


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>10:00 LDS Church Services (DR)</b> 10:30 St. Thomas More Catholic Services (AR) 1:00 Exercise (AR) 1:30 Cookie Decorating (AR) 2:00 Afternoon Cinema (AR)	<b>2</b> <b>Labor Day</b> 9:30 News & Views (AR) 10:00 Exercise (AR) 10:30 Brain Fitness (AR) <b>11:30 Labor Day Lunch (DR)</b> 1:30 Labor Day Fun Facts! (AR) <b>2:30 Music – Lynda Davidson (DR)</b> 3:30 Chocolate Covered Strawberries (AR) <b>6:00 Bingo (AR)</b> <small>Day</small>	<b>3</b> 9:30 News & Views (AR) <b>10:00 Sit &amp; Dance w/Becky (AR)</b> <b>10:30 Resident Council (AR)</b> <b>1:30 New Resident Orientation (AR)</b> 1:30 Wood Painting (AR) <b>2:30 Music – Sue Talmage (DR)</b> 3:30 Happy Hour (AR) <b>6:00 Creative Writing (AR)</b>	<b>4</b> 9:30 News & Views (AR) 10:00 Exercise (AR) 10:30 Bible Study (AR) 10:30 Walking Club (CS) <b>1:00 Shopping at Smith's (BL)</b> <b>2:00 Scenic Drive (BL)</b> 3:00 Mini Manicures (AR) 4:00 Ensign Reading (AR) <b>6:00 Bingo (AR)</b>	<b>5</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Mindfulness w/John (AR)</b> 1:30 Drink Taste Test (AR) 2:30 I Love Lucy (AR) 3:30 Star Cookie Social (AR) <b>4:30 Cottonwood Youth Group Dinner Visit (DR)</b> 6:00 Come Follow Me Study Group	<b>6</b> 9:30 News & Views (AR) 10:00 Exercise (AR) 10:30 Brain Fitness (AR) <b>1:30 Trip To Park City (BL)</b> <b>6:00 Bingo (AR)</b>	<b>7</b> 10:00 Exercise (AR) <b>10:45 Scenic Drive (BL)</b> <b>1:00 Pet Therapy (AR)</b> 1:30 Ice Cream Floats (AR) 2:00 Coloring With Joan (AR) 2:30 Afternoon Cinema (AR)
<b>8</b> <b>Grandparents Day</b> <b>10:00 LDS Church Services (DR)</b> 10:30 St. Thomas More Catholic Services (AR) 1:00 Exercise (AR) 1:30 Popsicle Social (AR) 2:00 Afternoon Cinema (AR)	<b>9</b> 9:30 News & Views (AR) <b>10:00 Sit &amp; Dance w/Becky (AR)</b> 10:30 Brain Fitness (AR) 1:30 Ring Toss (AR) <b>2:30 Music - Wayne (DR)</b> 3:30 Creekside Social (CS) <b>6:00 Bingo (AR)</b>	<b>10</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Ask A Nurse – Sleep Importance (AR)</b> 😊 1:30 Wii Sports (AR) 2:30 Marbled Coasters (AR) 3:30 Pastry Social (AR) <b>6:00 Family Grief Support Group (AR)</b>	<b>11</b> <b>Patriot's Day</b> 9:30 News & Views (AR) 10:00 Exercise (AR) 10:30 Bible Study (AR) 10:30 Walking Club (CS) <b>11:30 Lunch Bunch – Mimi's Cafe</b> <b>2:00 Scenic Drive (BL)</b> 3:00 Remembering 9/11 (AR) 4:00 Ensign Reading (AR) <b>6:00 Bingo (AR)</b>	<b>12</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Mindfulness w/John (AR)</b> 1:30 The Price Is Right (AR) <b>2:30 Music – B.D. Howes (DR)</b> 3:30 Wine & Cheese (AR) 6:00 Come Follow Me Study Group (AR)	<b>13</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Blood Pressure Clinic (AR)</b> <b>1:30 Men's Club - Wagon Ride At Wheeler Farm (BL)</b> <b>6:00 Bingo (AR)</b>	<b>14</b> <b>National Crème Filled Donut Day</b> 10:00 Exercise (AR) <b>10:45 Scenic Drive (BL)</b> <b>1:00 Pet Therapy (AR)</b> 1:30 Donut Social (AR) <b>2:00 Music – Christopher (AR)</b> 3:00 Afternoon Cinema (AR)
<b>15</b> <b>10:00 LDS Church Services (DR)</b> 10:30 St. Thomas More Catholic Services (AR) 1:00 Exercise (AR) 1:30 Cheese Social (AR) 2:00 Afternoon Cinema (AR)	<b>16</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Town Hall (AR)</b> 1:30 Book Club (AR) <b>2:15 Music – Bob Short (DR)</b> 3:30 Milkshake Social (AR) <b>6:00 Bingo (AR)</b>	<b>17</b> 9:30 News & Views (AR) <b>10:00 Sit &amp; Dance w/Becky (AR)</b> 10:30 1:30 Get To Know The Constellations (AR) <b>2:30 Music – Debbie (DR)</b> <b>3:30 Resident Spotlight (AR)</b> <b>7:00 Music – The Mixed Nuts (DR)</b>	<b>18</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Sandy Glee Club (DR)</b> 10:30 Bible Study (AR) <b>1:00 Shopping at Smith's (BL)</b> <b>2:00 Scenic Drive (BL)</b> 3:00 Mini Manicures (AR) 4:00 Ensign Reading (AR) <b>6:00 Bingo (AR)</b>	<b>19</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Mindfulness w/John (AR)</b> 1:30 Butterscotch Pudding (AR) <b>2:30 Music – Larry Turner (DR)</b> <b>3:30 Relaxation &amp; Massage (AR)</b> 😊 6:00 Come Follow Me Study Group (AR)	<b>20</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Canyon Creek Auction (AR)</b> <b>1:30 Trip Sub Zero (BL)</b> <b>6:00 Bingo (AR)</b>	<b>21</b> 10:00 Exercise (AR) <b>10:45 Scenic Drive (BL)</b> <b>1:00 Pet Therapy (AR)</b> 1:30 Iced Tea Social (AR) <b>2:00 Music – Jennifer Bradshaw (AR)</b> 3:00 Afternoon Cinema (AR)
<b>22</b> <b>10:00 LDS Church Services (DR)</b> 10:30 St. Thomas More Catholic Services (AR) 1:00 Exercise (AR) 1:30 Lemonade Social (AR) 2:00 Afternoon Cinema (AR)	<b>23</b> <b>First Day Of Fall</b> 9:30 News & Views (AR) <b>10:00 Sit &amp; Dance w/Becky (AR)</b> 10:30 Brain Fitness (AR) 1:30 Balloon Volleyball (AR) <b>2:30 Music – New Fiddlers (DR)</b> 3:30 Ice Cream Bar (AR) <b>6:00 Bingo (AR)</b>	<b>24</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Food Committee (AR)</b> 1:30 Starry Night Painting (AR) 2:30 Fresh Fruit Social (AR) <b>3:00 Music – Jim Jensen (DR)</b> 4:00 Creekside Stroll (CS)	<b>25</b> <b>Wendover</b> <b>9:30 Trip To Wendover (BL)</b> 10:00 Exercise (AR) 10:30 Bible Study (AR) 2:00 Faces & Places (AR) 3:00 Mini Manicures (AR) 4:00 Ensign Reading (AR) <b>6:00 Bingo (AR)</b>	<b>26</b> <b>Johnny Appleseed Day</b> 9:30 News & Views (AR) 10:00 Exercise (AR) <b>10:30 Mindfulness w/John (AR)</b> 1:30 Apple Social (AR) <b>2:30 Heart &amp; Soul Music (DR)</b> 3:30 Creekside Stroll (CS) 6:00 Come Follow Me Study Group (AR)	<b>27</b> 9:30 News & Views (AR) 10:00 Exercise (AR) 10:30 Brain Fitness (AR) <b>11:30 Pizza Party (AR)</b> <b>1:30 Utah Museum Of Fine Arts (BL)</b> <b>6:00 Bingo (AR)</b>	<b>28</b> 10:00 Exercise (AR) <b>10:45 Scenic Drive (BL)</b> <b>1:00 Pet Therapy (AR)</b> 1:30 Indoor Golfing (AR) 2:00 Coloring With Joan (AR) 2:30 Afternoon Cinema (AR) <b>7:00 Concert In The Park With Music By One Voice Children's Choir (CS)</b>
<b>29</b> <b>10:00 LDS Church Services (DR)</b> 10:30 St. Thomas More Catholic Services (AR) 1:00 Exercise (AR) 1:30 Quick Round Trivia (AR) 2:00 Afternoon Cinema (AR)	<b>30</b> 9:30 News & Views (AR) 10:00 Exercise (AR) 10:30 Brain Fitness (AR) 1:30 Fall Leaves Painting (AR) <b>2:30 Cooking Corner – Banana Bread (AR)</b> 3:30 Table Games (AR) <b>6:00 Bingo (AR)</b>	<b>Happy Birthday</b> 9/4 Pat Sturgill 9/5 Fred Kalt 9/7 John Sands 9/12 John Daughters 9/15 Esther Harmon 9/16 Kathleen Wiens 9/20 Dorothy Meyer 9/23 Mac McNeil 9/26 Gae Cowley	 <p><b>September 2019</b>  <b>Assisted Living</b>            Activity Room (AR) Dining Room (DR) Back Lobby (BL) Creek Side (CS)            😊 7 Dimensions Physical Activity</p>			