

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2023



10:00 Morning Visits & Daily Chronicles **3**
10:30 COMMUNION SERVICE
 W//SAINT CECILIA'S CHURCH
11:30 (1,2) SUNDAY SIP
COFFEE & TEA
WITH FRIENDS
 2:30 HAND & NAIL CARE
 FEATURING 1950'S MUSIC

10:00(1) Morning Social & Daily Discussion **4**
11:00 FRIENDLY COMPETITION
(1,2) A.M TABLE GAMES
11:45 RELAX & RESTORE
 12:00(1,2) MORNING VISITS & DAILY CHRONICLES
2:30 (1) BEING CREATIVE
MUSIC & ART
AFTERNOONS WITH JEREMY

Labor Day

10:00(1) Daily MEET/DAILY CHRONICLES **5**
11:00 (1,2) TABLE TALK
11:30 SOOTHING SOUNDS
2:30 VAN MARTIN MUSIC
ENJOY THE SOUNDS OF
THE 40'S, 50'S & BEYOND
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **6**
11:00 COME JOIN THE FUN!
(1,2) A.M TABLE GAMES
11:45 RELAXATION
 12:00(1,2) MORNING VISITS & DAILY CHRONICLES
2:30 (1,2) LET'S PLAY BINGO!

10:00(1) Morning Social & Daily Discussion **7**
11:00 HELLO INGLEMOOR!
(1,2) STRETCHES TO THE OLDIES
11:30 REST & RESTORE
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (1,2) HOOP DREAMS
EASY DOES IT BASKETBALL
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **8**
11:00 (1,2) TABLE GAMES
11:45 RELAXATION
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (1) ALL DOLLED UP
MATINEE & MANICURES
WITH ARNEETRA
 SENSORY RELAXATION (2)

10:30 Morning Visits & Daily Chronicles **9**
11:30 WEEKEND CHIT CHAT
TABLE TIME/TABLE GAMES
2:30 (1,2) JOIN IN THE FUN
TIME 4 BINGO

10:00 Morning Visits & Daily Chronicles **10**
10:30 COMMUNION SERVICE
 W//SAINT CECILIA'S CHURCH
11:30 (1,2) SUNDAY SIP
COFFEE & TEA
WITH FRIENDS
 2:30 SUNDAY MATINEE

10:00(1) Morning Social & Daily Discussion **11**
11:00 LET'S GET PHYSICAL
(1,2) UPTEMPO EXERCISE
11:30 REST & RESTORE
 12:00(1,2) MORNING VISITS & DAILY CHRONICLES
2:30 (1) CALMING AFTERNOON
MATINEE & MANICURES
WITH ARNEETRA

Grandparents Day

10:00 (1,2) DAILY CHRONICLES **12**
SALON DAY
 (10-3)
 11:30 SOOTHING SOUNDS
2:00 (GV) SAINT CECILIA'S
MASS SERVICE
3:00 (2) WHO? WHAT? DUNK MAN
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **13**
11:00 (1,2) TENNIS ANYONE??
BALLOON TENNIS
11:30 RELAXATION
 12:00(1,2) MORNING VISITS & DAILY CHRONICLES
2:30 (1,2) WE PLAY
BINGO!

10:00(1) Morning Social & Daily Discussion **14**
11:00 (1,2) TABLE GAMES
11:45 RELAXATION
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (1,2) GREAT AIM?
RING TOSS & BEAN
BAG CORN HOLE
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **15**
11:00 GOOD MORNING!
(1,2) A.M WORK OUT
11:30 REST & RESTORE
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (PATIO) HAND MADE
MUSIC & ART
IN NATURE WITH JEREMY

Rosh Hashanah Begins

10:30 Morning Visits & Daily Chronicles **16**
11:30 JAZZ MUSIC HOUR
TABLE TIME/TABLE GAMES
2:30 (1,2) JOIN IN THE FUN
BINGO TIME!

Oktoberfest Begins

10:00 Morning Visits & Daily Chronicles **17**
10:30 COMMUNION SERVICE
 W//SAINT CECILIA'S CHURCH
11:30 (1,2) SUNDAY SIP
COFFEE & TEA
WITH FRIENDS
 2:30 HAND & NAIL CARE
 FEATURING 1960'S MUSIC

10:00(1) Morning Social & Daily Discussion **18**
11:00 STAYING SHARP
(1,2) BRAIN GAMES,
TRIVIA & LIFE STYLE
11:45 RELAX & RESTORE
 12:00 MORNING VISITS & DAILY CHRONICLES
2:30 (1) SOMETHING NEW
MUSIC & ART
AFTERNOONS
WITH JEREMY

10:00(1) Morning Social & Daily Discussion **19**
11:00 (1,2) A.M WORK OUT
11:30 REST & RESTORE
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30(PATIO)
RESIDENTS
RULE /RESIDENTS CHOOSE
FRESH AIR FUN
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **20**
11:00 (1,2) TABLE TALK/
TABLE GAMES
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:00 (GV) RESIDENTS
COUNCIL MEETING
3:00 (2) LET'S GO BINGO!

10:00(1) Morning Social & Daily Discussion **21**
11:00 MOVE YOUR BODY
(1,2) UPTEMPO EXERCISE
11:30 REST & RESTORE
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (1,2)COOKIES & CREAM
ICE CREAM PARTY!!
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **22**
11:00 (1,2) TABLE GAMES
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (1) LOVE & HAPPINESS
MATINEE & MANICURES
WITH ARNEETRA
 SENSORY RELAXATION (2)

10:30 Morning Visits & Daily Chronicles **23**
11:30 70"S MUSIC HOUR
TABLE TIME/TABLE GAMES
2:30 (1,2) JOIN IN THE FUN
TIME 4 BINGO

Autumn Begins

10:00 Morning Visits & Daily Chronicles **24**
10:30 COMMUNION SERVICE
 W//SAINT CECILIA'S CHURCH
11:30 (1,2) SUNDAY SIP
COFFEE & TEA
WITH FRIENDS
 2:30 SUNDAY MATINEE

10:00(1) Morning Social & Daily Discussion **25**
11:00 (1,2) TOUCH THE SKY
POOL NOODLE STRETCHES
11:30 REST & RESTORE
 12:00 MORNING VISITS & DAILY CHRONICLES
2:30 (PATIO) BEING PAMPERED
MANICURES IN THE SUN
WITH ARNEETRA

Yom Kippur

10:00 (1,2) DAILY CHRONICLES **26**
SALON DAY
 (10-3)
11:30 (1,2) SOOTHING SOUNDS
2:30 JOE ALLEGRO MUSIC
REMEMBERING THE SOUNDS
OF THE OLDIES YOU LOVE
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **27**
11:00 (1,2) CATCH A STAR!
MORNING STRETCHES
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:00 (1,2) CELEBRATING
AUTUMN! COME ENJOY
DESSERTS & DRINKS
OF THE SEASON
3:00 (1,2) BINGO TIME!!

10:00(1) Morning Social & Daily Discussion **28**
11:00 (1,2) TABLE GAMES
 Residents pick
11:45 RELAXATION
2:30 (1,2) JOIN US!
CELEBRATING
RESIDENTS BIRTHDAYS!!
5:15 EVENING VISITS

10:00(1) Morning Social & Daily Discussion **29**
11:00 (1) KEEP MOVING
W//FIT GROUP USA
A.M EXERCISE CLASS
11:30 RELAXATION
 12:00 (1,2)MORNING VISITS & DAILY CHRONICLES
2:30 (1) MUSIC & ART
AFTERNOONS WITH JEREMY

Sukkot Begins

10:30 Morning Visits & Daily Chronicles **30**
11:30 SATURDAY SOOTHING
SOUNDS MUSIC
TABLE TIME/TABLE GAMES
2:30 (1,2) JOIN IN THE FUN
BINGO TIME!

ALL PROGRAMS & EVENTS ARE SUBJECT TO CHANGE. QUESTIONS? PLEASE CALL EXTENSION 4322. (1-FIRST FLOOR, 2-SECOND FLOOR, GV-GRAND VIEW ROOM)