

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 Start the Week Right 1 9:30 Stretch Exercise 10:00 Welcome to September 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Sunday Social 3:00 Bingo Time 4:00 You Tube	9:00 Trip to Bimart 2 9:30 Exercise with Kate 10:30 Rummikub Game 1:20 Black Jack Game 2:00 Memory Tones 3:00 Bean Bag Baseball 4:00 Margarita Monday Labor Day <small>Labor Day</small>	9:00 Today's News 3 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arranging 2:15 99+ Club 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat	9:15 Celebrate You 4 9:30 Kates Exercise 10:30 Oregon History w/Mel 10:45 Play a New Game UNO 1:00 Nickle Bingo 2:15 Apple Tasting Test 3:00 Exercise with Jaylene 4:00 Wine Wednesday	9:00 News of the Building 5 9:30 Sit & Stretch Exercise 10:30 Council with Roxanne 1:15 Resident Meeting 2:00 Fashion Day 3:00 John on Guitar 3:30 Wonderful Times/GR 6:00 Bingo with Paul	9:00 Getting to Know You 6 9:30 Kates Exercise 10:30 Resident Acting 10:30 Picnic at Rose Garden 1:15 Shopping at St Vincent 1:15 Computer/Games 2:15 What to Do for Choking 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News Review 7 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Express with Art 1:00 Baking with Haylee 2:15 Fun Brain Puzzles 3:00 Nickle Bingo 4:00 Nature Walk Grandma Moses Day	
9:00 Start the Week Right 8 9:30 Stretch Exercise 10:00 Share Photos 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Grandparent Social 3:00 Bingo Time 4:00 You Tube <small>Grandparents' Day</small>	9:00 News of the Day 9 9:30 Exercise with Kate 10:30 Rummikub Game 1:20 Black Jack Game 2:00 Genealogy/Ancestry 3:00 Bean Bag Baseball 4:00 Margarita Monday	9:00 Today's News 10 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arranging 2:00 Apple Pressing 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat	9:15 Celebrate You 11 9:30 Kates Exercise 10:30 Oregon History w/Mel 10:45 Play a Board Game 1:00 Nickle Bingo 2:15 Lucky Paws 3:00 Exercise with Jaylene 4:00 Wine Wednesday 6:00 Lucky Paws <small>Remembering 9/11</small>	9:00 News of the Building 12 9:30 Sit & Stretch Exercise 10:30 Council with Roxanne 1:15 Activity Meeting 2:00 Chocolate Milk Shake 2:30 Hearing Aid Checks 3:00 John on Piano 3:30 Wonderful Times/GR 6:00 Bingo with Paul	9:00 Getting to Know You 13 9:30 Kates Exercise 10:30 Resident Acting 1:15 Computer/Games 2:15 What to Do: First Aid 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News Review 14 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Express with Art 1:00 Baking with Haylee 2:15 Fun Brain Puzzles 3:00 Nickle Bingo 4:00 Nature Walk Harvest Moon	
9:00 Start the Week Right 15 9:30 Stretch Exercise 10:00 Share Photos 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Sunday Social 3:00 Bingo Time 4:00 Your Tube	9:00 News of the Day 16 9:30 Exercise with Kate 10:30 Rummikub Game 10:30 Drive: Mystery 1:20 Black Jack Game 2:00 Genealogy/Ancestry 3:00 Bean Bag Baseball 4:00 Margarita/Guacamole	9:00 Today's News 17 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arranging 2:15 Wedding Picture 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat	9:15 Celebrate You 18 9:30 Kates Exercise 10:30 Oregon History w/Mel 10:45 Shuffle Board 1:00 Nickle Bingo 2:15 Cheese Burger Day 3:00 Exercise with Jaylene 4:00 Wine Wednesday	9:00 News of the Building 19 9:30 Sit & Stretch Exercise 10:30 Council with Roxanne 11:00 Holly's Jewelry 1:15 Tole Painting 2:00 Humming Bird Day 3:00 Poetry Talk/Reading 3:30 Wonderful Times/GR 6:00 Bingo with Paul	9:00 Getting to Know You 20 9:30 Kates Exercise 10:30 Resident Acting 1:15 Computer/Games 2:15 What to Do: CPR 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News Review 21 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Express with Art 1:00 Baking with Haylee 2:15 Fun Brain Puzzles 3:00 Nickle Bingo 4:00 Nature Walk Eat and Apple Day <small>Oktoberfest Begins</small>	
9:00 Start the Week Right 22 9:30 Stretch Exercise 10:00 Share Photos 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Centenarians Day 3:00 Bingo Time 4:00 You Tube Emmy Awards Day	9:00 Trip to Bimart 23 9:30 Exercise with Kate 10:30 Rummikub Game 10:30 Drive: Mount Tome 1:15 Apple Picking 1:20 Black Jack Game 2:00 Genealogy/Ancestry 3:00 Bean Bag Baseball 4:00 Margarita Monday <small>Autumn Begins</small>	9:00 Today's News 24 9:30 Sit & Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arranging 2:15 99+ Club 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat	9:15 Celebrate You 25 9:30 Kates Exercise 10:30 Oregon History w/Mel 10:45 Scrabble Game 1:00 Nickle Bingo 2:15 One Hit Wonders 3:00 Exercise with Jaylene 4:00 Wine Wednesday	9:00 News of the Building 26 9:30 Sit & Stretch Exercise 10:30 Council with Roxanne 1:15 Guess the Scent 2:00 Johnny Appleseed Day 3:00 Favorite Things 3:30 Wonderful Times/GR 6:00 Bingo with Paul	9:00 Getting to Know You 27 9:30 Kates Exercise 10:30 Resident Acting 11:15 Country Bakery 1:15 Trader Joes 1:15 Computer/Games 2:15 Scarf Day 3:00 Bean Bag Baseball 4:00 Flavored Vodka	9:00 News Review 28 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Express with Art 1:00 Baking with Haylee 2:15 Fun Brain Puzzles 3:00 Nickle Bingo 4:00 Nature Walk Good Neighbor Day	
9:00 Start the Week Right 29 9:30 Stretch Exercise 10:00 Share Photos 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Sunday Social 3:00 Bingo Time 4:00 Ed Sullivan Day	9:00 Trip to Bimart 30 9:30 Exercise with Kate 10:30 Rummikub Game 10:30 Drive: Brownsville 1:15 Shopping: Walmart 1:20 Black Jack Game 2:00 Genealogy/Ancestry 3:00 Bean Bag Baseball 4:00 Margarita Monday <small>Rosh Hashanah (first Day)</small>	<h1>September 2019</h1> <h2>Sheldon Park Assisted Living</h2>					

Activities are subject to change.