










Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 9:00 (AC) Breathing exercises</p> <p>10:00 (AC) Morning Walk</p> <p>2:00 (AC) Ceramic Painting</p> <p>3:00 (AC) Social Hour</p> <p>4:00 (AC) Crosswords</p>	<p>2 9:00 (W) Full Body Workout</p> <p>10:00 (AC) September Vision Board</p> <p>2:00 (AC) Movie & Popcorn</p> <p>4:00 (AC) Brain Teasers</p> <p>Barber2u 12-3pm (L)</p>	<p>3 9:00 (AC) Morning News</p> <p>10:00 (AC) Game of Choice</p> <p>2:00 (AC) Spades Club</p> <p>3:30 (AC) Dominoes</p>
<p>4 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>5 9:00 (W) Upper Body Workout</p> <p>10:00 (AC) Left, Right, Center</p> <p>2:00 (AC) Shoot Pool</p> 	<p>6 9:00 (AC) Starting the Meditating</p> <p>10:00 (AC) Sand Art</p> <p>1:30 (L) Walmart/Dollar Tree</p> <p>2:00 (DR) Resident Council Meeting</p> <p>3:30 (AC) Jewelry Making</p> <p>6:00 (AC) Testimonial Tuesday</p>	<p>7 9:00 (W) Resistance band workout</p> <p>10:00 (AC) Nail Spa</p> <p>12:45 (L) Walmart/Dollar Tree</p> <p>1:30 (DR) Line Dancing</p> <p>3:30 (AC) 6:00 (AC) Bible Study</p>	<p>8 9:00 (AC) Breathing exercises</p> <p>10:30(L) Golden Corral</p> <p>*must have money on hand</p> <p>1:00-2:00 (AC) Gospel Hour</p> <p>2:30 (AC) Movie & Popcorn</p> <p>4:00 (AC) Sudoku</p>	<p>9 9:00 (W) Full Body Workout</p> <p>10:00 (L) Morning Walk</p> <p>2:00 (DR) BINGO</p> <p>4:00 (AC) Adult Coloring</p> <p>6-7pm (DR) Happy Hour</p>	<p>10 9:00 (AC) Morning News</p> <p>10:00 (AC) UNO</p> <p>2:00 (AC) Women's Group</p> <p>3:30 (AC) Spades Club</p>
<p>11 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk. Thank you</p>	<p>12 9:00 (W) Upper Body Workout</p> <p>10:00 (AC) Basic Spanish</p> <p>2:00 (DR) Open Mic</p> <p>3:30 (AC) Texas Hold 'em</p> <p>4:00 (AC) Brain Teasers</p>	<p>13 9:00 (AC) Starting the day meditating</p> <p>10:00 (AC) Morning Walk</p> <p>1:30 (DR) Food Committee Meeting</p> <p>2:00 (DR) BINGO</p> <p>6:00 (AC) Testimonial Tuesday</p> <p>International Chocolate Day</p>	<p>14 9:00 (W) Resistance Band Workout</p> <p>11:45 (L)</p>  <p>4:00 (AC) Dominoes</p> <p>6:00 (AC) Bible Study</p>	<p>15 9:00 (AC) Breathing exercises</p> <p>10:00 (AC) Sip & Paint</p> <p>12:00 (L)</p>  <p>1:00-2:00 (AC) Gospel Hour</p> <p>4:00 (AC) Crosswords</p>	<p>16 9:00 (W) Full body workout</p> <p>10:00 (AC) Wood butterfly cross stitch</p> <p>2:00 (AC) Let's play LOTERIA</p> <p>4:00 (AC) Find the difference</p> 	<p>17 9:00 (AC) Morning News</p> <p>10:00 (L) Jenga</p> <p>2:00 (AC) Men's Group</p> <p>3:30 (AC) Spades Club</p>

<p>18 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>19 9:00(W) Upper Body Workout 10:00 (AC) Nail Spa 2:00 (AC) Mini Pinecone decorating 3:30 (AC) Karaoke 4:00 (AC) Sudoku</p>	<p>20 9:00 (AC) Starting the day meditating 11:00 (L)</p>  <p>6:00 (AC) Testimonial Tuesday</p>	<p>21 9:00 (W) Resistance band Workout 10:00 (L) Fall tree crinkle diy 11:45 (L)</p>  <p>1:30 (DR) Line Dancing 6:00 (AC) Bible Study</p>	<p>22 9:00 (AC) Breathing exercises 10:00 (AC) Jewelry Making 1:00-2:00 (AC) Gospel Hour 3:00 (AC) Activity Meeting</p> 	<p>23 9:00 (W) Full body workout</p> <p>10:00 (AC) DIY Ceramic Owls</p> <p>2:00 (AC) BINGO</p> <p>4:00 (AC) Word Scramble</p> <p>6-7pm (DR) Happy Hour</p>	<p>24 9:00 (AC) Morning News</p> <p>10:00 (L) Connect Four</p> <p>2:00 (AC) Spades Club</p> <p>3:00 (AC) Chess & Checkers</p> <p>4:00 (AC) Adult Coloring</p>
<p>25 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>26 9:00 (W) Upper Body Workout</p> <p>12:00 (L)</p>  <p>4:00(AC) Find the difference</p>	<p>27 9:00 (AC) Starting the day meditating</p> <p>10:00 (AC) Social Hour</p> <p>2:00 (AC) Open Mic</p> <p>3:00 (AC) Sip & Paint</p> <p>6:00 (AC) Testimonial Tuesday</p>	<p>28 9:00 (W) Resistance Band Workout 12:00 (L)</p>  <p>6:00 (DR) Movie Night</p> <p>6:00 (AC) Bible Study</p>	<p>29 9:00 (AC) Breathing exercises</p> <p>10:00 (AC) National Coffee Day 1:00-2:00 (AC) Gospel Hour 2:00 (DR) Town Hall Meeting</p> <p>3:30 (AC) September Birthday Celebration 4:00 (AC) Brain Teasers</p>	<p>30 9:00 (W) Full Body Workout</p> <p>10:00 (AC) Let's go to the Library</p> <p>2:00 (DR) BINGO</p> <p>3:00 (AC) Sand Art</p> <p>4:00 (AC) Crosswords</p>	
<p>Every outdoor Activity is weather permitting. If unable to go outside we will do In house game or Activity</p>			<p>(AC) Activity Center (DR) Dining Room (T) Theater (PA) Pool Area (W) Weight room. (L) Lobby (CA) Computer Area</p>		<p>Dining Room Hours: Breakfast 7am-9am Lunch 11am-1pm Dinner 4pm-6pm</p>	