## Independence Village of White Lake

## September 2024 Life Enrichment Monthly Calendar

Independent Living | Enhanced Living

Activities are subject to change

| N | Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|---|---|---|--|--|---|--|---|
|   |   | Labor Day 2   | 3  | 4  | 5   | Det. Lions Spirit Day 6  | 7   |
|   | 11:00 Noodlecise & Weights (GP) 12:00 Coffee & Chat (C) 12:30 Mass and Communion (GP) With St. Pat's 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (FL, L)  | 10:30 Massage with Annie by Appt. 11:00 Sit and Be Fit Exercise (GP) 11:30 Early Dinner (EDR) 12:00 Early Dinner (MDR) 1:30 Corn Hole & Washers Game (C) 2:30 Job Professions Crossword (GP) 6:00 Chicken Foot Dominoes (FL, L) 6:00 Poker Club (C)   | 9:30 Therapy Dog Visit (CA) 11:00 Weight Workout (GP) 1:00 Making Applesauce (C) 1:00 Blood Pressure Check (D) 2:30 Dancing in Your Seat (D) 3:30 Bingo (GP) 5:30 Sing a Long with Kathy (C) 6:30 Prayer Group for Moms (L)  | 10:30 Daily Devotion (L) 10:30 Shopping Trip to Meijer (S) 11:30 Exercise w/Powerback PT(GP) 1:00 Hand Massage & Polish (D) 1:30 Nurse Chat w/ Donna (GP) 2:30 Chair Volleyball (C) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Impressionist Painting (C) Hydrangeas | 9:00-11:00 Dermatology Visit (GP) 10:30 Traveling Cart (TC) Making Cards for Housekeeping 10:45 Lunch Outing (S) Black Label Tavern 11:00 Exercise w/Powerback PT (GP) 1:00 The Price is Right Game (GP) 3:30 Happy Hour (C) Drink of the Day-Appletini 4:00 Hearing Care (L) | 10:00-12:00 2 U Vision Store (L) 10:30 Massage with Annie by Appt. 10:30 Daily Devotion (C) 11:30 Bend and Stretch (GP) 1:00 Grab & Go Iced Coffee (C) 2:30 Chair Volleyball (C) 6:00 Chicken Foot Dominoes (FL, L) 6:00 Rummikub (GP)   | 11:00 Weight Workout (GP) 1:00 Rummikub (GP) 2:30 Freestyle Painting (CR) 2:30 Euchre Club (GP) 3:30 Men's Corn Hole (C) 6:00 Movie Madness (C) TBD                   |
|   | Grandparents Day 8  | 9   | 9:30 Therapy Dog Visit (CA)  | 11   | Nat'l Milk Shake Day   12   | 13   | 14  |
|   | 8:30-10:00 Waffles W/Grandkids (MDR) 10:30 Corn Hole and (TBD) Ladder Ball W/Grandkids 10:30-12:30 Caricature Artist (C) 11:00 Noodlecise & Weights (GP) 12:30 Mass and Communion (GP) With St. Pat's 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (FL, L) | 10:30 Massage with Annie by Appt. 11:00 Exercise with Powerback(GP) 11:30 Shopping Trip to Kroger (S) 12:00 Activities Brainstorm (GP) 1:00 Gardening w/ Stephanie (FL) 1:30 Mass and Communion (GP) With Father Paul from St. Pat's 3:00 Rummikub (GP) 6:00 Chicken Foot Dominoes (FL, L) 6:00 Poker Club (C)                        | 10:30 Train Your Brain (L) 11:00 Weight Workout (GP) 12:45-2:30 Foot Care (GP) 1:00 Blood Pressure Check (D) 1:00 Charades & Crackers (D) 2:30 Where Were You on 9/11 (C) 3:30 Bingo (GP) 6:30 Prayer Group for Moms (L)   | 10:30 Daily Devotion (L) 11:00 Protestant Service (GP) 11:30 Walled Lake Farmers Mkt. (S) 1:00 Sit and Be Fit (GP) 1:00 Tic Tac Toe Bean Bag Toss (D) 2:30 Chair Volleyball (C) 3:30 Rosary with St. Pat's (GP) 4:00 Moment of Silence (C) 6:00 Euchre Club (GP)                     | 10:30 New Neighbor Coffee & Chat (C) 11:00 Exercise w/Powerback PT (GP) 1:00 Grab & Go Milk Shakes (C) 1:30 Reminiscing with Stephanie (GP) 2:00 Crafting with the Crew (L) 3:30 Happy Hour- Show Stoppers(C) 6:00 Bunco with St. Pat's (GP)                                  | <ul> <li>10:30 Massage with Annie by Appt.</li> <li>10:30 Daily Devotion (L)</li> <li>11:30 Noodlecise (GP)</li> <li>1:00 Detroit Institute of Arts (L) Presenting-To Die Upon a Kiss</li> <li>2:30 Chair Volleyball (C)</li> <li>4:00 Kazoo Practice (GP)</li> <li>6:00 Chicken Foot Dominoes (FL,L)</li> <li>6:00 Rummikub (GP)</li> </ul> | 11:00 Staying Fit (GP) 1:00 Left, Right, Center (GP) Dice Game 2:30 Freestyle Painting (CR) 2:30 Euchre Club (GP) 3:30 Men's Corn Hole (C) 6:00 Movie Madness (C) TBD |
|   | Be A Tourist Week     5   | Nat'l Guacamole Day 16  | 9:30 Therapy Dog Visit (CA)  | 10:30 Daily Devotion (L) 11:30 Sit and Be Fit (GP)   | Celebrating 100's Day 19  | 20   | 21  |
|   | <ul> <li>11:00 Noodlecise &amp; Weights (GP)</li> <li>12:30 Mass and Communion (GP)</li></ul>   | 10:30 Massage with Annie by Appt. 10:30 Cognition Workshop w/ PT (L) 11:00 Exercise w/ Powerback PT (GP) 11:30 Shopping Trip to Walmart (S) 1:00 The History of Mexico Lindo (C, TC) Chips & Guacamole tasting 1:30 Prayer & Communion (GP) With St. Pat's 3:00 Rummikub (GP) 6:00 Chicken Foot Dominoes (FL, L) 6:00 Poker Club (GP) | <ul> <li>10:30 Men's Coffee &amp; Chat (C)</li> <li>11:00 Bend and Stretch (GP) 11:30</li> <li>12:00 Highland House History (GP)     Greek Salad &amp; Breadsticks</li> <li>1:00 Blood Pressure Check (D)</li> <li>2:00 Picasso Painting (D)</li> <li>3:30 Bingo (GP)</li> <li>5:30 Evening Entertainment (MC)     Outdoors</li> <li>6:30 Prayer Group for Moms (L)</li> </ul> | 11:00-1:00 Exploring Pontiac Lake (S) Pontoon Boat Ride 1:00 Remember the Good Ole Days (GP) Presentation by Rik Kowall 2:30 Chair Volleyball (C) 3:30 Rosary with St. Pats (GP) 6:00 Euchre Club (C) 6:00 Ice Cream Showdown (GP) Who has the best Ice Cream In Town?               | <ul> <li>10:00 Battle of the Coffee (C) Blazing Bagels -vs- Mugs</li> <li>11:00 Exercise w/Powerback PT (GP)</li> <li>1:00 "100's" Day Craft (GP)</li> <li>2:30 Open Forum (GP)</li> <li>3:30 Happy Hour (C) Celebrating Birthdays</li> </ul>                                 | <ul> <li>10:30 Massage with Annie by Appt.</li> <li>10:30 Daily Devotion (L)</li> <li>11:30 Bend and Stretch (GP)</li> <li>1:00 Culinary Showcase (GP)</li> <li>New Menu Tasting</li> <li>2:30 Chair Volleyball (C)</li> <li>6:00 Chicken Foot Dominoes (FL, L)</li> <li>6:00 Rummikub (GP)</li> </ul>                                       | 11:00 Weight Workout (GP) 1:00 Rummikub (GP) 2:30 Freestyle Painting (CR) 2:30 Euchre Club (GP) 3:30 Men's Corn Hole (C) 6:00 Movie Madness (C) TBD                   |
|   | 11:00 Noodlecise & Weights (GP) 11:30 Brunch (EDR, MDR) Residents Only 12:00 Brunch (MDR) Residents and Guests 1:00 Learn To Crochet (L) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (FL, L)  | 10:30 Massage with Annie by Appt. 11:00 Exercise w/ Powerback PT (GP) 11:30 Shopping at Meijers (S) 1:30 Prayer & Communion (GP) With St. Pat's 3:00 Rummikub (GP) 6:00 Chicken Foot Dominoes (FL, L) 6:00 Poker Club (GP)  | 9:30 Therapy Dog Visit (CA) 10:30 Train Your Brain (L) 11:00 Weight Workout (GP) 12:00 Veteran's Lunch (MDR) 1:00 Blood Pressure Check (D) 1:30 Make & Take Trail Mix (D) 3:30 Bingo (GP) 6:30 Prayer Group for Moms (L)   | 10:30 Daily Devotion (L) 11:00 Protestant Service (GP) 1:00 Sit and Be Fit (GP) 2:30 Chair Volleyball (C) 3:30 Rosary with St. Pat's (GP) 5:30 Night Cap (C) 6:00 Euchre Club (GP)   | 8:30-10:00 Omelet Bar (MDR) 10:30 Keeping Fall in Season PT (GP) 11:00 Exercise w/Powerback PT (GP) 1:00 Kindness Card Crew (L) 1:30 UNO Card Game (GP) 2:00 Gardening w/ Stephanie (FL) 3:30 Happy Hour (C) Welcome New Residents 6:00 Bunco (GP)                            | 10:30 Massage with Annie by Appt. 10:30 Daily Devotion (L) 11:30 Noodlecise (GP) 12:00 Longs Apple Orchard Visit (S) 1:00 Book Club (L) 2:30 Chair Volleyball (C) 5:30 Evening Entertainment (C) 6:00 Chicken Foot Dominoes (FL, L) 6:00 Rummikub (GP)   | 11:00 Staying Fit (GP) 1:00 Left, Right, Center (GP) Dice Game 2:30 Freestyle Painting (CR) 2:30 Euchre Club (C) 3:30 Men's Corn Hole (C) 6:00 Movie Madness (C) TBD  |
|   | 29  | 30  |  |  |   |  |   |
|   | <ul> <li>11:00 Noodlecise &amp; Weights (GP)</li> <li>12:30 Mass and Communion (GP) With St. Pat's</li> <li>1:00 Learn to Crochet (C)</li> <li>2:30 Candy Bingo (GP)</li> <li>6:00 Mexican Train Dominoes (FL, L)</li> </ul>                                    | <ul> <li>10:30 Massage with Annie by Appt.</li> <li>11:00 Exercise w/ Powerback PT (GP)</li> <li>11:30 Shopping at Kroger (S)</li> <li>1:30 Prayer &amp; Communion (GP)</li> <li>With St. Pat's</li> <li>3:00 Rummikub (GP)</li> <li>6:00 Chicken Foot Dominoes (FL, L)</li> <li>6:00 Poker Club (GP)</li> </ul>                      |  |  |   |  |   |
|   |   | MDR – Main Dining Room  |  | TC – Traveling Cart  |   |  |   |
| 1 |   |   | •  | S – Shuttle  |   |  | Independence  |
|   |   |   |  | MC – Main Courtyard  |   |  | Village SENIOR LIVING   |
|   | GP – Gathering Place  | CR-Craft Room   | CA – Common Areas  | EC – Enhanced Courtyard  |   |  | 0   |