

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar is subject to change. Please see calendar posted by the dining room for all updates.	Join us for our Water University classes! They are highlighted purple!	Technology with Alexis: Alexis will come to your room to help with cellphone/computer issues. Sign up at the front desk and pick a time for her to meet you in your room.	All outings are highlighted in RED. If you would like to go on an outing with us you can sign up at the front desk. You must sign up before the day of the outing.		9:30 Gardening-P 10:00 Badminton-MC 10:45 Fun Fact Friday-MC 2:30 WU: Wellness and Pain Management -T 6:00 Movie Night-T	9:30 Gardening-P 10:15 Weights-D 11:00 Brain Breaks-D 2:00 BINGO-D 3:30 Ice Cream Social-D
9:30 Gardening-P 10:00 LDS Sacrament-D 10:30 Flower Arranging-C 2:00 Color & Create-C 3:00 Puzzle Power Hour-C	9:30 Gardening-P 10:00 Stretches-D 10:45 Manicures-B 1:30 Beginners Balance Class-D 2:00 Service: Memory Care Hand Massages-MC 3:30 Bible Study with Ron-C	Transportation for Appts. 9:30 Gardening-P 10:15 Cardio-D 11:00 True Crime Tuesday-D 2:00 BINGO-D 3:30 Tea & Tunes-D	Transportation for Appts. 9:30 Gardening-P 10:00 Badminton-D 11:00 Brain Breaks-D 1:30 Balance Class-D 2:00 Support Group with Chaplin Ron-T 7:00 Sunday School-D	9:30 Gardening-P 10:15 Weights-D 11:00 Trivia-D 2:00 Shopping @ Walmart 2:30 Karaoke & Happy Hour-D 6:15 Evening with Alysia-D	9:30 Gardening-P 10:00 Badminton-MC 11:00 Picnic in the Park 2:30 WU: Crochet Class with Emma-C 6:00 Movie Night: Pirates of the Caribbean-T	9:30 Gardening-P 10:15 Resistance Bands-MC 11:00 Brain Breaks-MC 2:00 Fall Games-D 3:30 Ice Cream Social-D
9:30 Gardening-P 10:00 LDS Sacrament-D 10:30 Flower Arranging-C 2:00 Color & Create-C 3:00 Puzzle Power Hour-C	9:30 Gardening-P 10:00 Stretches-D 10:45 Manicures-B 1:30 WU: Tai Chi with Mary-D 2:00 Technology with Alexis-R 3:30 Bible Study with Ron-C	Transportation for Appts. 9:30 Gardening-P 10:15 Cardio-D 11:00 True Crime Tuesday-D 2:00 BINGO-D 3:30 Tea & Tunes-D	Transportation for Appts. 9:30 Gardening-P 10:00 Badminton-D 11:00 Brain Breaks-D 2:00 Music with Pat & Roy from Heart & Soul-D 3:00 Cider Social-D 7:00 Relief Society Priesthood	9:30 Shop @ Walmart 9:30 Gardening-P 10:15 Resistance Bands-D 11:00 Trivia-T 2:00 WU: A Trip to Hawaii with Kalae-T 3:00 Hawaiian Drink Social-D	9:30 Gardening-P 9:30 Beans & Brew Coffee Outing 10:00 Badminton-MC 11:00 Fun Fact Friday-MC 2:00 Music with Wayne-D 4:00 - 7:00 LUAU	9:30 Gardening-P 10:15 Weights-MC 11:00 Brain Breaks-MC 2:00 BINGO-D 3:30 Ice Cream Social-D
9:30 Gardening-P 10:00 LDS Sacrament-D 10:30 Flower Arranging-C 2:00 Color & Create-C 3:00 Puzzle Power Hour-C	9:30 Gardening-P 10:00 Stretches-D 10:45 Manicures-B 2:00 Donut Social-D 2:30 Resident Council-D 3:30 Bible Study with Ron-C	Transportation for Appts. 9:30 Gardening-P 10:15 Cardio-D 11:00 True Crime Tuesday-D 2:00 BINGO with Mel-D 3:30 Tea & Tunes-D	Transportation for Appts. 9:30 Gardening-P 10:00 Badminton-D 11:00 Health Talk with Scott-D 1:30 Balance Class-D 2:30 WU: A Trip To New York & Remembering 9/11-T 3:30 Cheesecake Social-D 7:00 Sunday School-D	9:30 Gardening-P 10:15 Weights-D 11:00 Trivia-D 2:00 Shopping @ Walmart 2:30 Oktoberfest Fun Facts & Beer Tasting-D 5:30 Birthday Cake with Josie-D	9:30 Gardening-P 10:00 Badminton-MC 11:00 Fun Fact Friday-MC 2:30 Jeopardy Trivia with Alysia-D 6:00 Movie Night: The Hobbit-T	9:30 Gardening-P 10:15 Resistance Bands-MC 11:00 Brain Breaks-MC 2:00 Super Saturday-D 3:30 Ice Cream Social-D
9:30 Gardening-P 10:00 LDS Sacrament-D 10:30 Flower Arranging-C 2:00 Color & Create-C 3:00 Puzzle Power Hour-C	9:30 Gardening-P 10:00 Stretches-D 10:45 Manicures-B 1:30 WU: Tai Chi with Mary-D 2:00 Technology with Alexis-R 3:30 Bible Study with Ron-C	Transportation for Appts. 9:30 Gardening-P 10:15 Cardio-D 11:00 True Crime Tuesday-D 2:00 BINGO-D 3:30 Tea & Tunes-D	Transportation for Appts. 9:30 Gardening-P 10:00 Badminton-D 11:00 Brain Breaks-D 1:30 Balance Class-D 2:15 WU: What is Alzheimer's?-T 7:00 Relief Society Priesthood-D	9:30 Gardening-P 10:15 Resistance Bands-D 11:00 Trivia-D 2:00 Shopping @ Michaels Craft Store 2:30 Karaoke & Happy Hour-D 6:15 Evening with Alysia-D	9:30 Gardening-P 10:00 Badminton-MC 11:00 Picnic at the Park 2:30 Afternoon Movie: The Goonies-T	9:30 Gardening-P 10:15 Weights-MC 11:00 Brain Breaks-MC 2:00 BINGO-D 3:30 Ice Cream Social-D
Transportation for doctor appointments is available all day TUESDAY and WEDNESDAY. If you need transportation, please let Efren or Alexis know the week before your appointment.	Look for new/popular activities highlighted in TEAL!	SEPTEMBER 2023  The Inn		ACTIVITY LOCATOR KEY  B - Beauty Salon C - Craft Room (2nd floor) D - Dining Room L - Library MC - Memory Care (We will meet in the dining room to go to memory care) P - Patio T - Theater	HAPPY BIRTHDAY!  Elaine B. 9/11 Ron W. 9/11 Doris S. 9/18 Earlene C. 9/19 Claudine S. 9/21 Josie T. 9/21 Arlinda L. 9/21 Gerry A. 9/22	Meal Times  Breakfast 7:30-9:00am  Lunch 11:30am-1:00pm  Dinner 4:30pm-6:00pm