

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<ul style="list-style-type: none"> ● Happy Labor Day ● 9:45 Sit Down Soccer ● 10:15 Real Zen Breath Class ● 12:00 Labor Day BBQ Celebration ● 1:30 Mini Golf Game ● 2:30 Wellness 360: Breaking the Cycle of Depression(BR) ● 3:00 Word within a Word 	<ul style="list-style-type: none"> ● 9:45 Walking Club - Lobby ● 10:30 Chair Tai Chi Stretches ● 10:30 WU- Managing Seasonal Mood Changes(BR) ● 11:00 Bible Discussion with Mrs. Grady ● 1:30 Relaxing Scenic Ride-Lobby ● 2:30 Brain Games: Trivia Challenge IN2L ● 3:30 WU: Artistry Unleashed: Nature Watercolor -Patio 	<ul style="list-style-type: none"> ● 9:45 Balance Exercise - IN2L ● 10:30 WU- Journaling : Gratitude & Reflections Norma ● 1:00 Ted Talk: Lessons on the Longest Study on happiness ● 2:00 Bayada Fun & Fit Workout(BR) ● 3:00 Ice Cream Sandwich Social ● 4:00Bongo and Bells 	<ul style="list-style-type: none"> ● 9:45 Walking Club -Lobby ● 10:30 Pool Noodle Workout- Patio ● 12:00 Dine in Movie Theater: Dennis the Menace ● 1:00 Brain Games: Name 10 Game ● 2:00 Virtual Adventure: Arm Chair Travel IN2L: Peru ● 3:00 Mini Golf Game 	<ul style="list-style-type: none"> ● 9:45 Seated Yoga Movement ● 10:15 Bean Bag Rally ● 10:30 Air Force Birthday Concert Band Classics(BR) ● 11:00 WU: Documentary: Fit Generation(BR) ● 1:00 Balloon Badminton Game ● 2:30 Bingo Bonanza with Candy ● 3:00 Friday Flic: There's Something about Mary (BR) 	<ul style="list-style-type: none"> ● 9:45 Slow Flow Band Stretches ● 10:15 Toe Tapping Exercise ● 11:00 Name that Tone - Sing a long IN2L ● 1:30 Olga's Studio: Classic Piano Students Perform(BR) ● 2:30 Saturday Cinema: Woman in Gold(BR) ● 3:30 Ice Pop on the Patio
<ul style="list-style-type: none"> ● 9:45 Pool Noodle Workout ● 9:45 Spiritual Music Offering IL2N & (BR) ● 10:15 Chair Stretches ● 10:15 Communion(BR) ● 10:30 Live Mass DC Basilica(BR) ● 1:00 Bingo with Candy ● 2:00 Out Reach Ministries(BR) ● 3:00 Word within a word 	<ul style="list-style-type: none"> ● 9:45 Move & Grove Movement ● 10:30 WU Bayada Health Talk: Navigating Season Mood Changes (BR) ● 11:00 Table Ball Toss Game ● 1:00 WU: Culinary Creations: Baking Cookies ● 2:00 Jazz Singer Candance Performs(BR) ● 3:30 Bean Bag Game Rally 	<ul style="list-style-type: none"> ● 9:45 Walking Club- Lobby ● Chair Tia Chi Exercise ● 10:15 Brain Games: Tuesday Trivia IN2L ● 11:00 Bible Discussion Mrs. Grady(BR) ● 1:00 Solo Cup Challenge- Patio(AL) ● 3:00 WU-Eye on Art: Watercolor Creations on Canvas 	<ul style="list-style-type: none"> ● 9:45 Fall Prevention: Balance on IN2L ● 10:15 Power Band Stretch ● 11:00 Virtual Road Trip on IN2L ● 11:00 Picnic in the Park at Bellevue Outing ● 1:00 Ring Toss and Lemonade - Patio ● 2:00 Wellness: Bayada Fun & Fit (BR) ● 3:00 Brownies A La Mode Social(BR) 	<ul style="list-style-type: none"> ● Patriots Day 9/11 ● 9:45 Walking Club- Lobby ● 10:30 Brain Games: Word With in a Word ● 11:30 Moment of Silence 9/11 ● 1:30 Eye on Art: Clay Sculpting Workshop(AL) ● 2:30 Movie Matinee: Best in Show(BR) ● 4:00 Documentary: Great Barrier Reef(BR) 	<ul style="list-style-type: none"> ● 9:45 Sit Down Soccer ● 10:15 Fall Prevention: Hand & Arm Stretches ● 11:00 WU- Making Vita Smoothies with Maria(AL) ● 1:00 Fun Trivia Challenge Game ● 2:00 Documentary: Creation of the Constitution(BR) ● 3:30 Cheese & Cracker Social 	<ul style="list-style-type: none"> ● 9:45 Pool Noodle Workout ● 10:30 4 Legged Friends SPCA- Lobby ● 11:00 Bingo Bonanza with Candy ● 1:00 Saturday Cinema: Poms (BR) ● 2:30 Name 10 Game ● 3:30 Bubble Factory with Chips & Dip
<ul style="list-style-type: none"> ● National Cream Fill Donut Day ● 9:45 Chair Bongo & Bells ● 9:45a Spiritual Music Offering IN2L- (BR) ● 10:15 Communion(BR) ● 10:30Cream Donuts treats(BR) ● 10:30 Live Mass DC Basilica(BR) ● 1:00 Sit Down Soccer ● 3:00 Colorful Watercolor Prints 	<ul style="list-style-type: none"> ● 9:45 Fall Prevention: Balance Stretches ● 10:15 Brain Games: Matching Game ● 11:00 Journal Reflection: Positive Affirmations- Norma(AL) ● 1:00 Golf Game Challenge- Patio ● 3:00 Wellness Series: Your Brain will be the same(BR) ● 4:00 Social Hour: Ice Tea 	<ul style="list-style-type: none"> ● 9:45 Walking Club -Lobby ● 10:30 Chair Chair tai Chi ● 11:00 Brain Games: Word Game ● 11:00 Bible Discussion with Mrs. Grady(BR) ● 1:00 Music Favorites- Carol Regal Performs ● 3:00 WU: Eye on Art: Clay Sculpting Workshop ● 3:00 Splash Party with Mocktails - (AL) 	<ul style="list-style-type: none"> ● Hispanic Heritage Day ● 9:45 Fall Prevention: Arm Weight Workout ● 10:15 WU- Making Guacamole with Norma ● 2:00 Wellness: Bayada Fun & Fit Class (BR) ● 3:00 Ice Cream Social-(BR) ● 4:00 Trivia Challenge Game -IN2L 	<ul style="list-style-type: none"> ● 9:45 Walking Club-Lobby ● 10:30 Slow Flow Chair Yoga ● 11:00 Brain Games: Name 10 Rally ● 1:00 Virtual Roadtrippers: National Park Journey Beauty of Denali- IN2L ● 2:30 WU- Winter Bird Feeders with Carol ● 3:30 TV Classics (2nd Fl) 	<ul style="list-style-type: none"> ● 9:45 Table Balloon Badimton ● 10:15 Hot Tea, Pastries & Conversation ● 11:00 Classic Music Sing-a-Long- IN2L ● 1:00 Brain Games: Family Feud ● 2:30 Friday Flic: Comedy Hour- Poms(BR) ● 3:30 Mocktails with Hot Apple Cider & Trivia(BR) 	<ul style="list-style-type: none"> ● 9:45 Band Stretches ● 11:00-2:00 Ageless Adventure: Grandparent Family Fun Carnival Days -Outdoors ● 3:30 Saturday Cinema: Romanic Comedy -Leap Year(BR) ● 4:00 Relaxing Hand & Shoulder Massages
<ul style="list-style-type: none"> ● 9:45 Toe Tapping Move & Grove ● 9:45a Spiritual Music Offering IL2N & (BR) ● 10:15 Communion(BR) ● 10:30 Live Mass DC Basilica(BR) ● 2:00Paster Gloria Preaches(BR) ● 3:00 Garden Social Hour: Lemonade & Cookies- Patio 	<ul style="list-style-type: none"> ● 9:45 Table Ball Toss ● 10:30 WU- Ted Talk: 10 Ways to have a better Conversation Workshop with Sharon ● 10:30 Matching Game Rally ● 11:00 Poetry Corner: self Love Gratitude ● 1:00 Bingo Bonanza with Candy ● 3:00 Summer Trivia & Pops - Patio 	<ul style="list-style-type: none"> ● 9:45 Walking Club -Lobby ● 9:45 Chair Tai Chi Exercise ● 10:30 Activity & Food Council Meeting(BR) ● 11:00 Bible Discussion with Mrs. Grady ● 1:00 WU: Colorful Falling leaves on Canvas with Carol ● 3:00 September Birthday Celebration Party(BR) 	<ul style="list-style-type: none"> ● 9:45 Pool Noodle Exercise ● 10:15 Fall Foliage Scenic Drive ● 11:00 Toe Tapping Movement ● 1:00 Brain Games: Name 10 & Trivia IN2L ● 2:00 Wellness: Bayada Fun & Fit Class(BR) ● 3:00 Frozen Yogurt Social (BR) ● 4:00 TV Classics (2nd FL) 	<ul style="list-style-type: none"> ● 9:45 Walking Club- Lobby ● 10:30 Fall Prevention: Leg Workout ● 10:30 Ted Talk: The Benefit of Gratitude (BR) ● 1:00 Brain Games: Family Feud ● 2:00 Eye on Art: Watercolor By Numbers ● 3:00 Resident Council Meeting(BR) 	<ul style="list-style-type: none"> ● National One- Hit -Wonder Day ● 9:45 Slow Flow Movement ● 10:30 WU: Baking Zucchini Bread with Maria ● 1:00 Brain Games: Word within a Word(BR) ● 2:00 Would you rather Be ? ● 3:00 Ice Tea Social: & One-Hit ● Wonder Trivia (AL- Patio) 	<ul style="list-style-type: none"> ● 9:45 Table Balloon Badminton ● 10:30 Move & Grove To Country Music ● 11:00 Sand Bucket Challenge ● 1:00 Bingo Bonanza with Candy(BR) ● 2:00 Saturday Cinema: Mrs. Harris goes to Paris (BR) ● 3:00 Name 10 Game - White Board
<ul style="list-style-type: none"> ● 9:45 Band Stretch Exercise ● 9:45 Spiritual Music Offering IL2N & (BR) ● 10:15 Chair Stretches ● 10:15 Communion(BR) ● 10:30 Live Mass DC Basilica(BR) ● 12:30 Kalmar Nyckel Tall Ship - Outing - Lobby ● 2:00Paster Gloria Preaches(BR) ● 3:00 Golf Game Challenge 	<ul style="list-style-type: none"> ● National Women's Health & Fitness Day ● 9:45 Chair Dancing Movement ● 11:00 WU: Culinary Creations: Baking with Maria ● 1:00p Bean Bag Toss- Patio ● 1:30 Giant Crossword Game ● 2:30 Wellness: Oprah on Women's Health Forum (BR) ● 3:00 Bingo with Candy 	<ul style="list-style-type: none"> ● 9:45 Walk Club- Lobby ● 10:30 Sit Down Soccer Game ● 11:00 Brain Games: Matching Card Game ● 1:00 WU- Eye on Art: Clay Sculpting Workshop ● 3:00 Bells & Bongos Creative Music ● 3:30 Name 10 Game 	<p>Let's Celebrate September Birthdays !</p> <p>9/2 Gabrielle T. 9/11 Geneva P. 9/11 Steven L. 9/19 Dorothy "Dot" M. 9/19 Lesley B. 9/21 Martin C. 9/22 Lenore N. 9/27 William J. 9/30 Pamela H.</p>	<p>Location Key:</p> <p>(BR)-- Brandywine Room (2nd FL) - 2nd Floor TV Room Patio-Pathways Back Patio (AL- Patio) Assisted Living Patio (AL) Assisted Living Activity Room iN2L Machine</p>	<p>Important Information:</p> <p>Walking Club starts at 9:45am Tuesdays & Thursdays meet at Lobby Reception</p> <p>Please sign up early for Outing, Events,Shopping Trips</p> <p>Scheduled Events are Subject to Changes based on current conditions</p>	