

2022 September Life Enrichment Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|---|
|  <p>Van Outings:</p> <p>9/9 Ice Cream Drive 9/12 Beach Drive 9/23 Beach Walk 9/28 Canal Walk</p> <p>Note: Calendar subject to change</p> | <p>September Written By: Sara C. Tote</p> <p>September, September the first month of fall, It's the first month of school and football. September has the holiday Labor Day, And in those fall leaves we love to play! You might need to wear your favorite sweater, With all this changing weather! Eating apples and sipping cider, Our smiles can't get any wider. Welcome September, Welcome!</p> |  | <p>10:15 Morning News 1 10:30 Chair Yoga w/Bonnie 1:00 Resident Council 2:30 Afternoon Bingo 4:00 Scrabble Player's Club 6:00 Evening Movie 7:10 Red Sox vs Rangers</p> | <p>10:30 Fitness Made Fun 2 11:00 iN2L Sing Along Hour 1:00 Checkers Club 2:30 Armchair Travel & Trivia 4:00 Short Game Golf Session 6:00 Rat Pack Memories 7:10 Red Sox vs Rangers</p> | <p>10:15 Morning News 3 10:30 Stretch & Move 11:00 iN2L Sing Explorations 1:00 Scrabble Player's Club 2:30 Fun and Table Games 4:00 Red Sox vs Rangers 6:00 Evening Movie</p> | |
| <p>10:15 Morning News 10:30 Stretch & Move class 4 10:30 Catholic Mass on TV 1:30 Red Sox vs Rangers 2:30 Variety of Games 4:00 Tabletop Nok Hockey 6:00 Evening Movie</p> | <p>10:15 This Day in History 5 10:30 Sit and Be Fit Exercise 11:00 iN2L Explorations 1:00 Poems & Poetry 2:30 Armchair Travel Trivia 4:00 MLB: Red Sox vs Rays 6:00 'I Love Lucy' Classics</p> | <p>10:15 This Day in History 6 10:30 Balance & Toning 11:00 iN2L Sing Along Hour 1:00 Pet Therapy Session w Sparky 2:30 Working w/Watercolors 4:00 Tabletop Billiards 6:30 MLB: Red Sox vs Rays</p> | <p>10:30 Fitness & Trivia 7 11:00 iN2L Explorations 1:00 Guided Meditation Session w/Katie 2:00 Live Entertainment: "Judy & Barry Sing" 4:00 Pencil Art & Puzzles 6:30 MLB: Red Sox vs Rays</p> | <p>10:15 Daily Chronicle 8 10:30 Balance Barre Fitness w/Lifelong 11:00 iN2L Sing Along Hour 1:00 Scrabble Club 2:00 Magical Poodle Show 4:00 Yahtzee Fun 6:00 Reading & Relaxation</p> | <p>10:15 Morning News 9 10:30 Chair Exercises 11:00 iN2L Explorations <i>1:00 Outing: Ice Cream Drive</i> 2:30 Afternoon Bingo 4:00 Courtyard strolls 7:00 Red Sox vs Orioles</p> | <p>10:15 Daily Chronicle 10 10:30 Stretch & Move 11:00 iN2L Sing Along Hour 1:00 Scrabble Player's Club 2:30 Fun and Table Games 4:00 Pencil Art & Puzzles 6:00 MLB: Red Sox vs</p> |
| <p>National Assisted Living Week 11</p> <p>10:30 Sit & Be Fit Exercise 10:30 Catholic Mass on TV 1:00 NALW: Patriots Season Opener 2:30 Variety of Games 4:00 Courtyard Stroll 6:00 Evening Movie</p> | <p>10:15 Morning News 12 10:30 Chair Fitness Exercises 11:00 iN2L Sing Along Hour 1:00 NALW: Beach Outing 2:30 Live Entertainment: "Ken Badger on Piano" 4:00 Courtyard strolls 6:00 Evening Movie</p> | <p>10:15 Morning News 13 10:30 Fitness & Balance 11:00 iN2L Explorations 1:00 Hand Massages & Nails 2:00 NALW: Entertainment: "Tom on Saxophone" 4:00 Yahtzee Games</p> | <p>10:30 Stretch & Move 14 11:00 iN2L Sing Along Hour 1:00 NALW: Reminisce: "Joyful Moments" 2:30 Live Entertainment: "Julie Charland Sings" 4:00 Uno Card Games 6:00 Netflix Movie</p> | <p>10:15 Daily News 15 10:30 Chair Yoga w/Bonnie 1:00 Discussion Group: "Wellness Chat w/Lindsey" 2:30 NALW: Apple Pie Social 4:00 Scrabble Player's Club 6:00 Classic Film: The Wizard of Oz</p> | <p>10:30 Chair Fitness 16 11:00 iN2L Explorations 1:00 NALW: "Reminisce: "Joyful Times" 2:30 Creative Art Class: "Dried Flowers" 4:00 Tabletop Bowling Hour 6:00 Live Entertainment: "Dave V. Sings"</p> | <p>10:15 Morning News 17 10:30 Stretch & Move 11:00 iN2L Sing Along Hour 1:00 Scrabble Player's Club 2:30 NALW: Entertainment: "Manny & Linda Sing" 4:00 Courtyard Tunes</p> |
| <p>10:15 Morning News 18 10:30 Fitness Made Fun 10:30 Catholic Mass on TV 1:00 NFL: NE vs Steelers 2:30 Variety of Games 4:00 Courtyard & Music 6:00 Evening Movie</p> | <p>10:15 Morning News 19 10:30 Be Well Fitness Class 11:00 iN2L Sing Along Hour 1:00 Scrabble on the Patio 2:00 Live Entertainment: "Harry French Sings" 4:00 Uno Card Games 6:00 The Sound of Music</p> | <p>10:15 Morning News 20 10:30 Chair Fitness Fun 11:00 iN2L Sing Along Hour 1:00 Pet Therapy Session w Sparky 2:30 Live Entertainment: "Dave Andrews Sings" 4:00 Yahtzee Fun 6:00 Courtyard Strolls</p> | <p>10:30 Live Entertainment: "Dave V. Sings" 21 1:00 Scrabble Club 2:00 - 4:00 Massages w/Susan 3:00 Courtyard Jazz Show with/Bart Weisman 6:00 Netflix Movie</p> | <p>10:30 Balance Barre Fitness w/Lifelong 22 11:00 iN2L Explorations 1:00 Poems & Poetry w/Mimi 2:30 Armchair Travel Social Munchkins, Apple Cider 4:00 Scrabble Player's Club 6:00 Evening Movie</p> | <p>10:15 Morning News 23 10:30 Sit & Be Fit Exercise 11:00 iN2L Sing Along Hour <i>1:00 Outing: South Cape Beach</i> 2:30 Live Entertainment: "Rob & Marco on Piano" 4:00 Uno Card Games 6:00 Resident Movie Choice</p> | <p>10:15 Daily Chronicle 24 10:30 Stretch & Move 11:00 iN2L Explorations 1:00 Puzzle Enthusiast Group 2:00 Live Entertainment: "Gary the 'Piano Man'" 3:30 Courtyard Scrabble 6:00 Bob Hope & Friends</p> |
| <p>10:15 Daily Chronicle 25 10:30 Fitness Made Fun 10:30 Catholic Mass on TV 1:00 NFL: NE vs Ravens 2:00 Live Entertainment: "Mike D. on Guitar" 3:30 Yahtzee Fun 6:00 Evening Movie</p> | <p>Happy Birthday Steven, Phillis D. and Pat D. 26</p> <p>10:30 Stretch & Move 11:00 iN2L Explorations 2:00 Live Entertainment: "Mark D. on Piano" 4:00 Uno Card Games 6:00 Puzzle Time</p> | <p>Happy Birthday Carol T. 27</p> <p>10:30 Sit & Be Fit Exercise 11:00 iN2L Explorations 1:00 Spot-Lite Chef Dessert: "Fruit Tart" 2:30 Armchair Travel Session 4:00 Yahtzee Fun</p> | <p>10:15 Daily News 28 10:30 Be Well Fitness Class 11:00 iN2L Sing Along Hour <i>1:00 Outing: Canal Walk</i> 2:30 Live Entertainment: "Rick Walsh Sings" 4:00 Charades Drawing Game 6:00 Oklahoma' Musical</p> | <p>10:00 Art Class w/Wendi 29</p> <p>10:15 Daily Chronicle 10:30 Chair Yoga w/Bonnie 1:00 Scrabble Player's Club 2:30 Expressive Arts & Crafts 4:00 Green Thumb's Club 6:00 Evening Movie</p> | <p>10:15 Morning News 30 10:30 Move & Groove Exercise 11:00 iN2L Explorations 1:00 Cooper updates w/Tim 2:30 Armchair Travel & Trivia 4:00 Puzzle Enthusiast Group 6:00 Netflix Movie</p> | <p> 9/26 Steven, Phillis D. and Pat D. 9/27 Carol T.</p> |