

MON	TUE	WED	THU	FRI
<u>WEEKLY EVENTS</u> Monday 1-3; Canasta Tuesday 1-3; Walking Club w/ Chris Creagan Wednesday 1-3; Mahjongg Thursday 11-12; Bingo	September Birthdays Lajwanti T 09/08 Jim F 09/11 Laverne B 09/22	Health Minutes Mental Health Check-up Fall Prevention Blood Pressure Screens Self Care Check-in Cholesterol Awareness	Stations of Engagement Arts & Crafts Physical Games Educational Videos Games & Puzzles Journaling/Family Tree	1 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:00 Group Trip to Target 11:30 Name that Tune
4 LABOR DAY CENTER CLOSED	5 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:00 Table Top Games 11:00 Piano Hymns w/Ann 11:00 Playing with Words	6 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:30 Senior Stretch 11:30 Name that Instrument Do You Hear What I Hear?	7 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Chair Yoga w/Susan 11:00 Bingo Hour	8 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:00 Balloon Tennis 10:30 Group Lunch Outing to Village Tavern
11 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Move & Groove 10:30 In Remembrance 9-11 Mental Health Minute 11:00 Site Council Meeting	12 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:00 "Fall Prevention Chat" w/Legacy Healthcare 11:00 Travelin'Tuesday-Milan	13 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:00 Senior Strength 11:30 Meet Me in Milan Puzzle	14 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Blood Pressure Checks 10:30 Chair Dancing Fitness 11:00 Bingo Hour	15 9:00 Check-in, Coffee & The Daily Chronicle 9:30 TableTop Games 10:00 Noodle Ball 10:30 Group Trip toTeaching Museum North/Picnic in Park
18 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Table Top Games 10:30 Self-Care Check-in 11:00 Tai Chi w/ Grace	19 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:00 TableTop Games 11:00 Piano Hymns w/Ann 11:30 Name 10 Game	20 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:00 Senior Stretch 11:00 Trip to the Cottage-LH 11:30 You be the Judge	21 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Chair Dancing 11:00 SMP-Senior Medicare Patrol, "Medicare Fraud" Chat	22 9:00 Check-in, Coffee & The Daily Chronicle 10:00 Fall Prevention Event Presentations, Chair Yoga & Fall Prevention Bingo, Fall Risk Scavenger Hunt
25 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Move & Groove 10:30 Table Top Games 11:30 Dry Bar Comedy Club Health Minute-Cholesterol	26 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Walking Club w/Chris 10:00 Table Top Games 11:30 Old Time Sing-Along	27 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Stations of Engagement 10:30 Senior Stretch 11:30 Words in a Word Puzzle	28 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards Games & Puzzles 10:00 Senior Stretch 11:00 Bingo Hour	29 9:00 Check-in, Coffee & The Daily Chronicle 9:30 Cards, Games & Puzzles 10:00 Sit & Stretch 10:30 Friday Movie & Popcorn