

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted <i>* Escort required to AL</i> 9:15 Uplifting News/Events 10:15 Stroll/Feed the Fish 10:30 AM Snack & Refresh 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:30 Movie/Classic Series	ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual Social	1 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:30 Scenic Ride Table Games 3:00 Sing Along 3:45 Chicken Target Toss	2 9:45 Wake-up & Workout 11:00 Balloon Volley Puzzles 1:30 Prize Bingo Armchair Travel 3:00 Sensory...What Is It? 3:45 Seated Yoga Virtual Rosary	3 Waffle Breakfast 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 "Scattagories" 12:00 Courtyard Cookout 1:30 Corn Hole Music & Scenery 3:00 Brain Games 3:45 Throwback Exercise Table Games	4 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:30 Exercise w/ Danielle M. 2:00 Roll All Six 3:00 Sing Along 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	5 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:30 Live Music w/ Luke Jackson 3:00 Armchair Travel/Discuss 3:30 Seated Yoga Virtual Rosary (AP)
6 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Toss For Points 2:00 Virtual Travel 3:00 Faux Photo Booth Fun 3:45 Sunday Stretch	7 LABOR DAY 9:45 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:30 Bowling Color Artistry 2:00 Stretch & Stroll 3:00 Labor Day Trivia Nails & Mani-cares 3:30 Live Music w/ Joan Sherlock	8 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:30 Scenic Ride Table Games 3:00 Sing Along 3:45 Chicken Target Toss	9 9:45 Morning Zumba 11:00 Live Music w/ Mike Coletta 11:30 Men's Club Lunch: Carriage Inn 1:30 Kitchen Creations "Shut the Box" Game 2:00 'Picture This' Reminisce 3:00 Sensory...What Is It? 3:45 Seated Yoga Virtual Rosary	10 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 "Scattagories" 1:30 Mid-Day Stretch 2:00 Live Music w/ Mary Lou 3:00 Brain Games 3:45 Throwback Exercise Table Games	11 Remembrance Day 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:45 Roll All Six Color Artistry 3:00 Sing Along 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	12 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:30 Prize Bingo Sounds & Meditation 3:00 Armchair Travel/Discuss 3:45 Seated Yoga Virtual Rosary (AP)
13 GRANDPARENTS DAY 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Toss For Points 1:30 Craft: Bookmarks 2:00 Virtual Travel 3:45 Sunday Stretch	14 9:45 Morning Zumba 10:30 Men's Club: Coffee & Comradery 11:00 Football Toss 11:30 Brain Games 1:30 Crafting Circle Puzzles & Games 3:00 Sing Along Nails & Mani-cares 3:45 Stretch & Stroll Virtual Rosary	15 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:30 Scenic Ride Table Games 3:00 Sing Along 3:45 Chicken Target Toss	16 9:45 Morning Zumba 10:30 Music & Munchies w/ Steve Lyon 11:30 Brain Games 1:30 Kitchen Creations "Shut the Box" Game 2:00 'Picture This' Reminisce 3:00 Fact or Fictional Trivia 3:45 Seated Yoga Virtual Rosary	17 Waffle Breakfast 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 "Scattagories" 1:30 Mid-Day Stretch 2:00 Live Music w/ Steve Anthony 3:00 Brain Games 3:45 Throwback Exercise Table Games	18 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:30 Exercise w/ Danielle M. 2:00 Roll All Six 3:00 Sing Along 3:45 Friday Yoga & Relax 5:30 Nightcap & Movie	19 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:30 Prize Bingo Sounds & Meditation 3:00 Armchair Travel/Discuss 3:30 RW Zoo Mobile
20 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Scenic Ride Table Games/Puzzles 2:30 Invitational w/ AL 3:00 Brain Games 3:45 Sunday Stretch	21 9:45 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:30 Crafting Circle Puzzles & Games 3:00 Sing Along Nails & Mani-cares 3:45 Stretch & Stroll Virtual Rosary	22 Welcome Autumn 9:45 Wake-up & Workout 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:45 Outing Coffee & Pastry Table Games 3:00 Sing Along 3:45 Chicken Target Toss	23 9:45 Morning Zumba 11:00 Balloon Volley Puzzles 1:30 C.H.I.M.E (interactive handbells program) 3:00 Sensory...What Is It? 3:45 Seated Yoga Virtual Rosary	24 9:45 Morning Cardio 11:00 Knock "Em" Down 11:30 "Scattagories" 1:30 Corn Hole Music & Scenery 3:00 Brain Games 3:45 Throwback Exercise Table Games	25 9:45 AM Exercise 10:45 Scenic Ride Mani-Cares & Chat 1:45 Roll All Six Color Artistry 3:00 Brain Games 3:30 Live Music w/ Lady D	26 9:30 AM Workout 10:00 Word Games 11:00 Balloon Bash 11:30 Finish the Lyrics 1:30 Prize Bingo Sounds & Meditation 3:00 Armchair Travel/Discuss 3:45 Seated Yoga Virtual Rosary (AP)
27 9:45 Wake-up & Workout 10:15 Communion w/ OLM 10:30 Virtual. Service/Snack 11:00 Hymn Sing Along 11:30 Get up & Move 1:30 Scenic Ride Table Games/Puzzles 3:00 Brain Games 3:45 Sunday Stretch	28 9:45 Morning Zumba 11:00 Football Toss 11:30 Brain Games 1:30 Crafting Circle Puzzles & Games 1:30 OLM Catholic Mass* 3:00 Sing Along Nails & Mani-cares 3:45 Stretch & Stroll Virtual Rosary	29 9:45 Wake-up & Workout 11:00 Table Pong 11:30 Did You Know...Trivia 1:30 Scenic Ride Table Games 3:00 Sing Along 3:45 Chicken Target Toss	30 9:45 Morning Zumba 10:30 Music & Munchies w/ Rock'n Rob 11:30 Brain Games 1:30 Kitchen Creations 2:00 Roll & Reminisce 3:00 Fact or Fictional Trivia 3:45 Seated Yoga Virtual Rosary			

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

Lunch 12:00-1:00p /Dinner 4:30-5:30p