

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10:00 AM Cardio Drumming with Arinna (AR) 1:00 PM BINGO & Beverages (B&L) 2:00 PM Resident Town Hall (B&L) 2:15 PM Life Enrichment Meeting (B&L) 3:00 PM Adult Coloring Pages (CR) 6:00 PM Travel Tuesday: Travel with Rick Steves (CR)	10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR) 10:30 AM Foodie Outing: Now or Later (OS) 11:00 Singalong with Susie Q (CR) 1:00 PM Name That Dolly Parton Tune 1:30 PM Dolly Parton Trivia (B&L) 2:00 PM Movie & Popcorn: Dolly Parton's Coat of Many Colors 6:00 PM Trivia with RA's (CR)	10:00 AM Community Bible Study with Ankeny Church of Christ (5H) 10:30 AM Word Searches (CR) 11:00 AM Country Store Open (CS) 1:00 PM Hangman Game (CR) 3:30 PM Bean Bag Baseball Practice (B) 6:00 PM Jigsaw Puzzle Club (CR)	10:00 AM Relax & Stretch: Seated Chair Yoga (CR) 11:00 AM Labor Day Grill Out (DR) 1:30 PM BINGO & Beverages (B&L) 2:30 PM Pre Labor Day Happy Hour with Live Music by Rick Ludwig (B&L) 6:00 PM Courtyard & Conversations (CY)	10:00 AM Weekend Stretches with RA's (CR) 11:00 AM Weekend Word Search (CR) 1:00 PM BINGO with MOD (B&L) 3:00 PM Sensory Bins & Books (CR) 6:00 PM Movie Night: Resident Choice
6	Labor Day 7	Ants on A Log Day 8	9	10	Patriot Day 11	12
9:00 AM Lutheran Church of Hope- Streaming on YouTube (CR) 10:00 AM Weekend Stretches with RA's (CR) 11:00 AM National Coloring Book Day: Adult Coloring Pages (CR) 3:00 PM Balloon Swat (CR) 6:00 PM Finish the Phrase with RA's (CR)	10:00 AM Relax & Stretch: Seated Chair Yoga (CR) 11:00 AM Balloon Swat with RA's (CR) 1:00 PM Five Clues: What Job Is It? (B&L) 1:30 PM Made in America Trivia (B&L) 2:00 PM Movie Monday & Popcorn: 9-5 (B&L) 6:00 PM Dot to Dot Puzzle with RA's (CR)	10:00 AM Communion Service – Our Lady of the Immaculate Heart Catholic Church (5H) 1:30 PM BINGO & Beverages (B&L) 2:30 PM Culinary Creations Club: Ants on a Log Snack & Reminisce Social(DR) 3:30 PM Connect Four & Tic Tac Toe with RA's(CR) 6:00 PM Travel Tuesday: Travel with Rick Steves (CR)	10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR) 10:30 AM Adult Coloring Pages (CR) 12:30 PM Ice Cream Outing: The Outside Scoop (OS) 3:00 PM Bean Bag Baseball Preseason Team Kickoff Party (B&L) 6:00 PM Trivia with RA's (CR)	10:00 AM Community Bible Study with Ankeny Church of Christ (5H) 10:30 AM Word Searches (CR) 11:00 AM Country Store Open (CS) 1:00 PM ISpy Game (CR) 3:00 PM Balloon Swat (CR) 6:00 PM Jigsaw Puzzle Club (CR)	10:00 AM Remembering 9/11: Donuts & Documentary Screening (B&L) 1:15 PM BINGO & Beverages (B&L) 2:30 PM Patriot Day: Red, White & Remembrance with Live Music by David Watson (B&L) 6:00 PM Courtyard & Conversations (CY)	10:00 AM Weekend Stretches with RA's (CR) 11:00 AM Weekend Word Search (CR) 1:00 PM Iowa vs Iowa State Tailgate & BINGO with Cassie (B&L) 3:00 PM Sensory Bins & Books (CR) 6:00 PM Movie Night: Resident Choice
Grandparents Day 13	National Assisted Living Week-50s & 60s Day 14	70s Day 15	80s Day 16	90s Day 17	Shine Bright: Gold & Sliver Day 18	Eat an Apple Day 19
9:00 AM Lutheran Church of Hope- Streaming on YouTube (CR) 10:00 AM Weekend Stretches with RA's (CR) 11:00 AM National Coloring Book Day: Adult Coloring Pages (CR) 3:00 PM Balloon Swat (CR) 6:00 PM Finish the Phrase with RA's (CR)	10:00 Groovin' Through the 50s & 60s (AR) 11:00 AM Bowling with RA's (CR) 1:00 PM Name That 50s & 60s Tune (B&L) 1:30 PM Grandparents Day Celebration: Ice Cream Social (B&L) 2:00 PM Movie Monday: Hairspray & Popcorn (B&L) 6:00 PM Dot to Dot Puzzle with RA's (CR)	10:00 AM Groovy 70s Cardio Drumming(AR) 1:00 PM Peace, Love & BINGO (B&L) 2:00 PM Wisdom Wall (B&L) 3:00 PM Creative Corner: Tie Dye with LE Team (B&L) 6:00 PM Travel Tuesday: Travel with Rick Steves (CR)	10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR) 1:00 PM Dirty Soda Bar with Suncrest (B&L) 1:15 PM Through the Years Trivia (B&L) 2:00 PM I was once...(B&L) 2:45 PM Behind the Shine: Thank You Cards for Housekeeping Team (B&L) 6:00 PM Trivia with RA's (CR)	10:00 AM Community Bible Study with Ankeny Church of Christ (5H) 11:00 AM Country Store Open (CS) 12:30 PM Outing: Ankeny Area Historical Society (OS) 1:30 PM Hangman Game (CR) 3:30 PM Our Residents, Our Stories Ball Game (B&L) 6:00 PM Jigsaw Puzzle Club (CR)	10:30 AM Foodie Friday Outing: The Ankeny Diner (OS) 1:00 PM BINGO & Beverages (B&L) 2:00 PM Shining Through the Years Time Capsule (B&L) 3:00 PM Shining Through the Years Hour with Live Music by Tom Hofer (B&L) 6:00 PM Courtyard & Conversations (CY)	10:00 AM Weekend Stretches with RA's (CR) 11:00 AM Weekend Word Search (CR) 1:00 PM Sliced Apple Bar with Arinna (B&L) 2:00 PM Creative Corner: Fall Suncatchers (B&L) 6:00 PM Movie Night: Resident Choice
20	21	First Day Of Fall 22	23	24	25	26
9:00 AM Lutheran Church of Hope- Streaming on YouTube (CR) 10:00 AM Weekend Stretches with Arinna (CR) 1:00 PM Creative Corner: Mod Podge Coasters (B&L) 3:00 PM Balloon Swat with RA's (CR) 6:00 PM Finish the Phrase with RA's (CR)	10:00 Relax & Stretch: Seated Chair Yoga (CR) 11:00 AM Ball Pong with RA's (CR) 1:00 PM Fall Prevention with Angels Home Health(B&L) 2:00 PM Movie Monday & Popcorn: Walk. Ride. Rodeo. (B&L) 6:00 PM Dot to Dot Puzzle with RA's (CR)	10:00 AM Cardio Drumming with Arinna (AR) 12:15 PM Beers & BINGO at Kettlestone(OS) 1:00 PM Singalong with Susie Q (CR) 2:00 PM Conversation Ball Toss with RA's (CR) 3:30 PM Fall into Siena with Live Music by Neil Hewitt (B&L) 6:00 PM Travel Tuesday: Travel with Rick Steves (CR)	10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR) 10:30 AM Brain Games (CR) 2:00 PM Bean Bag Baseball Game (TBD) 3:00 PM Balloon Swat with RA's (CR) 6:00 PM Trivia with RA's (CR)	10:00 AM Community Bible Study with Ankeny Church of Christ (5H) 11:00 AM Country Store Open (CS) 1:00 PM ISpy Game (CR) 3:15 PM Creative Corner: Q Tip Autumn Tree Painting (B) 6:00 PM Jigsaw Puzzle Club (CR)	10:00 AM BINGO & Beverages (B&L) 1:00 PM Creative Corner: Instructor-Led Paint & Sip Class (B&L) 2:30 PM Monthly Birthday Bash with Live Music by The Been There Done That Band (B&L) 3:30 PM Puzzles with RA's (CR) 6:00 PM Courtyard & Conversations (CY)	10:00 AM Weekend Stretches with RA's (CR) 11:00 AM Weekend Word Search (CR) 1:00 PM BINGO with MOD (B&L) 3:00 PM Sensory Bins & Books (CR) 6:00 PM Movie Night: Resident Choice
27	28	Coffee Day 29	30			
9:00 AM Lutheran Church of Hope- Streaming on YouTube (CR) 10:00 AM Weekend Stretches with RA's (CR) 11:00 AM National Coloring Book Day: Adult Coloring Pages (CR) 3:00 PM Balloon Swat (CR) 6:00 PM Finish the Phrase with RA's (CR)	10:00 Relax & Stretch: Seated Chair Yoga (CR) 11:00 AM Balloon Swat with RA's (CR) 1:00 PM Family Feud (B&L) 2:00 PM Movie Monday & Popcorn: Soul Surfer (B&L) 6:00 PM Dot to Dot Puzzle with RA's (CR)	9:30 AM National Coffee Day: Coffee Bar & Mobile Cart (B&L) 1:00 PM BINGO & Beverages (B&L) 2:00 PM Sensory Bins & Books (CR) 3:00 PM Cardio Drumming with Arinna (AR) 6:00 PM Travel Tuesday: Travel with Rick Steves (CR)	10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR) 10:30 AM List it! A through Z Game (CR) 11:00 AM Harvest Grill Gathering (DR) 2:00 PM Bean Bag Baseball Game (TBD) 6:00 PM Trivia with RA's (CR)			