

September 2019 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(1) 9:00 TV MASS On Unit 10:30 Campbell Cove's Families Worship Service 11:00 Lg. Group-Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 4:00 Unit Games/ Aerobic Exercises 6:00 TV Westerns</p>	<p>(2) 10:00 Devotion 10:15 Balloon Volleyball and Music Therapy 2:15 Snack Time/ TV Oldies 3:00 Labor Day Puzzle /Art Therapy 4:00 Lets Go Walking (Aerobic Exercise)/ Dice Bowling 6:30 Music Therapy and Relaxation</p> <p style="text-align: center;">Labor Day</p>	<p>(3) 10:15 Devotion/Exercise Ball/ Dear Abby/ The Monthly Gazette 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 2:15 Snack Time/ Hand Massage Therapy/ Music 3:00 Worship Service/Book of Genesis Chapter 26 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Trivia 6:30 TV Westerns</p>	<p>(4) 10:00 Devotion/Exercise 10:15 Bingo 2:15 Snack Time/ 24 Jigsaw Puzzles/TV Oldies Hour 3:00 Parachute/ Kick Ball/ Ball Toss/ Sing Along 4:00 Lets Walk (Aerobic Exercise) /Trivia 6:30 Music Therapy and Relaxation</p>	<p>(5) 10:00 Devotion/ Exercise 10:15 Fall's Leaves Craft 2:15 Snack Time/ Music Therapy/Word Search Puzzle 3:00 Hands and Nails Care (Kathy Briner-Compassus Hospice and Pallative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy/ Dice Trivia 6:30 TV Westerns</p>	<p>(6) 10:15 Devotion/Exercise 10:00 CC/HC's Country Store 10:15 Spiritual Movie and Popcorn 2:15 Snack Time/ TV Westerns/ Spelling Words Related to the Month of September 3:00 Relaxing Foot Care 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(7) 10:00 Devotion/ Exercise/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>

<p>(8) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(9) 10:00 Devotion/ Exercise 10:00 Happy Duet 2:00 Cooking with Mrs. Cathi 3:00 Patio Hour/ Socialization 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(10) 10:15 Devotion/ Exercise Ball/ Bible Trivia 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 2:15 Snack Time/ Paint By Number/ Music Therapy 3:00 The Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(11) 9:45 Devotion/ Exercise 10:00 Master Gardeners Program 10:30 Chair Exercise Program (DVD) 2:15 Snack Time/ Patio Hour 3:00 Bingo 4:00 Chair Exercises (DVD)/ Lets Walk/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(12) 10:15 Devotion/ Exercise/ Item Locator/ Cross Off The Word 10:30 Men's Social (Target Golf) 2:15 Snack Time/ Bee Art Therapy 3:00 Hand and Nail Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(13) 10:00 Devotion/Exercise 10:15 The Quilting Club (Lindsey Leggett, Kindred Hospice) 2:15 Snack Time/TV Westerns/ Art Therapy 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(14) 10:00 Devotion/ Exercise/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Reminiscence Activity 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(15) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(16) 10:00 Devotion/ Exercise 10:15 September's Residents Birthday Party(Bridget Rochelle, Home Instead Senior Care) 2:15 Garden Party with Mrs. Sue Berry 3:00 Patio Hour/Socialization 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(17) 9:45 Devotion 10:00 Bingo (Andrea Lorenz , Compassus Hospice & Palliative Care) 11:00 Hymns with Nancy and Friends 2:15 Snack Time/Hand Massage Therapy/Music Therapy 3:00 Worship Service/Book of Genesis Chapter 27 Bible Discussion 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(18) 10:00 Devotion/Exercise 10:15 Cooking with Sharon 2:15 Snack Time/24 Pieces Jigsaw Puzzle 3:00 Patio Hour/ Popsicles/ Resident's Activity Committee Meeting 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(19) 10:00 Devotion 10:15 Fun Fitness with Terry 2:15 Snack Time/ Music Therapy/Word Search Puzzle 3:00 Hands and Nails Care (Kathy Briner- Compassus Hospice and Palliative Care) 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(20) 10:00 Devotion/Exercise 10:30 Resident of the Month 2:15 Snack Time/ TV Oldies Hour/ (The Andy Griffith Show) 3:00 Relaxing Foot Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 Music Therapy and Relaxation</p>	<p>(21) 10:00 Devotion/ Exercise/ Unit Games 11:00 Lets Walk 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bingo 4:00 Stretching Exercises 6:30 TV Westerns</p>

<p>(22) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 The Sound of Music (Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(23) 9:45 Devotion/Exercise 10:15 Picture Painting/ Butterfly Leaves Craft 2:15 Snack Time//Reading Club 3:00 Balloon Volleyball and Music Therapy 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>	<p>(24) 10:15 Devotion/ Exercise Ball/ Empanada Escapades (Reading) 11:00 Hymns with Nancy and Friends (Vickie Hightower, Sitters, LLC) 12:30 A DAY IN PARIS 2:15 Snack Time/ Paint By Number/ Music Therapy 3:00 The Gaither's Musical (DVD) 4:00 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p>	<p>(25) 10:00 Devotion/ Exercise 10:15 Bingo 2:15 Snack Time/ Patio Hour 3:00 Creativity Activity Day (On the Wing) 4:00 Chair Exercises (DVD)/Lets Walk 6:30 Music Therapy and Relaxation</p>	<p>(26) Destination Station 10:15 Devotion/Exercise/ A Place for Cupid (Reading), Lets Go Walking 2:15 Snack Time/ Music Therapy 3:00 Hands and Nails Care 4:00 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p>	<p>(27) 10:00 Painted Purple Day 2:15 Snack Time/TV Westerns/ Art Therapy 3:00 Relaxing Foot Care 4:00 Lets Walk (Aerobic Exercise)/ Trivia 6:30 Music Therapy and Relaxation</p>	<p>(28) 10-11:30 Devotion / Exercise/ Cognitive- Trivia and Table Games 1:00 TV Sports/ Rest & Relaxation 2:00 Reminiscence Activity 3:00 Bible Jingo 4:00 Stretching Exercises 6:30 TV Westerns</p>
<p>(29) 10:00 TV Church 10:30 Family Worship Service (Atrium) 11:00 Lg. Group: Flexibility Exercises/ Current Events 2:00 Movie and Popcorn 3:00 Unit Games 4:00 Aerobic Exercises 6:00 TV News</p>	<p>(30) 9:45 Devotion/ Exercise 10:00 Chaminade's Musical Performance Devotion/Exercise/ 2:15 Snack Time/ TV Oldies 3:00 Patio Hour 4:00 Lets Walk (Aerobic Exercise) 6:30 Music Therapy and Relaxation</p>			<p>HAPPY BIRTHDAY TO ALL OF THE SEPTEMBER 'S RESIDENTS</p> <p>Birthday will be held on the 16th of September in the Atrium at 10:15 a.m.</p>	<p>WE THANK ALL OF OUR PRICELESS VOLUNTEERS FOR THEIR DEDICATED SERVICE TO OUR RESIDENTS!!!</p>	

****** Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.**