small>Autumn Begins</small></p>	<p>24</p> <p>10- World Events 11- Helping Hands Hour 1- At Home Concerts 2- Read Along Book Club 3- Bingo w/ Pat 6- Flex Around</p>	<p>25</p> <p>9:30- Morning News 10- Visit w/ Vicky 11- Move & Groove 1:30- Cornhole Crush 2- Let's Get Crafty 4- Tiki Hut Happy Hour 6- Peaceful Pictures</p>	<p>26</p> <p>9:30- Outing: Riverbanks Zoo & Gardens 1:30- Hand Massages 2:30- Afternoon Singing 6- Soothing Sounds</p>	<p>27</p> <p>9:30- Local News 11- Noodle Fitness 1:30- Chef Showdown! 6- TV Land Classics</p>	<p>28</p> <p>10- Bible Study w/ Pat 1- Seated Yoga 1:30- Scenic Drive 3:30- Current News 4- Patio Peace 6- Movie Night (CH)</p>
<p>29</p> <p>10:30- Thankful Thoughts 11:30- Stretch & Stroll 1- Cranium Crunch 2:30- Amara Bucks Bingo 6- Documentary & Discussion</p>	<p>30</p> <p>9:30- News & Chat 10:30- Growing Gardens 1- Step Out Walking Club 2:30- Spa & Speak 4- Disco Dancing 6- Sounds of Birds <small>Rosh Hashanah (first Day)</small></p>					

September 2019
Memory Care Calendar