

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10a Prayer Service w. St. Pius X Church 11a Junk Drawer Detective 1p ARL Therapet Visit 2p September IQ and Monthly Gazette 3:30p Egg Carton Pong 6p Memory Lane Moments	2 10a Wednesday Workout 10:30a Country Drive/Finish the Phrase 2p Country Drive/Book Club 3:30p Travelouge-Meet Me in Montreal 6p Wednesday Westerns	3 10a ElderCare Seated Exercises 11a September Jeopardy 2p Name that Tune 3:30p Around the Quilting Table 6p Bob Ross and Watercolors	4 10a Friday Fitness- 11a Kitchen Cadets 2p Who Am I? 3:30p Fancy Fingers 6p Hand Massages	Groovin' 70's Day! 5 10:30a News/Current Events 11a 70's Paper Doll Selfies 2p 70's Price is Right! 3:30p 70's Pictionary 6p Groovy Coloring Meditation
National Photo Booth 6 Day 10:30a News/Current Events-AR 11a Church w. Spiritual Eldercare 2p Photo Booth 3:30p Hungry Hungry Hippos 6p Documentary and Discussion	Labor Day 7 National Cheese Pizza Day 10a Mindfulness and Stretching 11a Pagliai's Pizza Outing 2p Dancing Dots Mobile 3:30p Labor Day Sing-Along 6p Monday Night Feature w. Popcorn	8 10a Music w. Dave and Belle 11a Resident Council 2p Church w. Jerry 3:30p Ax Throwing 6p Memory Lane Moments	National Teddy Bear 9 Day 10a Story Corner w. KidzCorner "My Silly Granny" w. Teddy Bear Party 10:30a Leave for Iowa Cubs Game 2p Beach Volleyball 3p Sepember Birthday Party w. Tom Hofer 6p Wednesday Westerns	10 10a ElderCare Seated Exercises 11a 30-Ball Bingo 2p Apple Garland Craft 3:30p Bobbing for Apples 6p Bob Ross and Watercolors	Patriot Day 11 10a Friday Fitness-Parachute 11a Kitchen Cadets- Treats for EMS, Firefighters 2p Social w. Firefighters and EMS 3:30p Fancy Fingers 6p Hand Massages	Hawk/Cy Day! 12 10:30a News/Current Events 11a Football Toss 12p Hawk/Cy Tailgate 2p DIY Pom Poms 3:30p Football Maze Races 6p Coloring Meditation 6:30p Iowa University Hawkeye vs. Iowa State Univeristy Cyclone Game
Grandparents' Day 13 10:30a News/Current Events-AR 11a Church w. Spiritual Eldercare 2p Grandparent Reminisce 3p Games w. Grandparents 6p Documentary and Discussion	Comfy Cozy Day 14 10a Mindfulness and Stretching 11a Cards of Appreciation for Housekeeping 2p October Planning Committee 3:30p Face Masks and Hand Massages 6p Monday Night Feature w. Popcorn	Hollywood Day 15 10a Seated Zumba 10:30a Painting Class with Kayla Edwards 2p Glam-Up the Grandparents! 3:30p StoryPoint Urbandale Resident Awards! 6p Memory Lane Moments	Shine Bright Day! 16 10a Wednesday Workout 10:30a Country Drive 2p Worship w. Chaplin Mike and Jenn 3:30p Glow-In the Dark Party! 6p Wednesday Westerns	Western Day 17 10a Seated Line Dancing 11a Beaded Indian Corn 2p Music Therapy w. West Music 3:30p Giant UNO 6p Bob Ross and Watercolors	Sport Team Day! 18 10a Friday Fitness-Beach Volleyball 11a Kitchen Cadets 2p Fancy Fingers 3p Adventures in Social Drumming 6p Hand Massages	Pirate Day 19 10:30a News/Current Events 11a Paper Cup Parrots 2p Canon Fire Contest 3:30p Talk Like a Pirate Contest 6p Coloring Meditation
American Made Cars 20 Day 10:30a News/Current Events-AR 11a DIY License Plates 2p Church with Creekside Community Church 3:30p RC Car Races 6p Documentary and Discussion	21 10a Mindfulness and Stretching 11a Gelatin Bird Feeders 2p Oodles of Poodles (and Doodles)! 3:30p Stuffed Companion Adoption Event 6p Monday Night Feature w. Popcorn	World Alzheimer's Day! Wear Purple! 22 10a Seated Zumba 11a Treasures Showcase 2p "I Once Was" Tik Tok Trend 3:30p Purple Foam Party 6p Memory Lane Moments	23 10a Wednesday Workout 10:30a Country Drive/ Decorate for Fall! 2p Country Drive/Book Club 3:30p Sing Along w. Karin 6p Wednesday Westerns	Casino Day 24 10a Poker Throw 11a Horse Racing 2p 30-Ball Bingo 3:30p Human Slot Machine 6p Bob Ross and Watercolors	25 10a Friday Fitness-Balloon Ball 11a Kitchen Cadets 2p Music w. Vintage Cafe 3:30p Fancy Fingers 6p Hand Massages	26 10:30a News/Current Events 11a Hunting True or False 2p Duck Hunt 3:30p Guess the Animal Call 6p Coloring Meditation
Caricature Day 27 10:30a News/Current Events-AR 11a Church w. Spiritual Eldercare 2p Caricatures by Steph 4p Create a Face 6p Documentary and Discussion	28 10a Dogs and Donuts w. Suncrest 11a Kitchen Cadets- Pretzels 1:30p Oktoberfest Garland 309p Polka and Pretzels 6p Monday Night Feature w. Popcorn	Teacher Appreciation 29 & Natl. Coffee Day 10a Seated Zumba 11a Music Therapy w. West Music 2p Cards of Encouragement for Teachers 3p Teacher Appreciation Tea and Coffee Bar 6p Memory Lane Moments	30 10a Wednesday Workout 10:30a Drop-Off Cards for Teachers/Short Story "A Small Gift" 2p Remembering 1970's Hits 3p Memorial Service w. Hospice of the Midwest 6p Wednesday Westerns	Daily Events 9:30a News 10:30a Morning Hydration 1p-2p 1:1 Activities 3p Afternoon Refresh 6:30p Sunset Snacks	Resident Birthdays 4th - Sarah N. 8th- Karen H. 13th - Barbara W. 14th - Ron S. 19th - Rose C. 22nd - John G. 25th - Vanita T. 29th - Jack D. 30th - Ned M.	Wedding Anniversaries 29th - Kathy and Kevin (37 Years)

Calender Key:
AR– Activity Room
CY – Courtyard
FD – Front Dining Room

L – Library
FR – Fitness Room
H – Hallways
MD – Main Dining Room

O – Off Site

Outings are dependent on weather

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