

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|---|--|---|
| <b>1</b><br>10:15 Catholic Comm, (CH/TV)<br>1:00 Puzzles w/ Friends (2F-F)<br>5:00 Online Church Service-<br>Lutheran Church of Hope<br>(CH/TV)               | <b>Labor Day 2</b><br>10:45 Exercise w/ Kessa (CYH)<br>1:00 Let's Talk! Visiting with<br>Friends about Previous Jobs (AR)<br>2:00 Live Entertainment with Bill<br>Lawyer (IF-F)<br>6:15: Hillbilly Elegy (CH/TV)                           | <b>3</b><br>10:30 Sit & Be Fit (CYH)<br>1:30 Craft: Decorative<br>Autumn Frames (AR)<br>2:00 Card Games (AR)<br>6:00 Music Night with Carol<br>(MC)   | <b>4</b><br>9:00 HyVee (CO)<br>0:45 Exercise w/ Live to be<br>Healthy (CYH)<br>6:15 Movie Night with Bev:<br>McFarland USA (CH/TV)  | <b>Int'l Cheese Pizza Day 5</b><br>9:30 News Report: This Day in<br>History (PO)<br>10:30 Sit & Be Fit (CYH)<br>1:30 BINGO (DR)<br>3:00 Cheese Pizza Guess Off!<br>Do You Know Your Pizza? (AR)   | <b>6</b><br>10:30 Sit & Be Fit (CYH)<br>1:00 Dollar Tree Trip (CO)<br>1:30 Book Club (LIB)<br>3:00 Happy Hour: National<br>Coffee Day! (IF-F)  | <b>Sherrie N B-Day 7</b><br>9:30 Board Games (AR)<br>10:30 Sit & Be Fit (CYH)<br>11:00 Monarch Magic at Rieman<br>Gardens! (Sign Up Required:<br>Sack Lunch Included) (CO)                                      |
| <b>Grandparents Day 8</b><br>10:15 Catholic Comm. (CH/TV)<br>11:00 Grandparents Day Brunch<br>and Games in the Courtyard<br>2:00 2nd Sunday Church<br>(CH/TV) | <b>Assisted Living Week 9</b><br>10:45 Exercise w/ Kessa (CH/TV)<br>1:00 Let's Talk! What Are You<br>Thankful For? (AR)<br>2:00 Live Entertainment with Mr.<br>Magic (IF-F)<br>6:15: Movie: I Can Only Imagine<br>(CH/TV)                  | <b>Assisted Living Week 10</b><br>10:30 Sit & Be Fit (CYH)<br>1:00 Craft: Scarecrow Hangtag<br>(AR)<br>2:00 Staff & Resident Picnic!<br>Enjoy Games, Snacks &<br>Appreciation! (IF-F)<br>6:00 Music Night w/ Carol (MC) | <b>Carma B B-Day 11</b><br>9:00 Walmart (CO)<br>0:45 Exercise w/ Live to Be Healthy<br>11:00 Lift Each Other UP!<br>Compliment a Fellow Staff Member or<br>Resident (IF-F)<br>1:00 Moment of Silence for 9/11 (IF-F)<br>6:15 Movie Night with Bev:<br>Courageous (CH/TV)  | <b>Assisted Living Week 12</b><br>9:30 New Report: This Day in<br>History (PO)<br>10:30 Sit & Be Fit (CYH)<br>1:30 BINGO (DR)<br>3:00 Giveback: Tie Blankets for<br>Homeless Shelter (AR)         | <b>Assisted Living Week 13</b><br>10:30 Sit & Be Fit (CYH)<br>1:00 Resident Calendar Planning<br>Meeting (AR)<br>2:00 September Birthdays &<br>New Resident Celebration! (DR)<br>3:00 Happy Hour (IF-F)                        | <b>CyHawk Game 14</b><br>9:30 Card Games (AR)<br>10:30 Sit & Be Fit (CYH)<br>11:00 Live Entertainment:<br>Valerie Wedgeworth (IF-F)<br>1:00 Walking & Social Hour<br>in the Courtyard<br>2:30 CyHawk Game (IF-) |
| <b>15</b><br>10:15 Catholic Comm, (CH/TV)<br>1:00 Church Hymns with Carol<br>3:00 The Power Of Gratitude<br>(CH/TV)   | <b>16</b><br>10:45 Exercise w/ Kessa (CYH)<br>1:00 Music & Manicures (AR)<br>2:00 Live Entertainment with<br>Neil Hewitt (IF-F)<br>6:15: Movie: The Hill (CH/TV)   | <b>17</b><br>10:30 Sit & Be Fit (CYH)<br>1:00 Craft: Make Your Own<br>Candy Corn Mix (AR)<br>2:00 Resident Council (CYH)<br>6:00 Music Night with Carol<br>(MC)   | <b>18</b><br>9:00 Fareway (CO)<br>10:45 Exercise w/ Live to be<br>Healthy (CYH)<br>2:00 Entertainment with David<br>Watson<br>6:15 Movie Night with Bev:<br>Secretariat (CH/TV)   | <b>19</b><br>9:30 New Report: This Day in<br>History (PO)<br>10:30 Sit & Be Fit (CYH)<br>1:30 BINGO (DR)<br>2:30 Resident Forum (DR)  | <b>20</b><br>10:30 Sit & Be Fit (CYH)<br>1:30 Book Club (LIB)<br>3:00 (Leaves) Fall Friday! Fall<br>themed Happy Hour and<br>Activities (IF-F)   | <b>21</b><br>9:30 Card Games (AR)<br>10:30 Sit & Be Fit (CYH)<br>1:00 Walking & Social Hour in<br>the Courtyard   |
| <b>Rod B B-Day 22</b><br>10:15 Catholic Comm. (CH/TV)<br>2:00 TBD Church Service<br>(CH/TV)<br>3:00 Movie: Autumn Leaves<br>(CH/TV)                           | <b>Railroad Renaissance 23</b><br>10:45 Exercise w/ Kessa (CYH)<br>11:00 Speaker: Railroad Expert<br>(IF-F)<br>1:00 Music & Manicures (AR)<br>2:00 Live Entertainment with Tom<br>Hofer (IF-F)<br>6:15: Movie: A Beautiful Life<br>(CH/TV) | <b>Ames Landmarks 24</b><br>10:30 Sit & Be Fit (CYH)<br>1:00 Craft: Create Your Own<br>Bell Tower (AR)<br>3:00 Scavenger Hunt! (Start in<br>Main Lobby)<br>6:00 Music Night with Carol<br>(MC)                          | <b>Reiman Gardens 25</b><br>9:00 Walmart (CO)<br>0:45 Exercise w/ Live to Be Healthy<br>(CYH)<br>11:00 Craft: Pressed Flower Art (AR)<br>1:30 Entertainment with Phil Hague<br>2:30 Visit Reiman Gardens (CO)<br>6:15 Movie Night with Bev: Heaven is<br>For Real (CH/TV) | <b>Old Town Ames 26</b><br>9:30 News Report: This Day in<br>History (PO)<br>10:30 Sit & Be Fit (CYH)<br>1:30 BINGO (DR)<br>2:00 Visiting Old Town Ames<br>and the Cy Statues Around<br>Town! (CO) | <b>ISU HOMECOMING! 27</b><br>10:30 Sit & Be Fit (CYH)<br>11:00 Iowa State University<br>History Exhibit (AR)<br>3:00 ISU Themed Happy Hour<br>7:00 Homecoming Dance!<br>Welcome Back to Historic Iowa<br>State University (DR) | <b>28</b><br>9:30 Board Games (AR)<br>10:30 Sit & Be Fit (CYH)<br>11:00 Live Entertainment:<br>Valerie Wedgeworth (IF-F)<br>2:00 Walking & Social Hour in<br>the Courtyard                                      |
| <b>29</b><br>10:15 Catholic Comm. (CH/TV)<br>1:00 Puzzle Time with Friends<br>(2F-F)<br>5:00 Online Church Service-<br>Lutheran Church of Hope                | <b>30</b><br>10:45 Exercise w/ Kessa (CYH)<br>1:00 Lets Talk! What's Your<br>Favorite Fall Activity? (AR)<br>2:00 Live Entertainment with<br>Neil Hewitt (IF-F)<br>6:15: Movie: Bonnie & Clyde<br>(CH/TV)                                  |   |   |   |  |   |

**Calendar Key:**  
AR – Activities Room  
CYH – CyHawk Room  
CH/TV – Chapel/TV Room

CY – Courtyard  
IF-F – 1st Floor Fireplace  
2F-F – 2nd Floor Fireplace  
DR – Dining Room

PDR– Private Dining Room  
PO - Patio  
LIB – Library  
CO – Community Outing

2F - 2nd Floor Area  
\* - Sign Up for Activity!!

Please Note: Calendars are made far in advance and changes may be made throughout the course of the month. Check the daily notices posted & weekly calendars will also be distributed.