



September 2023

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)				9:00a - Water Aerobics 1 9:30a - Morning Stretch 10:00a - Water Aerobics 11:00a - Lunch Bunch: Plato Feliz Mexican Bar & Grill (TBD) 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	2 4:00p Water Walking
3 10:30a Protestant Service	4 LABOR DAY! No Activities	5 8:30a - Yoga w/ Lee 9:30a - Low impact Cardio w/Klove 10:00a - 11:00a - BP Checks 10:30a - Veterans Club 1:00p - Happy Stitches 1:30p - Wii Bowling 2:30p - Wii Bowling 3:00p - Men's Bible Study 4:00p - Water Walking	6 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour of Italy's Cities 1:00p - Hand and Foot 3:00p - Ladies Bible Study	7 10:00a - Coffee with Lisa 4:00p - Water Walking 4:00p - 5:30p - Social Dance Hour	8 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	9 4:00p Water Walking 7:30p MS Symphony (TBD)
10 10:30a Protestant Service	11 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: "Sweet Home Alabama"	12 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: Shapley's (TBD)	13 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour of Italy's Cities 11:00a - 1:00p - Honey for Sale 1:00p - Hand and Foot 3:00p - Ladies Bible Study	14 9:30a - Low Impact Cardio w/ Klove 10:30a - Naomi Munci Bates Piano Performance 1:00p - History Club 2:30p - Ladder Ball 4:00p - Water Walking	15 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	16 4:00p Water Walking
17 10:30a Protestant Service	18 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "Pay it Forward"	19 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 3:00p - Men's Bible Study 4:00p - Water Walking	20 9:00a - Water Aerobics 9:30a - Morning Stretch 9:30a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour of Italy's Cities 1:00p - Hand and Foot 3:00p - Ladies Bible Study	21 9:30a - Low Impact Cardio w/ Klove 2:00p - World Gratitude Day Social 4:00p - Water Walking 4:00p - 5:30p - Social Dance Hour	22 9:00a - Water Aerobics 9:00a - National Biscuit Month Breakfast 10:00a - Water Aerobics 2:30p - Darts 2:30p - National Ice Cream Cone Day Treat 4:00p - Happy Hour 6:30p - Bingo National Ice Cream Cone Day!	23 4:00p Water Walking
24 10:30a Protestant Service	25 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "Cheaper by the Dozen"	26 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	27 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Piano Showcase Rehearsal 1:00p - Hand and Foot 3:00p - Ladies Bible Study	28 9:30a - Low Impact Cardio w/ Klove 10:30a - Piano Showcase Rehearsal 2:00p - Political Seminar 4:00p - Water Walking	29 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Resident Piano Showcase 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	30 4:00p Water Walking