



September 2022

Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Catholic Service: Monday - Friday 8:30am/Sunday 9:00am (Chapel) United Methodist Service: Every Tuesday 4:00pm (Chapel) Episcopal Service: Every Wednesday 4:00pm (Chapel) Protestant Service: Every Sunday 10:30am (Activity Room)			1 10:00a - Coffee w/ Lisa 1:00p - Hope Carr Watercolor Paint Class 2:30p - 3:30p - Book Mobile (Notice Time Change) - Commons Lobby by elevators	2 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 11:00a - Lunch Bunch: Half Shell Oyster House 1:30p - Rummikub 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	3 4:00p Water Walking
4 10:30a Protestant Service	5 LABOR DAY! No Activities	6 8:30a - Yoga w/ Lee 9:30a - Low impact Cardio w/Klove 10:00a - 11:00a - BP Checks 10:30a - Veteran Club 1:00p - Happy Stitches 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	7 9:00a - Water Aerobics 9:30a - Morning Stretch 9:30a - Origin Bank 10:30a - iPhone Cellphone Education Class 1 10:00a - Water Aerobics 1:00p - Book Club	8 9:30a - Low Impact Cardio w/Klove 10:30a - Virtual Tour of the Cities in Spain 1:00p - History Club (George Kirkpatrick) 2:30p - Ladder Ball 4:00p - Water Walking	9 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - iPhone Cellphone Education Class 2 1:00p - Performance by Guitarist/ Singer Jared Vardaman 2:30p - Rummikub 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	10 4:00p Water Walking
11 10:30a Protestant Service	12 9:00a - Water Aerobics 9:15a - Resident Council Meeting 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Activity Committee Meeting 1:00p - Movie Matinee: "Bernie" 3:00p - Getting to Know You: David McNair	13 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - 11:00a - BP Checks 1:00p - Happy Stitches 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking 5:00p - Dinner Out: "Local 463"	14 9:00a - Water Aerobics 9:00a - Yoga DVD Exercise 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Arts and Crafts 11:00a - 1:00p - Honey for Sale 1:00p - Hope Carr Watercolor Paint Class 7:30p: New Stage Theatre - Clue on Stage (bus departs at 6:45)	15 9:30a - Low Impact Cardio w/ Klove 10:30a - Global Warming Film 2:30p - 3:30p - Book Mobile (Notice Time Change) - Commons Lobby by elevators 2:30p - Corn Hole 3:00p - Ping Pong 4:00p - Water Walking	16 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - \$1 Bridge Game 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	17 4:00p Water Walking
18 10:30a Protestant Service	19 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "An Unfinished Life"	20 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - 11:00a - BP Checks 10:30a - Android Cellphone Education Class 1 1:00p - Happy Stitches 1:30p - Wii Bowling 2:30p - Wii Bowling	21 9:00a - Water Aerobics 9:30a - Morning Stretch 9:30a - Origin Bank 10:30 - Emily Barnette Cholesterol Presentation 10:00a - Water Aerobics 2:00p - Book Club	22 9:00a - Low Impact Cardio w/ Klove 10:30a - Virtual Tour of the Cities in Spain 1:00p - Don Walizer Presentation 2:30p - Ice Cream Treat 4:00p - Water Walking National Ice Cream Cone Day!	23 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Android Cellphone Education Class 2 1:30p - Resident Show & Tell 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	24 4:00p Water Walking
25 10:30a Protestant Service	26 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "Hitch"	27 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - Resident Piano Showcase Rehearsal 10:00a - 11:00a - BP Checks 1:00p - Happy Stitches 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	28 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Resident Piano Showcase (National Piano Month) 1:00p - Hope Carr Watercolor Paint Class	29 10:00a - The Sassy Steppers Perform 1:00p - 2:00p - Resident Walk To End Alzheimer's Kick-Off 3:00p - Ballroom Dance Class 4:00p - Water Walking 4:00p - Current Events Meeting	30 9:00a - Water Aerobics 9:00a - Sausage & Biscuit Breakfast 10:00a - Water Aerobics 1:30p - "Skin Care Tips from a Dermatologist" 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo "National Biscuit Month"	