

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASSICAL MUSIC MONTH</p> <p>NATIONAL HISPANIC HERITAGE MONTH</p> <p>HEALTHY AGING MONTH</p> <p>SELF-CARE AWARENESS MONTH</p>	<p>PET THERAPY VISITS WITH PAISLEY THE DOG</p> <p>SEE WEEKLY ACTIVITIES CALENDAR FOR DAYS AND TIMES</p>	<p>SHABBAT WILL BE CELEBRATED THIS MONTH ON FRIDAY, SEPTEMBER 1 IN THE INN LOUNGE AT 1 P.M.</p>	<p>Monthly Catholic Communion with Sister Maureen See Weekly Calendar for Date and Time</p> <p>The Inn The Gardens Springs</p>	<p>If you are interested in presenting a Watermark University program, please call Cindy McGuire Director of Living Well Ext 6108</p>	<p>BE KIND DAY</p> <p>10:30 Welcome the Day Exercise w/ MJ - G 11:00 All About September w/ MJ - G ABC's of September w/ Nayas - G Chicken Soup for the Soul w/ Nayas - G 2:30 Puzzles w/ MJ - G 3:30 Beach Ball Bounce w/ MJ - G Relaxing Evening Music w/ Nayas - G</p>	<p>V-J DAY</p> <p>10:00 w/ VH - G Checkers w/ Nayas - G Puzzles w/ Nayas - G Saturday Reminisce w/ Nayas - G Memory Games w/ Nayas - G 3:30 Virtual Experience w/ VH - G Saturday Movie w/ Nayas - G</p>
<p>PET ROCK DAY</p> <p>10:00 Sunday Fun Exercise w/ VH - G Bible Stories w/ Nayas - G Would You Rather...? Game w/ Nayas - G Theme Bingo w/ Nayas - G Snacks &amp; Music w/ Nayas - G 3:30 Armchair Travel Antarctica w/ VH - G Evening YouTube Concert w/ Nayas - G</p>	<p>LABOR DAY</p> <p>Armchair Exercise w/ Nayas - G Card Sharks w/ Nayas - G Walk Around the Garden w/ Nayas - G Snack Attack! w/ Nayas - G The Meaning of Labor Day w/ Nayas - G YouTube: Tony Bennett Live at The Prince Edward Theatre 1991 w/ Nayas - G</p>	<p>CHEESE PIZZA DAY</p> <p>10:00 Tuesday Tune Up w/ VH - G 10:30 Pizza Around The World w/ VH - G Don't Break The Ice w/ Nayas - G Afternoon Fun Club w/ LaDrina - G 2:00 Interactive Culinary Program w/ VH - G 3:30 Who Is The Artist? w/ VH - G Tic Tac Toe w/ Nayas - G</p>	<p>READ A BOOK DAY</p> <p>10:00 Tai Chi w/ Jonathan - G 10:30 Daily Devotional w/ MJ - G Mandala Art w/ Nayas - G Daily Chronicle w/ Nayas - G Opposites Attract w/ Nayas - G 3:30 Bonkers for Bingo! w/ MJ - G Evening Stretch w/ Nayas - G</p>	<p>GRANDMA MOSES DAY</p> <p>10:30 Light Fitness w/ VH - G Grandma Moses w/ Nayas - G Lets Chat w/ Nayas - G Beverage &amp; Fresh Air w/ Nayas - G Hand Rubs &amp; Music w/ Nayas - G 3:30 Name That Tune w/ VH - G Board Games w/ Nayas - G</p>	<p>VIRGIN MARY DAY</p> <p>10:30 Entertainer: Pianist John Lamb - G Puzzles w/ Nayas - G Doris Day Music w/ Nayas - G Table Bowling w/ Nayas - G Bible Reading w/ Nayas - G 3:30 Left- Center- Right Game w/ VH - G YouTube Doris Day Concert w/ Nayas - G</p>	<p>NATIONAL TEDDY BEAR DAY</p> <p>10:00 Music &amp; Dance w/ Jennifer - G Snacks &amp; Chat w/ Nayas - G Brisk Walk in the Garden w/ Nayas - G Pictionary w/ Nayas - G Balloon Volley w/ Nayas - G 2:30 Variety of Engaging Fun w/ Lisa - G TCM Movie Classic w/ Nayas - G</p>
<p>GRANDPARENT'S DAY</p> <p>Sunday Sittercise w/ Nayas - G Bible Stories w/ Nayas - G Fresh Air Stroll in the Garden w/ Nayas - G Silly Sentences w/ Nayas - G Theme Bingo w/ Nayas - G Inspiring Grandparent Stories w/ Nayas - G Bean Bag Toss w/ Nayas - G</p>	<p>911 REMEMBRANCE DAY PATRIOT DAY</p> <p>10:30 Movin' to Music w/ MJ - G Ring Toss w/ Nayas - G Noah's Ark Match Game w/ Nayas - G 911 Remembrance Day w/ Nayas - G 2:00 Interactive Culinary Program w/ MJ - G Music Appreciation w/ Marvel - G Checkers w/ Nayas - G</p>	<p>CHOCOLATE MILKSHAKE DAY</p> <p>10:00 Rock &amp; Roll Exercise w/ VH - G Card Game w/ Nayas - G Memory Game w/ Nayas - G Afternoon Fun Club w/ LaDrina - G 2:30 Entertainer: Jennifer DiSapio - G 3:30 Chocolate Milkshake Social w/ VH - G Our Daily Bread Spiritual w/ Nayas - G</p>	<p>POSITIVE THINKING DAY UNCLE SAM DAY</p> <p>10:00 Get Fit Exercise w/ VH - G Puzzles w/ Nayas - G Today in History w/ Nayas - G Time Out for Laughter w/ Nayas - G Card Shark w/ Nayas - G 3:30 Mandala Art w/ VH - G Evening Outdoor &amp; Music w/ Nayas - G</p>	<p>BE CREATIVE DAY</p> <p>10:30 Morning Workout w/ MJ - G 11:00 Famous Person Bio w/ MJ - G 11:15 Out Trip for Lunch w/ VH Time Out for Laughter w/ Nayas - G Daily Chronicle w/ Nayas - G 2:30 Arts &amp; Crafts w/ MJ - G 3:30 September in History w/ MJ - G TCM Evening Movie w/ Nayas - G</p>	<p>ROSH HASHANAH BEGINS AT SUNDOWN</p> <p>10:30 Friday Fitness w/ MJ - G 11:00 Meaning of Rosh Hashanah w/MJ-G Mandala Art w/ Nayas - G Music &amp; Refreshments w/ Nayas - G 2:30 Bonkers for Bingo w/ MJ - G 3:30 "Basket" Ball w/ MJ - G Match the Socks w/ Nayas - G</p>	<p>TRAIL OF TEARS COMMEMORATION DAY</p> <p>10:00 Tai Chi w/ Jonathan - G 10:30 World of Science w/ MJ - G Finish the Phrase w/ Nayas - G Daily Chronicle w/ Nayas - G 2:30 Entertainer: Singer Lynn Lewis - G 3:30 Race Car Derby w/ MJ - G Exercising to Music w/ Nayas - G</p>
<p>COUNTRY MUSIC DAY</p> <p>10:30 Exercising to Country Music w/MJ-G Rhyme Thyme w/ Nayas - G Watercolors w/ Nayas - G Bible Stories w/ Nayas - G 3:30 Left-Center-Right Game w/ MJ - G Card Games w/ Nayas - G YouTube: Kenny Rogers Concert w/Nayas-G</p>	<p>RESPECT FOR THE AGED DAY</p> <p>10:30 Refresh Fitness w/ VH - G 11:00 What About Nuts? w/ VH - G Charades w/ Nayas - G Jenga Game w/ Nayas - G 2:30 Origami Project w/ VH - G Music Appreciation w/ Marvel - G Light Evening Stretch w/ Nayas - G</p>	<p>NATIONAL BUTTERSCOTCH PUDDING DAY</p> <p>10:30 Armchair Exercise w/ VH - G 11:00 Hollywood Gossip w/ VH - G Afternoon Movie w/ Nayas - G Music Fun w/ Nayas - G 2:30 Thriving Thru Music w/ VH - G 3:30 Inspirational Bible Stories w/ VH - G Old Time Humor w/ Nayas - G</p>	<p>NATIONAL STRING CHEESE DAY</p> <p>10:00 Tai Chi w/ Jonathan - G Have You Ever...? Game w/ Nayas - G Fresh Air Stroll w/ Nayas - G Sing-a-Long w/ Nayas - G 2:30 Piano Music w/ Joey - G 3:30 Famous Movie Quotes w/ VH - G Snacks Outdoors w/ Nayas - G</p>	<p>WORLD GRATITUDE DAY</p> <p>10:00 Rise And Shine Fitness w/ VH - G 10:30 Benefits OF Being Kind w/ VH - G Snacks &amp; Chat w/ Nayas - G Outdoor Stroll w/ Nayas - G 2:30 Beach Ball Volley w/ VH - G 3:30 Music Trivia w/ VH - G Evening Netflix Movie w/ Nayas - G</p>	<p>ICE CREAM CONE DAY NATIONAL STATES AND CAPITALS DAY</p> <p>10:00 Dancercise w/ VH - G 10:30 Guess The State Capitol w/ VH - G Table Bowling w/ Nayas - G Rat Pack Music w/ Nayas - G 2:00 Interactive Culinary Program w/ VH - G 3:00 History Of Ice Cream w/ VH - G Evening Ring Toss w/ Nayas - G</p>	<p>AUTUMN EQUINOX FALL BEGINS!</p> <p>10:30 Exercise Dice w/ Joey - G First Day of Autumn! w/ Nayas - G Four in a Row Game w/ Nayas - G Snacks &amp; Music w/ Nayas - G Daily Chronicle w/ Nayas - G 3:30 Family Feud w/ Joey - G Evening Exercise to Music w/ Nayas - G</p>
<p>YOM KIPPUR BEGINS AT SUNDOWN</p> <p>10:30 Exercise Dice w/ Joey - G Local News Recap w/ Nayas - G Bible Stories w/ Nayas - G I Spy Game w/ Nayas - G Daily Chronicle w/ Nayas - G 3:30 Bingo! w/ Joey - G What is Yom Kippur? w/ Nayas - G</p>	<p>ONE-HIT WONDER DAY</p> <p>10:30 Fitness on My Mind w/ MJ - G ABC's of Autumn w/ Nayas - G Kerplunk! Game w/ Nayas - G Flashback to the 40's w/ Nayas - G 2:30 All 6 Game w/ MJ - G Music Appreciation w/ Marvel - G Horseshoes w/ Nayas - G</p>	<p>FORGET-ME-NOT DAY</p> <p>10:30 Feel Good Exercise w/ MJ - G 11:00 Simple Abundance w/ MJ - G Tabletop Bowling w/ Nayas - G Afternoon Fun Club w/ LaDrina - G 2:00 Interactive Culinary Program w/ MJ - G Tic-Tac-Toe w/ Nayas - G Soothing Evening Music w/ Nayas - G</p>	<p>ANCESTOR APPRECIATION DAY</p> <p>10:30 Rise &amp; Shine Exercise w/ MJ - G 11:00 Tracing our Family Roots w/ MJ - G Daily Devotional w/ Nayas - G Mini Basketball w/ Nayas - G 2:30 Manicures &amp; Music w/ MJ - G 3:30 Rock Around the Clock Game w/MJ-G TCM Classic Movie w/ Nayas - G</p>	<p>NATIONAL GOOD NEIGHBOR DAY</p> <p>10:30 Start the Day with Exercise w/MJ - G 11:00 Poetry for the Soul w/ MJ - G 11:15 Out Trip for Lunch w/ MJ Mandala Art w/ Nayas - G Daily Chronicle w/ Nayas - G 2:30 B-I-N-G-O w/ MJ - G 3:30 Gentle Touch Hand Rubs w/ MJ - G Would You Rather Game w/ Nayas - G</p>	<p>SUKKOT BEGINS AT SUNSET</p> <p>10:30 Friday Fitness w/ MJ - G 11:00 What is Sukkot? w/ MJ - G Quirkle Game w/ Nayas - G Word Pairs w/ Nayas - G 2:30 September Birthday Party w/ MJ - G 3:30 Finishing Lines w/ MJ - G UNO Card Game w/ Nayas - G</p>	<p>FAMILY HEALTH AND FITNESS DAY</p> <p>10:00 Tai Chi w/ Jonathan - G 10:30 Words with a Word w/ Lisa - G Name 5 Game w/ Nayas - G Snacks &amp; Laughter w/ Nayas - G 2:30 Variety of Engaging Fun w/ Lisa - G Theme Bingo w/ Nayas - G Saturday Sittercise w/ Nayas - G</p>
	<p>"By all these lovely tokens, September days are here. with summer's best of weather and autumn's best of cheer."  ~ Helen Hunt Jackson</p>	<p>SEPTEMBER 2023</p> <p>THE GARDENS</p>		<p>ACTIVITY LOCATOR KEY</p> <p>AG - Art Gallery AS - Art Studio A - Auditorium FC - Fitness Center G - Gardens TC - Town Center</p>	<p>CL - Community Life IL - Inn Lounge MJ - Mary Jo S - Springs VH - Victoria SC - Springs Conference Room DR - Dining Room</p>	