

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>9:30 Get Fit Exercise w/ VH - S 11:00 Weight Training w/ VH - IL 11:30 Wheel of Fortune w/ VH - S <i>1:00 Shabbat - IL Lounge</i> 2:30 Mandela Art w/ VH - IL 3:30 Lets Talk About Kindness w/ VH - IL <i>4:00 Evening Tea Social w/ VH - S</i> 6:30 Classical Favorites Music w/CG's-IL</p>	<p>V-J DAY</p> <p>9:30 Head To Toe Fitness w/ VH - S 10:00 Saturday Stretch w/ VH - G 11:00 Dancercize w/ VH - IL 11:30 Fresh Air & Music w/ VH - S <i>2:30 Armchair Travel Antarctica w/ VH - IL</i> 3:30 Virtual Reality Experience w/ VH - G 6:30 Saturday Classical Music w/ CG's - IL</p>
<p>PET ROCK DAY</p> <p>9:30 Body Rock Fitness w/ VH - S 10:00 Let Move With The Rhythm w/VH-G 11:00 Sunday Fun Fitness w/ VH - IL 11:30 Music Mix 50's & 60's w/ VH - S <i>2:30 Virtual Reality Fun w/ VH - IL</i> <i>3:30 Armchair Travel Antarcctica w/ VH - G</i> 6:30 Sunday Evening TCM Movie w/CG's-IL</p>	<p>LABOR DAY</p> <p>10:00 Independent Activities - IL 11:00 Armchair Exercise w/ CG's - IL 2:30 Card Sharks w/ CG's - IL 3:30 Independent Activities - IL <i>6:30 YouTube: Tony Bennett Live at The Prince Edward Theatre 1991 w/ CG's - IL</i></p>	<p>CHEESE PIZZA DAY</p> <p>9:30 Tuesday Tune Up w/ VH - S 11:00 Tuesday Tune-Up w/ MJ - IL 11:30 Taking a Look Forward w/ MJ - IL 11:30 Bingo w/ VH - S 2:30 Rummikub w/ MJ - IL 3:30 Messages from Heaven w/ MJ - IL 4:15 Music Sing A Long w/ VH - S 6:30 Chicken Soup for the Soul w/CG's-IL</p>	<p>READ A BOOK DAY</p> <p>9:30 All About September w/ MJ - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> 11:00 Did You Know? Facts w/ MJ - IL 1:30 Hand Rubs & Music w/ MJ - S 2:30 Tic Tac Trivia w/ MJ - IL 3:30 Bonkers for Bingo! w/ MJ - G 4:00 Afternoon Greetings w/ CL - S 6:30 Evening Stretch w/ CG's - IL</p>	<p>GRANDMA MOSES DAY</p> <p>9:30 Flash Fitness w/ VH - S 10:00 Light Stretch w/ VH - G <i>10:30 Entertainer: Singer MOJO - IL</i> <i>11:00 Entertainer: Jennifer DiSapio - S</i> 2:30 Pack It Card Game w/ VH - IL 3:30 Name That Tune w/ VH - G 4:30 70's Music w/ VH - S 6:30 Speak Your Mind w/ CG's - IL</p>	<p>VIRGIN MARY DAY</p> <p>9:30 Friday Fun Fitness w/ VH - S 10:30 Dancercize w/ VH - IL 11:30 Wheel of Fortune w/ VH - S 2:30 Beach Ball Volley w/ VH - IL 3:30 Left- Center- Right Game w/ VH - G 4:00 World Religion w/ VH - S 6:30 Janga w/ CG's - IL</p>	<p>NATIONAL TEDDY BEAR DAY</p> <p>9:30 Morning Greetings w/ Lisa - S <i>10:00 Music & Dance w/ Jennifer - G</i> <i>11:00 Music & Dance w/ Jennifer - IL</i> 11:30 Morning Music w/ Lisa - S 2:00 Variety of Engaging Fun w/ Lisa - IL 2:30 Variety of Engaging Fun w/ Lisa - G 4:00 Inspirational Stories w/ Lisa - S 6:30 YouTube: Chorus Concert w/ CG's - IL</p>
<p>GRANDPARENT'S DAY</p> <p>9:30 Morning Greetings w/ Kayti - S 10:30 Exercise & Music w/ Kayti - IL 11:00 Mandala Art w/ Kayti - IL 11:30 Morning Music w/ Kayti - S <i>2:30 Manicures & Music w/ Kayti - IL</i> 6:30 Grandparent Stories w/ CG's - IL</p>	<p>911 REMEMBRANCE DAY PATRIOT DAY</p> <p>9:30 Bible Stories w/ MJ - S 11:00 Exercise Dice w/ Joey - IL 11:30 Taking a Look Forward w/ MJ - IL 11:30 Bingo w/ VH - S <i>2:30 Entertainer: Singer Lynn Lewis - IL</i> 3:30 Remembering 9/11 w/ VH - IL 6:00 Manicures And Music w/ VH - S 6:30 Scrabble Game w/ CG's - IL</p>	<p>CHOCOLATE MILKSHAKE DAY</p> <p>9:30 Flex Fitness w/ VH - S 11:00 Rise And Shine Fitness w/ VH - IL 11:30 Wheel of Fortune w/ VH - S <i>2:30 Chocolate Milkshake Social w/ VH - IL</i> <i>3:30 Entertainer: Jennifer DiSapio - IL</i> <i>3:30 Chocolate Milkshake Social w/ VH - G</i> 4:15 Deja Vu Game w/ VH - S 6:30 Evening Table Games w/ CG's - IL</p>	<p>POSITIVE THINKING DAY</p> <p>9:30 Easy Does It Fitness w/ VH - S 10:00 Get Fit Exercise w/ VH - G 10:30 Rise And Shine w/ VH - IL 11:30 Doris Day Outdoors w/ VH - S <i>2:00 Men's Club w/ Joey - IL</i> 2:30 Bingo w/ VH - IL 3:30 Mandela Art w/ VH - G 4:30 Ring Toss w/ VH - S 6:30 Board Games w/ CG's - IL</p>	<p>BE CREATIVE DAY</p> <p>9:30 Creative Fitness w/ VH - S 10:30 Breath And Be Fit w/ VH - IL <i>11:15 Out Trip for Lunch w/ VH</i> 1:30 Afternoon Visits w/ MJ - S 2:30 Table Pong w/ VH - IL 3:30 Balloon Toss w/ VH - IL 4:15 Mandela Art w/ VH - S 6:30 Music & Chat w/ CG's - IL</p>	<p>ROSH HASHANAH BEGINS AT SUNDOWN</p> <p>9:30 Jokes And Fitness w/ VH - S 11:00 Dancercize w/ VH - IL 11:30 Music Facts And Music Fun w/VH-S <i>2:30 Movie And Popcorn w/ VH - IL</i> 3:30 Movie Discussion w/ VH - IL 4:15 I Spy in Fresh Air w/ VH - S 6:30 Article Highlights w/ CG's - IL</p>	<p>TRAIL OF TEARS COMMEMORATION DAY</p> <p>9:30 Messages from Heaven w/ MJ - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> <i>11:00 Celebrating Rosh Hashanah w/ MJ - IL</i> <i>11:30 World of Science w/ MJ - IL</i> 1:30 Manicures & Music w/ MJ - S 2:30 Jeopardy w/ MJ - IL 3:30 Race Car Derby w/ MJ - G 6:30 Seated Stretch w/ Nayas - IL</p>
<p>COUNTRY MUSIC DAY</p> <p>9:30 Simple Abundance w/ MJ - S 10:30 Sunday Sittercise w/ MJ - G 11:00 Sunrise Fitness w/ MJ - IL 11:30 Famous Person Bio w/ MJ - IL 1:30 Gentle Touch Hand Rubs w/ MJ - S 2:30 Manicures & Music w/ MJ - IL 3:30 Left-Center-Right Game w/ MJ - G 6:30 YouTube: Kenny Rogers w/CG's-IL</p>	<p>RESPECT FOR THE AGED DAY</p> <p>9:30 Daily Devotional w/ MJ - S 11:00 Exercise Dice w/ Joey - IL 11:30 Taking a Look Forward w/ MJ - IL 11:30 Wheel of Fortune w/ VH - S <i>2:30 What's Cookin' w/ MJ - IL</i> 3:30 Jewish History of..... w/ MJ - IL 6:00 Armchair Travel: Antarctica w/ VH - S 6:30 Scrabble w/ CG's - IL</p>	<p>NATIONAL BUTTERSCOTCH PUDDING DAY</p> <p>9:30 Tuesday Tune Up w/ VH - S 11:00 Stay Healthy, Stay Fit w/ MJ - IL 11:30 Word Scrambles w/ MJ - IL 11:30 Music Trivia w/ VH - S <i>2:30 Entertainers: Occasional Players - IL</i> 3:30 "Heart Warmers" Stories w/ MJ - IL 4:15 Untie The Knot w/ VH - S 6:30 TCM Movie Classic w/ CG's - IL</p>	<p>NATIONAL STRING CHEESE DAY</p> <p>9:30 Light Fitness w/ VH - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> <i>11:30 Springs Resident Council Meeting - S</i> <i>2:30 Wine And Cheese Social w/ VH - IL</i> 3:30 Famous Movie Quotes w/ VH - G 4:00 All About The 60's w/ VH - S 6:30 Evening TCM w/ CG's - IL</p>	<p>WORLD GRATITUDE DAY</p> <p>9:30 Hello Good Morning Fitness w/ VH - S 11:00 Energizing Exercise w/ MJ - IL 11:30 Guess the Celebrity w/ MJ - IL 11:30 Bingo w/ VH - S 2:30 7 Card Rummy w/ MJ - IL 3:30 Mandala Art w/ MJ - IL 4:15 Left - Center- Right Game w/ VH - S 6:30 Pictionary w/ CG's - IL</p>	<p>ICE CREAM CONE DAY NATIONAL STATES AND CAPITALS DAY</p> <p>9:30 Friday Funday Fitness w/ VH - S 11:00 Get in the Groove Fitness w/ MJ - IL 11:30 Origin of State Names w/ MJ - IL 11:30 Outdoor Music Fun w/ VH - S <i>2:30 Entertainer: Pianist John Lamb - IL</i> <i>3:30 September Birthday Party w/ MJ - IL</i> 4:15 Art Appreciation w/ VH - S 6:30 Bottoms Up! w/ CG's - IL</p>	<p>AUTUMN EQUINOX FALL BEGINS!</p> <p>9:30 Morning Greetings w/ Joey - S 10:30 Exercise Dice w/ Joey - G 11:00 Exercise Dice w/ Joey - IL 11:30 Chicken Soup for the Soul w/Joey-S 2:30 Wheel of Fortune w/ Joey - IL 3:30 Family Feud w/ Joey - G 4:00 Afternoon Visits w/ Joey - S 6:30 Shout Out! Game w/ CG's - IL</p>
<p>YOM KIPPUR BEGINS AT SUNDOWN</p> <p>9:30 Morning Greetings w/ Joey - S 10:30 Exercise Dice w/ Joey - G 11:00 Exercise Dice w/ Joey - IL <i>11:30 Entertainer: Pianist John Lamb - S</i> 2:30 Bingo! w/ Joey - IL 3:30 Bingo! w/ Joey - G 4:00 Meaning of Yom Kippur w/Joey-S 6:30 Bible Stories w/ CG's - IL</p>	<p>ONE-HIT WONDER DAY</p> <p>9:30 "Basket" Ball w/ MJ - S 11:00 Exercise Dice w/ Joey - IL <i>11:00 Entertainer: Singer Lynn Lewis - S</i> 11:30 Taking a Look Forward w/ MJ - IL 2:30 Charades Patio w/ VH - IL 3:30 Current Events Debate w/ VH - IL 6:00 Bible Stories w/ VH - S 6:30 Lite Evening Exercise w/ CG's - IL</p>	<p>FORGET-ME-NOT DAY</p> <p>9:30 Smooth Fitness w/ VH - S 11:00 Dice Fitness w/ VH - IL 11:30 Bingo w/ VH - S <i>11:30 Health Talk w/ Bindu George, RN - IL</i> 2:30 Finish the Phrase w/ VH - IL 3:30 Facts about Honey w/ VH - IL 4:15 Deja Vu w/ VH - S 6:30 Popular music YouTube w/CG's-IL</p>	<p>ANCESTOR APPRECIATION DAY</p> <p>9:30 Fitness To Get You Moving w/ VH - S 10:30 Mid- Week Stretch w/ VH - IL <i>11:15 Inn Resident Council Meeting - IL DR</i> 2:30 Wheel of Fortune w/ VH - IL 3:30 Drawing What You See w/ VH - IL 4:15 Table Bowling w/ VH - S 6:30 Net King Cole Concert w/ CG's - IL</p>	<p>NATIONAL GOOD NEIGHBOR DAY</p> <p>9:30 Get Fit w/ VH - S 10:30 Moving To The Beat w/ VH - IL <i>11:15 Out Trip for Lunch w/ MJ</i> 11:30 w/ VH - S 2:30 Acting 101 (Act 4) w/ VH - IL 3:30 Good And Bad Neighbors w/ VH - IL 4:15 Remembering The 40'ties w/ VH - S 6:30 Evening Stretch w/ CG's - IL</p>	<p>SUKKOT BEGINS AT SUNSET</p> <p>9:30 Tune Up Fitness w/ VH - S 11:00 Dancercize w/ VH - IL <i>11:30 Punch Social w/ VH - S</i> <i>2:30 Entertainer: Singer Leigh Henry - IL</i> 3:30 Ball Toss w/ VH - IL 4:15 Ring Toss w/ VH - S 6:30 Word Chain w/ CG's - IL</p>	<p>FAMILY HEALTH AND FITNESS DAY</p> <p>9:30 Morning Greetings w/ Lisa - S <i>10:00 Tai Chi w/ Jonathan - G</i> <i>10:30 Tai Chi w/ Jonathan - IL</i> 11:00 Words Within a Word w/ Lisa - IL 11:30 Morning Music w/ Lisa - S 2:00 Variety of Engaging Fun w/ Lisa - IL 2:30 Variety of Engaging Fun w/ Lisa - G 4:00 Inspirational Stories w/ Lisa - S 6:30 Stretching to Music w/ CG's - IL</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 INN and SPRINGS</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>