


SEPTEMBER 2019

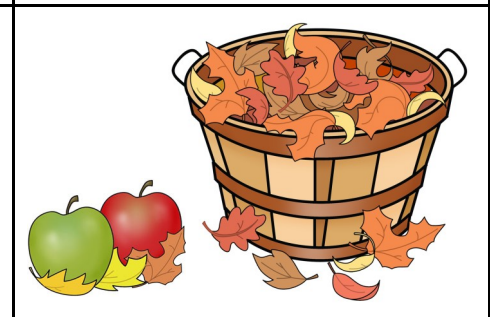
ASSISTED LIVING
INDEPENDENT LIVING

EVENTS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Exercise Video W 2:00 Worship with Sue Yoder (1) W 3:00 Word Games & Reminiscing with Mary (1)	2 LABOR DAY 10:00 Workout with Weights W 10:30 Labor Day Discussion, Trivia, & What's My Job? (1) W 2:00 Courtyard Stroll CY 3:00 Hymn Sing Along (1) W 5:30 *Labor Day Word Search C	3 ADA W. 10:00 Bible Study (1) C 11:00 AL Resident Council Mtg. W 2:00 THE MAVERICKS (1) D 3:30 Book Club (1) A 5:30 *Back to School Word Search C	4 10:30 Bingo (1) C 1:00 Scenic Bus Ride (1) 1:30 Stretchercise W 2:00 Piano with ELYSE (1) W 3:00 TV Classics (ch.37) W 5:30 *Reading in the Library	5 10:00 Wal-Mart (2) 10:00 Bible Study (1) C 11:00 September IQ Quiz W 12:30 Manicures (1) C 2:30 Sing, Sign, & Say (1) W 5:30 *Art Sheets C	6 10:00 Wal-Mart (2) 10:00 Pet Therapy W 10:30 Chair One Fitness W 1:30 Brain Game: Sept. IQ Quiz 2:00 Adventures in Art A 3:30 Book Club (1) A 5:30 *Dominoes or Puzzles C	7 10:30 Bingo (1) C 12:45 Candy's Cooking Club (1) A 2:00 Video: "Songs from Around the World" (1) W 5:30 *Games, Puzzles, Art C
8 GRANDPARENTS DAY 10:00 Exercise Video W 1:00 Grandparents Day CARNIVAL (2) 3:00 Word Games & Reminiscing with Mary (1)	9 WALTER B. 10:00 Resident & Family Portraits by Emily (2) W 2:00 Legacy Writing Group (1) A 3:00 Courtyard Stroll CY 4:00 Praise & Prayer (1) W 5:30 *Jigsaw Puzzles C/E	10 10:00 Bible Study (1) C 11:00 Wacky Wordies W 1:30 Dancercise w/ Leslie W 2:30 JAMES CURRY (1) D 4:00 Book Club A 5:30 Living with Alzheimer's Support Group (1) CR 5:30 *Searching for September Word Search C	11 10:00 Chair Yoga with Chrissy W 10:30 Bingo (1) C 1:00 Scenic Bus Ride (1) 1:30 Pet Therapy W 2:00 THE LYRICS (1) D 4:00 Art Show (2) C 5:30 *Reading in the Library	12 CECILIA S.  10:00 K-Mart (2) 10:00 Bible Study (1) C 10:00 Coffee Klatch (Independent Living) 12:30 Manicures (1) C 2:30 Sing, Sign, & Say (1) W 5:30 *Art Sheets C	13 JACKIE B. 10:00 News & Views W 10:30 Red Robin (2) 10:30 Exercise W 1:30 Adventures in Art A 3:30 Book Club with Kim (1) A 5:30 Movie: "Florence Nightingale" (1hr/30 min.) W	14 10:30 Bingo (1) C 1:00 Memory Fitness: Jeopardy Trivia W 1:30 Stretchercise W 2:30 Newport News Seventh Day Adventist Church (1) W 5:30 *Games, Puzzles, Art C
15 10:00 Exercise Video W 2:00 Worship with Vernon Dyke & Friends (1) W 3:00 Word Games & Reminiscing with Mary (1) W	16 10:00 Workout with Weights W 10:30 IOWHS Pet Therapy: Kittens (1) W 1:30 Activity Planning (Independent Living) 2:30 AL Activity Planning W 4:00 Praise & Prayer (1) W 6:00 Family Bingo (1) C	17 10:00 Bible Study (1) C 11:00 Words in a Word W 2:00 Science for Seniors: "Space—The Moon" (1) A 3:30 Book Club (1) A 5:30 *Famous Sept. Birthdays Word Search C	18 10:00 Chair Yoga with Chrissy W 10:30 Bingo (1) C 1:00 Scenic Bus Ride (1) 1:00 Reminisce in the Gazebo 2:00 Piano with STEVE (1) W 4:00 Hearthside Book Club A 5:30 *Reading in the Library	19 GEORGE J. 10:00 Target (2) 10:00 Bible Study (1) C 10:30 Poetry Group (Independent Living) 12:30 Manicures (1) C 2:30 Sing, Sign, & Say (1) W 5:30 *Art Sheets C	20 BARBARA P. 10:00 Pet Therapy W 10:30 County Grill (2) 10:30 Chair One Fitness W 2:00 Adventures in Art A 2:00 Men's Club (1) A Woodworking with Jim 3:30 Book Club (1) A 5:30 *Dominoes or Puzzles C	21 10:30 Bingo (1) C 1:00 Brain Game: Wacky Wordies W 1:30 Sit 'n' Stretch W 2:00 Comedy with Bob Hope (1) W 5:30 *Games, Puzzles, Art C
22 10:00 Exercise Video W 1:15 Worship with The Powells (1) W 3:00 Word Games & Reminiscing with Mary (1) W	23 AUTUMN BEGINS 10:00 Workout with Weights W 10:30 Who Am I? W 11:00 Courtyard Stroll CY 2:00 Basketball W 4:00 Praise & Prayer (1) W 5:30 *Jigsaw Puzzles C/E	24  10:00 Bible Study (1) C 11:00 Chicken Soup Stories W 2:00 Memorial Service (1) W 3:30 Book Club (1) A 5:30 Living with Alzheimer's Support Group (1) CR	25 10:00 Chair Yoga with Chrissy W 10:30 Bingo (1) C 1:00 Scenic Bus Ride (1) 1:30 Pet Therapy W 2:00 Birthday/Recognition Party with ROBERTO (1) D 4:00 Hearthside Book Club A 5:30 *Reading in the Library	26 10:00 Photography Club (4hrs) Outing/Lunch at Norfolk's Pagoda & Oriental Garden 10:00 Bible Study (1) C 12:30 Manicures (1) C 2:30 Sing, Sign, & Say (1) W 5:30 *Art Sheets C	27 10:00 Dollar Tree 10:30 Chair One Fitness W 11:00 Group Crossword W 2:00 Adventures in Art A 3:30 Book Club (1) A 5:30 *Dominoes or Puzzles C	28 SYLVIA P. 10:30 Bingo (1) C 1:00 Memory Fitness: What Am I? W 1:30 Sittercise W 2:00 Movie: "How Green was my Valley" (2) W 5:30 *Games, Puzzles, Art C

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 10:00 Exercise Video W
 1:15 Worship with The Berrys (1) W
 3:00 Word Games & Reminiscing with Mary (1) W

30 VIOLET H.
 10:00 Workout with Weights W
 10:30 Jeopardy Trivia W
 11:00 Courtyard Stroll CY
 2:00 Craft Hour (1) A
 4:00 Praise & Prayer (1) W
 5:30 *Jigsaw Puzzles C/E



LOCATION KEY:
 C: Commons
 W: West Living Room
 E: East Living Room
 A: Activity Studio
 CY: Courtyard
 D: Dining Room
 CR: Conference Room
 IL: Independent Living
 P: Porch

DURATION OF ACTIVITIES:
 Each activity lasts for **30 minutes** unless noted otherwise
 (1) = 1 hour
 (2) = 2 hours
 *= activity performed independently

ALL ACTIVITIES ARE SUBJECT TO CHANGE. CHECK BULLETIN BOARDS DAILY.
 SUPPLIES ARE ACCOUNTED FOR & STORED AFTER EACH ACTIVITY.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Sit & Stretch w/Ann 11:00 Devotion & Hymns (1) 12:00 LUNCH 1:00 Quiet Time 2:00 Worship w/Sue Yoder (1) 3:00 Family & Friends Visit 7:00 Hallmark Movie (2)	2 9:30 Courtyard Walk & Wheelers 10:00 Sit & Stretch W/ Pat .C 11:00 Brain Games 1:00 Book Club (Already Home) 2:00 Music By The Mavericks (1) 4:00 Reminiscing (Labor Day w/ Family)	3 10:00 Exercise 11:00 Bible Study Hymn Music 1:00 Round Table Reading 2:00 Cove Walkers & Wheelers 3:00 Arts & Crafts (1) 4:00 Fluff & Fold 4:30 Team Sports/ KICKBALL	4 10:00 Bus Ride Local Farm (2) 1:00 Audio Reading (The Pet) 2:00 Ice Cream & Music 3:00 Hand Bingo w/ Cookies 4:00 Word In Word 4:30 Noodle Balloon Bop	5 9:30 Outdoor Stretch & Walk 10:30 Refreshing Snack/ Music 11:00 Bible Study Hymns 1:00 Book Club 2:00 Cooking W/ Barbara. P (1) 3:00 Table Word Search 4:00 Dancing To Big Band Music	6 9:30 Morning Music w/ Susie 10:00 Sittercise / Tennis 11:00 Coffee& Snack At Café 1:00 Quiet / Soothing Sounds 2:00 Beauty Care Nails & Hair 3:00 Happy Hour (1) 4:30 Exercise W/ Scarfs	7 10:00 Exercise w/Sheryl 11:00 Visit A Friend 2:00 Word Game w/Sheryl 3:00 Movie & Snack (2) (DANCE GIRL, DANCE) 6:30 Magazine Reading 7:00 Lawrence Welk (1)
8 10:00 Sit & Stretch w/Ann 11:00 Devotion & Hymns (1) 12:00 LUNCH 1:00 Grandparents Day CARNIVAL (2) 3:00 Family & Friends Visit 7:00 Hallmark Movie (2)	9 9:30 Courtyard Walk & Wheelers 10:00 Sit & Stretch W/ Pat .C 11:00 Brain Games 1:00 Book Club (Already Home) 2:00 Music Sing Along / Snack 3:00 Card Games 4:00 Reminiscing	10 10:00 Exercise w/ 2lbs. weights 11:00 Bible Study Hymn Music 1:00 Round Table Reading 2:30 Dancing W/ James Curry (1) 3:00 Arts & Crafts (1) 4:00 Fluff & Fold 4:30 Team Sports/ Basketball	11 10:00 Bus Ride Local Beaches (2) 1:00 Yoga with Tina 1:45 Pet Therapy 2:00 Music By The Lyrics (1) 3:00 Hand Bingo w/ Fresh Fruit 4:00 Word In Word 4:30 Noodle Balloon Bop	12 9:30 Outdoor Stretch & Walk 10:30 Refreshing Snack/ Music 11:00 Bible Study Hymns 1:00 Book Club 2:00 Cooking W/ Marcia. W (1) 3:00 Table Word Search 4:00 Dancing To Rock & Roll	13 9:30 Morning Music w/ Susie 10:00 Sittercise / Soccer 11:00 Coffee& Snack At Café 1:00 Quiet / Soothing Sounds 2:00 Beauty Care Nails & Hair 3:00 Happy Hour (1) 4:30 Exercise W/ Plates	14 10:00 Exercise w/Sheryl 11:00 Visit A Friend 2:00 Word Game w/Sheryl 3:00 Movie & Snack (2) (Made For Each Other) 6:30 Magazine Reading 7:00 Lawrence Welk (1)
15 10:00 Sit & Stretch w/Ann 11:00 Devotion & Hymns (1) 12:00 LUNCH 1:00 Quiet Time 2:00 Worship w/ Vernon Dyke & Friends (1) 3:00 Family & Friends Visit 7:00 Hallmark Movie (2)	16 9:30 Courtyard Walk & Bird Watching 10:00 Sit & Stretch W/ Ester. L 11:00 Brain Games 1:00 Book Club (Already Home) 2:00 Music Sing Along / Snack 3:00 Card Games 4:00 Reminiscing	17 10:00 Exercise W/ 2lbs. 11:00 Bible Study Hymn Music 1:00 Round Table Reading 2:00 Cove Walkers & Wheelers 3:00 Arts & Crafts (1) 4:00 Fluff & Fold 4:30 Team Sports/ Golf	18 10:00 Bus Ride All Over Town (2) 1:00 Audio (The Oblong Box) 2:00 Piano Music By STEVE (1) 3:00 Hand Bingo w/ Cookies 4:00 Word In Word 4:30 Noodle Balloon Bop	19 9:30 Outdoor Stretch & Walk 10:30 Refreshing Snack/ Music 11:00 Bible Study Hymns 1:00 Book Club (Already Home) 2:00 Cooking W/ Barbara. H (1) 3:00 Table Word Search 4:00 Dancing To Frank .S	20 9:30 Morning Music w/ Susie 10:00 Sittercise / Cornhole 11:00 Coffee& Snack At Café 1:00 Quiet / Soothing Sounds 2:00 Beauty Care Nails & Hair 3:00 Happy Hour (1) 4:30 Exercise W/ Exercise Bands	21 10:00 Exercise w/Sheryl 11:00 Visit A Friend 2:00 Word Game w/Sheryl 3:00 Movie & Snack (2) (Pot O" Gold) 6:30 Pairing Items (socks) 7:00 Lawrence Welk (1)
22 10:00 Sit & Stretch 11:00 Devotion & Hymns (1) 12:00 LUNCH 1:00 Quiet Time 1:15 Worship with The Powells (1) 3:00 Family & Friends Visit 7:00 Hallmark Movie (2)	23 9:30 Courtyard Walk & Bird Watching 10:00 Sit & Stretch W/ Jeannie. L 11:00 Brain Games 1:00 Book Club (Already Home) 2:00 Music Sing Along / Snack 3:00 Card Games 4:00 Reminisce	24 10:00 Exercise w/ 2lbs. weights 11:00 Bible Study Hymn Music 1:00 Round Table Reading 2:00 Cove Walkers & Wheelers 3:00 Arts & Crafts (1) 4:00 Fluff & Fold 4:30 Team Sports/ Ring Toss	25 10:00 Bus Ride Newport News (2) 1:00 Yoga with Tina 1:45 Pet Therapy 2:00 Birthday Party/Music By ROBERTO (1) 3:00 Relaxing On Front Porch 4:00 Word In Word 4:30 Noodle Balloon Bop	26 9:30 Outdoor Stretch & Walk 10:30 Refreshing Snack/ Music 11:00 Bible Study Hymns 1:00 Book Club (Already Home) 2:00 Cooking W/ Ann. P (1) 3:00 Table Word Search 4:00 Dancing To Jazz Music	27 9:30 Morning Music w/ Susie 10:00 Sittercise / Animal Toss 11:00 Coffee& Snack At Café 1:00 Quiet / Soothing Sounds 2:00 Beauty Care Nails & Hair 3:00 Happy Hour (1) 4:30 Exercise W/ Scarfs	28 10:00 Exercise w/Sheryl 11:00 Visit A Friend 2:00 Word Game w/Sheryl 3:00 Movie & Snack (2) (Crocodile Dundee) 6:30 Magazine Reading 7:00 Lawrence Welk (1)
29 10:00 Sit & Stretch w/Ann 11:00 Devotion & Hymns (1) 12:00 LUNCH 1:15 Worship & Communion with The Berrys (1) 3:00 Family & Friends Visit 7:00 Hallmark Movie (2)	30 9:30 Courtyard Walk & Bird Watching 10:00 Sit & Stretch W/ Pat .R 11:00 Brain Games 1:00 Book Club (Already Home) 2:00 Music Sing Along / Snack 3:00 Card Games 4:00 Reminiscing	DURATION OF ACTIVITIES: Each activity lasts for <u>30 minutes</u> unless noted otherwise (1) = 1 hour (2) = 2 hours		SUPPLIES ARE ACCOUNTED FOR & STORED AFTER EACH ACTIVITY. ALL ACTIVITIES ARE SUBJECT TO CHANGE.		