

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 – Exercise & Devotions 11:00 – Word Game 2:00 – Helping Hands 3:00 – Manicures 5:30 – Musical Unwind	2 10:15 - Morning Stretch 10:45 - Devotions with Don 2:00 - Connect 4 3:00 - Garden Check 5:30 - Musical Unwind	3 10:30 – Exercise & Devotions 11:00 – Connect 4 2:00 - Music w/Raymond Akers 3:00 - Garden Check 5:30 – Movie & Mellow	4 10:30 – Exercise & Devotions 12:00 - Labor Day Cookout 3:00 - Coloring w/Friends 5:30 – Movie & Mellow	5 10:00 - Devotions 10:30 - Coloring w/Staff 1:30 - Balloon Toss 2:30 - Ice Cream Social 5:30 – Movie & Mellow
6 10:30- Devotions 10:45 - Morning Stretch 2:00 - Name That Tune 4:15 - Patio Time 5:30 – Movie & Mellow	7 10:30 – Games w/Therapy 11:00 – Puzzles & Friends 1:30 - Music w/Sound Traveler 5:30 – Musical Unwind	8 10:30 – Exercise & Devotions 11:00 – Walking Club 2:00 – Mystery Game 3:00 – Manicures 5:30 – Musical Unwind	9 10:15 - Morning Stretch 10:45 - Devotions with Don 2:00 – Scarves & Tunes 3:00 - Tic Tac Toe 5:30 – Musical Unwind	10 10:30 – Exercise & Devotions 11:00 – Connect 4 2:00 - Hymns & Friends 3:00 - Garden Check 5:30 – Movie & Mellow	11 10:30 – Exercise & Devotions 11:00 – Good Old Days 2:00 - Parachute Ball 3:00 - Patio Time 5:30 – Movie & Mellow	12 10:00 - Devotions 11:00 - Finish the Line 1:30 - Ice Cream Sandwich 3:30 - Conversation Ball 5:30 – Movie & Mellow
13 10:30 - Devotions 10:45 - Hand Exercise GRANDPARENTS DAY 5:30 – Movie & Mellow	14 10:30 – Games w/Therapy 11:00 – Summertime Coloring 2:00 – Chair Soccer 3:00 – Manicures 5:30 – Musical Unwind	15 10:30 – Exercise & Devotions 1:15 - Music with Nowhere Valley 2:00 – Pet Therapy 3:00 – Scarves & Tunes 5:30 – Musical Unwind	16 10:15 - Morning Stretch 10:45 – Devotions with Don 2:00 – Musical Voices: JC Senior Center Choir 3:00 – Cornhole 5:30 – Musical Unwind	17 10:30 – Exercise & Devotions 11:00 – Get to Know Your Neighbor 2:00 – Music Therapy w/PJ 3:15 – Coloring with Friends 5:30 – Movie & Mellow	18 10:30 – Exercise & Devotions 11:00 – Connect 4 2:00 – Walking Club 3:00 – Finish the Line 5:30 – Movie & Mellow	19 10:00 - Devotions 11:00 - Morning Stretch 2:30 - Soft Pretzels & Lemonade 3:00 - Guitar Music w/Gene 5:30 – Movie & Mellow
20 10:30 - Devotions 10:45 - Balloon Toss 2:00 - Puzzles & Pondering 4:15 - Patio Time 5:30 - Movie & Mellow	21 10:30 – Games w/Therapy 11:00 – Balloon Volleyball 2:00 – Finish the Line 3:00 - Scenic Drive 5:30 – Musical Unwind	22 10:30 – Exercise & Devotions 11:00 – Word Game 2:00 – Helping Hands 3:00 – Manicures 5:30 – Musical Unwind	23 10:15 - Morning Stretch 10:45 - Devotions with Don 2:00 - Patio Time 3:00 - Coloring with Friends 5:30 - Musical Unwind	24 10:30 - Exercise & Devotions 11:00 - Watercolors 2:30 - Craft w/ETSU students 5:30 - Movie & Mellow	25 10:30 – Exercise & Devotions 11:00 – Word Game 2:00 – Birthday Bash! 3:00 – Brain Fitness 5:30 – Musical Unwind	26 10:00 - Devotions 11:00 - Morning Stretch 2:00 - Snack & Storytelling 3:00 - Fall Beading Activity 5:30 - Movie & Mellow
27 10:30 - Devotions 10:45 - Gospel Singalong 2:00 - Trivia & Matching Game 4:15 - Patio Time 5:30 - Movie & Mellow	28 10:30 - Games w/Therapy 11:00 - Puzzles & Friends 3:00 - Music w/Gayle 5:30 - Musical Unwind	29 10:30 – Exercise & Devotions 11:00 - Walking Club 2:00 - Making Bracelets 3:00 – Manicures 5:30 – Musical Unwind	30 10:15 - Morning Stretch 10:45 - Devotions with Don 2:00 - Connect 4 3:00 - Garden Check 5:30 - Musical Unwind			