

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:00 Seated Zumba 1:00 Outing: Cinnabon - Brierwood Mall 3:00 Clothes Pin Bees 5:30 Travelogue: The Most EPIC Scenic Routes in America by TRAIN (YouTube)	2 11:00 Breathing & Stretching 1:00 Bird Feeders 3:00 Spa Day- Manicures & Hand Massages 5:30 Mindful Relaxation and Aromatherapy	3 11:00 Yoga with Vickie 1:00 Egg Toss 3:00 Garden Club (CY) 5:30 Grab and Go Word Scramble	4 11:00 Cardio Drumming 1:00 Jam Tasting 3:00 Name that Tune 5:30 Movie: The Sting (Amazon)	5 10:30 Coffee Chats & Daily Chronicle 12:30 Finish the Phrase 2:15 Game Hour: Gin Rummy 5:30 Aromatherapy & Relaxing
6 10:15 Sunday Devotional & Streamed Church Service 1:15 Spa Day Sunday 3:15 Our Oceans: Episode 2 (Netflix) 5:30 Evening Tea Time	7 Labor Day! 12:00 Labor Day Buffet 2:00 Grab and Go Labor Day Crossword 5:30 Monday Mindfulness: Meditate with Music	8 11:00 MOTIVATED Moving Group Exercise 12:30 Outing: The Petting Farm at Dominos Farms 3:00 Collaborative Story Writing 5:30 Tone Down Tuesday: Short Stories	9 9:00 Waffle Wednesday! (MD) 11:00 Breathing & Stretching 1:00 Puzzle Hour 3:00 Spa Day - Manicures & Hand Massages 5:30 Peaceful Aromatherapy Experience	10 11:00 Yoga with Vickie 1:00 Birthday Bash! (A) 3:00 Garden Club (CY) 5:30 Grab and Go Word Search	11 11:00 Cardio Drumming 1:00 Letters to Our Hero's (B) 3:00 Patriotic Trivia 5:30 Movie Night: The Patriot (Amazon)	12 10:30 Coffee Chats & Daily Chronicle 12:30 Words in Words 2:15 Coloring Corner 5:30 Aromatherapy & Relaxing
13 10:15 Sunday Devotional & Streamed Church Service 1:15 Spa Day 3:15 Our Oceans: Episode 3 (Netflix) 5:30 Evening Tea Time	14 Assisted Living Week 11:00 Active Fitness 1:00 White Lie T-Shirts 2:30 Live Entertainment: Al Firek 5:30 Monday Mindfulness: Coloring Pages	15 11:00 A Little Kindness Goes A Long Way -Coffee, Treats, & Compliments 12:30 Outing: Mijer - Shopping for Ingredients for Dips 3:00 Dip Making 5:30 Travelogue: Wonder of USA (YouTube)	16 11:00 Breathing and Stretching 1:00 MockTails & Memories 3:00 Happy Hour Dip Party Potluck (Bistro) 5:30 Mindful Relaxation and Aromatherapy	17 11:00 Yoga with Vickie 1:00 You DESERVE The SWEET LIFE 2:30 Culinary Showcase (MC) 5:30 Grab and Go Crossword	18 11:00 Cardio Drumming 1:00-3:00 Assisted Living Week Finale “ A Sentimental Journey “ 5:30 Movie Night: The Great Gatsby (YouTube)	19 10:30 Coffee Chats & Daily Chronicle 12:30 Game Hour: Euchre 2:15 Word Scramble 5:30 Aromatherapy & Relaxing
20 10:15 Sunday Devotional & Streamed Church Service 1:15 Spa Day 3:15 Our Oceans: Episode 4 (Netflix) 5:30 Evening Tea Time	21 11:00 Active Fitness 1:00 Paper Doll Selfies 3:00 September Trivia 5:30 Monday Mindfulness: Meditate with Music	22 11:00 MOTIVATED Moving Group Exercise 12:30 Outing: Hidden Lake Gardens 3:00 Finish the Phrase 5:30 Tone Down Tuesday: Short Stories	23 11:00 Breathing and Stretching 1:00 Whats in the Box? 3:00 Spa Day - Manicures and Hand Massages 5:30 Peaceful Aromatherapy Experience	24 11:00 Yoga with Vickie 1:00 Guess the Far-Out Foods 3:00 Garden Club (CY) 5:30 Grab and Go Short Stories	25 11:00 Cardio Drumming 1:00 Beaded Corn Making 3:00 What Am I? 5:30 Movie Night: Rocky (Netflix)	26 10:30 Coffee Chats & Daily Chronicle 12:30 Coloring Corner 2:15 Game Hour: UNO 5:30 Aromatherapy & Relaxing
27 10:15 Sunday Devotional & Streamed Church Service 1:15 Spa Day 3:15 Our Oceans: Episode 5 (Netflix) 5:30 Evening Tea Time	28 11:00 Active Fitness 1:30 Liz Collins The Cellist (TH) 3:00 Garden I SPY 5:30 Monday Mindfulness: Coloring Pages	29 11:00 Seated Zumba 12:30 Outing: Carrigan Cafe - National Coffee Day 3:00 Dot Painting 5:30 Travelogue: Wonders of Hawaii (YouTube)	30 11:00 Breathing & Stretching 1:00 Pumpkin Books 3:00 Spa Day- Manicures & Hand Massages 5:30 Mindful Relaxation and Aromatherapy			