

<div><div><div><div></div><div>★</div><div>Sign Up Sheets</div></div><div>You will see a star beside the activity or outing on this calendar if <u>sign-up is required</u>. The Activities binder is located opposite the Front Desk on the side table.</div></div></div>		Monday1		Tuesday2		Wednesday3		Thursday4		Friday5		Saturday6	
		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		9:30 Exercise Video: (AR) Weighted Exercises		9:30 Exercise Video: (AR) Strength & Stretch		9:30 Exercise Video: (AR) Zumba		9:30 Exercise Video: (AR) Sit and Fit	
		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		1:30 National Geographic: (L)	
		New Dog Walking Group: Meet at the Lobby at 11:00 am		10:30 Residents Council Meeting: New Date (AR)		Heart Pharmacy Presentation 1:30 pm - 2:30 pm in the Activities Room		★ Shopping Trip to Hillside Mall 1:00 pm - 3:30 pm Meet at 12:45 pm at The Front Desk		1:00 Shuffleboard (AR)		"Savage Kingdom" (L)	
		2:00 Board games (AR)		2:30 Veteran's Gathering (L)				6:30 Dessert & Documentaries: (L) "I am Celine Dion"		3:30 Happy Hour (L)		7:00 Popcorn and Movie: (L)	
										Bingo: Welcome back Alex (AR)		"It's Complicated" (L)	
		Labor Day											
Sunday7		Monday8		Tuesday9		Wednesday10		Thursday11		Friday12		Saturday13	
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		9:30 Exercise Video: (AR) Weighted Exercises		9:30 Exercise Video: (AR) Strength & Stretch		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Sit and Fit	
Grandparents Day Brunch During Regular Seating Times (DR)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		1:30 National Geographic: (L)	
1:00 Afternoon Movie: (L) "Here"		11:00 Dog Walking Group (FD)		1:30 Resident General Meeting (AR)		2:00 Fall Décor craft (AR)		Music with Joyce and the Boy in the Lounge 2:00 pm -3:00 pm		1:00 Shuffleboard (AR)		"City of the Future" (L)	
		2:00 Board games (AR)		2:30 Veteran's Gathering (L)				6:30 Dessert & Documentaries: (L) "Judy Blume Forever"		3:30 Happy Hour (L)		7:00 Popcorn and Movie: (L)	
										7:00 Bingo (AR)		"The Mask of Zorro"	
Grandparents Day													
Sunday14		Monday15		Tuesday16		Wednesday17		Thursday18		Friday19		Saturday20	
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		9:30 Exercise Video: (AR) Weighted Exercises		9:30 Exercise Video: (AR) Strength & Stretch		9:30 Exercise Video: (AR) Zumba		9:30 Exercise Video: (AR) Sit and Fit	
1:00 Afternoon Movie: (L) "Gatsby"		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		1:30 National Geographic: (L)	
Gardener Gather: G.R.I.T. at 2:00 pm in the garden		11:00 Dog Walking Group (FD)		1:30 Residents Activities Meeting (AR)		2:00 Music Bingo 🎵 (AR)		2:00 Darts (AR)		1:00 Shuffleboard (AR)		"The Lost Gospels" (L)	
		Complimentary Hearing Aid Clinic with Ajit in the Activities Room 3:00 pm - 4:00pm		2:30 Veteran's Gathering (L)				6:30 Dessert & Documentaries: (L) "Wild Isles"		3:30 Happy Hour (L)		7:00 Popcorn and Movie: (L)	
										7:00 Bingo (AR)		"Back to the Future"	
Sunday21		Monday22		Tuesday23		Wednesday24		Thursday25		Friday26		Saturday27	
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		9:30 Exercise Video: (AR) Weighted Exercises		9:30 Exercise Video: (AR) Strength & Stretch		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Sit and Fit	
🎵 "Music with your neighbors" featuring Dorm on guitar 2:00 pm in the Dining Room 🎵		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)		1:30 National Geographic: (L)	
		11:00 Dog Walking Group (FD)		2:30 Veteran's Gathering (L)		"Mobility Influences our Health" with Dr Trotter in the Activities Room 1:00 pm to 2:00 pm		2:00 Ping Pong Challenge (AR)		1:00 Shuffleboard (AR)		"20th Century Battlefield" (L)	
		2:00 Board games (AR)				Residents Birthday Tea Music with Larry McQuarrie 3:00 pm to 4:00 pm		6:30 Dessert & Documentaries: (L) "Good Night Oppy"		3:30 Happy Hour (L)		7:00 Popcorn and Movie: (L)	
						🎈🎈🎈				7:00 Bingo (AR)		"The Wonderful Country"	
		Fall Equinox											
Sunday28		Monday29		Tuesday30		<div><div>Location Key</div><div>AR- Activity Room DR- Dining Room FD- Front Desk L- Lounge P -Patio</div></div> <div>BREAKFAST 07:00AM TO 09:00AM LUNCH SEATING TIMES 11:30AM TO 1:00OPM DINNER SEATING TIMES 5:00PM, 5:15PM, & 5:30PM</div>							
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit									
1:00 Afternoon Movie: (L) "The Quick and the Dead"		10:00 Morning Coffee & Chat (L)		10:00 Morning Coffee & Chat (L)									
		11:00 Dog Walking Group (FD)		2:30 Veteran's Gathering (L)									
		"Western theme" End of Summer Celebration Dinner with Music by Jesse Brown In the Dining Room		6:00 Documentary: " We were Children"									
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				National Day for Truth & Reconciliation									