

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>*All programs and times are subject to change without notice*</b></p>					10:00am 1:1 Visits and Patio Social w/ Audrey 11:00am Balloon Volleyball Exercise w/ Audrey 11:30am Up and Down the River Card Game w/ Audrey 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Creative Corner: Decorative Plates w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>1</div>	9:30am 1:1 Visits w/ Sherry 10:00am Fun in the Sun w/ Sherry 11:00am Cognitive Exercise w/ Sherry 1:30pm Live Musical Entertainment Led by Kayte Devlin (Springs Dining Room) <div>2</div>
10:00am Televised Catholic Mass (Channel 20) 10:00am Friendly 1:1 Visits w/ Nicolette 11:00am Fun in the Sun w/ Nicolette <i>Independent leisure activities available in The Springs living room</i> <div>3</div>	<p><b>Labor Day</b>  <i>Labor Day Color Me Calm Supplies Available in The Springs Living Room</i></p> Afternoon Movie Matinee Started by Springs Nursing Staff: "9 to 5" Starring Jane Fonda, Dolly Parton, and Lily Tomlin <div>4</div>	10:00am Patio Social w/ Audrey 11:30am Finish the Line Trivia 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Drumming w/ Audrey (Springs Dining Room) 3:00pm Snack and Hydration w/ Audrey <div>5</div>	11:00am Piano Performance Led by Gary Stabile (Springs Dining Room) 12:30pm 1:1 Visits w/ Sherry 1:00pm Reminisce This! w/ Sherry 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Just for Fun BINGO w/ Nicolette 3:00pm Snack and Hydration w/ Nicolette <div>6</div>	10:00am Pet Therapy Visits with Gromit 10:00am Spiritual Connection Service 10:30am Aroma Touch 11:00am Seated Tai Chi Instructed by Ann Sullo (Springs Dining Room) 2:00pm Table Top Bowling w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>7</div>	10:00am Morning Mingle 1:30pm Functional Fitness Instructed by HealthPRO Heritage 3:00pm Afternoon Movie Matinee: Resident's Choice  <i>Independent Leisure Activity Packets Available in The Springs Living Room</i> <div>8</div>	9:30am 1:1 Visits w/ Sherry 10:00am Fun in the Sun w/ Sherry 11:00am Cognitive Exercise w/ Sherry  <i>Independent leisure activities available in The Springs living room</i> <div>9</div>
10:00am Televised Catholic Mass (Channel 20) 10:00am Friendly 1:1 Visits w/ Nicolette 11:00am Fun in the Sun w/ Nicolette <i>Independent leisure activities available in The Springs living room</i> <div>10</div>	10:00am Morning Mingle & 1:1 Visits w/ Audrey 10:30am Seated stretch w/ Audrey 11:00am Category Game w/ Audrey 11:30am Classical Music and Manicures w/ Audrey 2:00pm Prize BINGO w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>11</div>	10:00am Patio Social w/ Audrey 11:30am Finish the Line Trivia 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Drumming w/ Audrey (Springs Dining Room) 3:00pm Snack and Hydration w/ Audrey <div>12</div>	11:00am Piano Performance Led by Gary Stabile (Springs Dining Room) 12:30pm 1:1 Visits w/ Sherry 1:00pm Reminisce This! w/ Sherry 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Just for Fun BINGO w/ Nicolette 3:00pm Snack and Hydration w/ Nicolette <div>13</div>	10:00am Spiritual Connection Service 10:30am Aroma Touch 11:00am Happy Birthday Lily Tomlin-Biography Brief 11:30am Balloon Volleyball Exercise w/ Audrey 1:30pm Live Musical Entertainment Led by Nancy Wildman (Springs Dining Room) 2:30pm Snack and Hydration w/ Audrey <div>14</div>	10:00am 1:1 Visits and Patio Social w/ Audrey 11:00am Resident Council Meeting (Springs Dining Room) 11:30am Up and Down the River Card Game w/ Audrey 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Creative Corner: Button Monogram w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>15</div>	9:30am 1:1 Visits w/ Sherry 10:00am Fun in the Sun w/ Sherry 11:00am Cognitive Exercise w/ Sherry  <i>Independent leisure activities available in The Springs living room</i> <div>16</div>
10:00am Televised Catholic Mass (Channel 20) 10:00am Friendly 1:1 Visits w/ Nicolette 11:00am Fun in the Sun w/ Nicolette <i>Independent leisure activities available in The Springs living room</i> <div>17</div>	10:00am Morning Mingle & 1:1 Visits w/ Audrey 10:30am Seated stretch w/ Audrey 11:00am Category Game w/ Audrey 11:30am Classical Music and Manicures w/ Audrey 2:00pm Prize BINGO w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>18</div>	10:00am Morning Mingle 10:00am Scenic Out-Trip Through Southbury 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Drumming w/ Audrey (Springs Dining Room) 3:00pm Snack and Hydration w/ Audrey <div>19</div>	11:00am Piano Performance Led by Gary Stabile (Springs Dining Room) 12:30pm 1:1 Visits w/ Sherry 1:00pm Reminisce This! w/ Sherry 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Just for Fun BINGO w/ Nicolette 3:00pm Snack and Hydration w/ Nicolette <div>20</div>	10:00am Spiritual Connection Service 10:30am Aroma Touch 11:00am Seated Tai Chi Instructed by Ann Sullo (Springs Dining Room) 2:00pm Table Top Bowling w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>21</div>	10:00am 1:1 Visits and Patio Social w/ Audrey 11:00am Balloon Volleyball Exercise w/ Audrey 11:30am Up and Down the River Card Game w/ Audrey 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Creative Corner: Apple Pie w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>22</div>	<p><b>First Day of Autumn</b></p> 10:00am Live Musical Entertainment Led by The Blue Yodels (Springs Dining Room) 1:00pm Have You Ever? w/Sherry  <i>Independent leisure activities available in The Springs living room</i> <div>23</div>
10:00am Televised Catholic Mass (Channel 20) 10:00am Friendly 1:1 Visits w/ Nicolette 11:00am Fun in the Sun w/ Nicolette <i>Independent leisure activities available in The Springs living room</i> <div>24</div>	<p><b>Yom Kippur</b></p> 10:00am Morning Mingle & 1:1 Visits w/ Audrey 10:30am Seated stretch w/ Audrey 11:00am Category Game w/ Audrey 11:30am Classical Music and Manicures w/ Audrey 2:00pm Prize BINGO w/ Audrey 3:00pm Pet Therapy Visits with Gromit 3:00pm Snack and Hydration w/ Audrey <div>25</div>	10:00am Patio Social w/ Audrey 11:30am Finish the Line Trivia 1:30pm Live Musical Entertainment Led by Stephen Hammacott (Springs Dining Room) 2:30pm Snack and Hydration w/ Audrey <div>26</div>	10:15am 1:1 Communion Visits w/ Sacred Heart Church Volunteers Eileen and Anne 11:00am Piano Performance Led by Gary Stabile (Springs Dining Room) 12:30pm 1:1 Visits w/ Sherry 1:00pm Reminisce This! w/ Sherry 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Just for Fun BINGO w/ Nicolette 3:00pm Snack and Hydration w/ Nicolette <div>27</div>	10:00am Spiritual Connection Service 10:30am Aroma Touch 11:00am Happy Birthday Barbara Walters- Biography Brief 11:30am Balloon Volleyball Exercise w/ Audrey 2:00pm Table Top Bowling w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>28</div>	10:00am 1:1 Visits and Patio Social w/ Audrey 11:00am Balloon Volleyball Exercise w/ Audrey 11:30am Up and Down the River Card Game w/ Audrey 1:30pm Functional Fitness Instructed by HealthPRO Heritage 2:00pm Creative Corner: Putting on the Ritz Flower Arrangements w/ Audrey 3:00pm Snack and Hydration w/ Audrey <div>29</div>	Enjoying The Springs Patio with Nursing Staff  <i>Independent leisure activities available in The Springs living room</i> <div>30</div>
<p><b>*Independent leisure items are available in the Springs living room next to the window*</b></p>		<div>SEPTEMBER 2023</div> <div>The Springs - Community Life Calendar</div>		<div>ACTIVITY LOCATOR KEY</div> <div>All activities take place in the springs living room unless otherwise noted</div>	<p><b>Meet the Community Life Team!</b>  <b>Meg Maier, Community Life Director</b>            Audrey Zanzal            Susan Schimmel            Sherry Thomas            Jordyn Smith            Nicolette Duncan            Tasha Jones (Driver)            Jeanette Burgos (Driver)            Peter Slifka (Driver)</p>	