




2022 September Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>10:15 Sit and Be Fit Exercise 10:30 Live Entertainment: "Bill Schontz Sings" 4 1:30 Community Walking Club 2:00 Crafting for a Cause: "Jewelry for Alzheimer's" 2:30 Adult Coloring Group 3:00 Manicures & Hand Massages 4:00 Namaste Meditation 6:00 Evening Film: "His Girl Friday"</p>	 <p>10:15 Move and Groove Fitness 11:00 Pet Therapy with Bella 5 11:30 Armchair Travel: "Italy" 2:00 Chair Volleyball 2:30 Fun and Table Games 3:00 Cornhole Tournament 4:00 Namaste Wellness Chair Yoga 6:00 Evening Film: "Damn Yankees" 7:00 Music and Relaxation Hour</p>	<p>Happy Birthday:</p> <p>Joyce G. 9/9 Lorraine M. 9/19</p>	 <p>10:00 Holy Communion 10:30 Ceramics Class 7 1:15 Outing: "New England Creamery" 1:30 Art Class with Lana Starr 2:00 Chair Yoga 2:30 Word Puzzles and Brain Teasers 3:00 String Things: Knit, Sew, Crochet 3:15 10-Pin Bowling 4:00 Short Story Sessions 6:40 MLB: Red Sox vs Braves</p>	<p>10:30 Lifelong Fitness Barre Debut 11:00 The Daily Chronicle 1 11:30 Trivial Pursuit 1:30 Bingo with Gary 2:00 Mindful Mandalas 3:00 <i>Pray the Rosary</i> 3:30 Namaste Wellness Chair Tai Chi 4:00 Helping Hands Club 6:00 Puzzle Enthusiast Group 7:10 MLB: Red Sox vs Rangers</p>	<p>10:15 Lengthen & Tone Exercise 11:00 News Highlights 2 11:30 You Be the Judge 1:15 Walking for Wellness 1:30 Live Entertainment: "David Bazin Sings" 3:00 The Bridges Open Golf 4:00 <i>Shabbat</i> 6:00 Game Show Hour 7:10 MLB: Red Sox vs Rangers</p>	<p>10:15 Be Well Fitness Class 11:00 This Day in History 3 11:30 iN2L Explorations: "Family Feud" 1:30 Community Walking Club 2:00 Musical Bingo 3:00 Porch Side Trivia 3:30 Short Story Sessions 4:00 Mindful Mandalas 6:00 Evening Film: "Funny Face"</p>
<p>10:15 Sit and Be Fit Exercise 11 11:00 Good News & Happenings 11:30 Trivial Pursuit 1:30 Noteworthy Entertainment: "Children's Musical Concert" 2:30 Adult Coloring Group 3:00 Manicures & Hand Massages 4:00 Namaste Meditation 6:00 Evening Film: "Lala Land"</p>	<p>10:15 Move and Groove Fitness 12 11:00 Pet Therapy with Bella 11:30 Armchair Travel: "Spain" 1:30 NALW: Exercise Explorations "Live Zumba with Cathy and Judy" 2:30 Floral Arranging 3:00 Bridges Helping Hands 4:00 Namaste Wellness Chair Yoga 6:00 Game Show Gathering</p>	<p>10:30 Balance Barre Fitness w/Lifelong 11:00 Good News Gathering 13 11:30 iN2L Explorations: "Family Feud" 1:30 Community Walking Club 2:00 NALW: Live Entertainment: "The Rob Natoli Trio" 2:30 Mindful Mandalas 4:00 Jewelry Making Hour 6:00 Coffee and Conversation 7:10 MLB: Red Sox vs Yankees</p>	<p>10:00 Holy Communion 10:30 Gentle Movement 14 11:00 Live Entertainment: "Patrick Hoyer on Guitar" 1:00 Community Walking Club 2:00 NALW: Luau Celebration 4:00 Short Stories Session 6:00 Adult Coloring Group 7:10 MLB: Red Sox vs Yankees</p>	<p>10:15 Morning Meeting 15 10:30 NALW: Live Entertainment: "Mark West on Piano" 1:30 Ultimate Bingo with Gary 2:00 Mindful Mandalas 3:00 <i>Pray the Rosary</i> 3:30 Namaste Wellness Chair Tai Chi 4:00 Helping Hands Club 6:00 Puzzle Enthusiast Group 7:00 Reading Series Group</p>	<p>10:15 Lengthen and Tone 16 10:45 NALW: Watercolor Lesson with Joyce: "Floral Abstract" 1:30 Community Walking Club 2:00 Tap Dancing with Valery 3:00 The Bridges Open Golf 4:00 <i>Shabbat</i> 6:00 Documentary Hour: "Being the Queen" 8:10 MLB: Red Sox vs Royals</p>	<p>10:15 Be Well Fitness Class 11:00 This Day in History 17 11:30 iN2L Explorations: "How Much Did it Cost?" 1:30 Community Walking Club 1:45 NALW: Live Entertainment: "Michael Leidig on Piano" 3:00 Porch Side Trivia 3:30 Short Story Sessions 4:00 Mindful Mandalas 6:00 Evening Film: "Hamilton"</p>
<p>10:15 Sit and Be Fit Exercise 18 11:00 Good News & Happening 11:30 Courtyard Club 1:30 Community Walking Club 2:00 Live Entertainment: "P.E. James on Guitar" 2:30 Adult Coloring Group 3:00 Manicures & Hand Massages 4:00 Namaste Meditation 6:00 Evening Film: "The Kid"</p>	<p>10:15 Move and Groove Fitness 19 11:00 Pet Therapy with Bella 11:30 Armchair Travel: "Zimbabwe" 1:30 Community Walking Club 2:00 Life Entertainment: "Jeff Thomas Entertains" 2:30 Fun and Table Games 3:00 Bridges Helping Hands 4:00 Namaste Wellness Chair Yoga 6:00 Game Show Gathering</p>	<p>10:30 Balance Barre Fitness w/Lifelong 11:00 Good News Gathering 20 11:30 Name 5 Game 1:00 Van Outing to Dunkin Donuts 2:00 Resident Council Meeting 2:30 Mindful Mandalas 3:00 Apps & Mocktail Social 4:00 Jewelry Making Hour 6:00 Coffee and Conversation 6:40 MLB: Red Sox vs Reds</p>	<p>10:00 Holy Communion 10:30 Ceramics Class 21 1:30 Live Entertainment: "Patrick Durkin Sings" 2:00 Word Puzzles and Brain Teasers 3:00 String Things: Knit, Sew, Crochet 3:15 Courtyard Croquet 4:00 Short Stories Session 6:00 Adult Coloring Group 6:40 MLB: Red Sox vs Reds</p>	<p>10:15 Chair Fitness Exercise 22 10:30 Live Entertainment: "Bill McCarthy on Guitar" 1:30 Bingo with Gary 2:00 Mindful Mandalas 3:00 <i>Pray the Rosary</i> 3:30 Namaste Wellness Chair Tai Chi 4:00 Helping Hands Club 6:00 Puzzle Enthusiast Group 7:15 MLB: Red Sox vs Yankees</p>	<p>10:15 Lengthen & Tone Exercise 23 10:30 Live Entertainment: "Denise Doucette Performs" 1:15 Walking for Wellness 2:00 Catholic Mass with Father Joe 3:00 The Bridges Open Golf 4:00 Large Word Puzzle 6:00 Game Show Hour 7:05 MLB: Red Sox vs Yankees</p>	<p>10:15 Be Well Fitness Class 11:00 This Day in History 24 11:30 iN2L Explorations: "Trivia of the Decades" 1:30 Community Walking Club 2:00 Musical Bingo 3:00 Porch Side Trivia 3:30 Short Story Sessions 4:00 Mindful Mandalas 6:00 Evening Film: "Dr. Dolittle"</p>
<p>10:15 Sit and Be Fit Exercise 25 11:00 Good News & Happening 11:30 The Price is Right 1:30 Community Walking Club 2:00 Crafting for a Cause "Dog Treats for Save a Dog" 3:00 Manicures & Hand Massages 4:00 Namaste Meditation 6:00 Evening Film: "The Greatest Game Ever Played"</p>	<p>10:15 Move and Groove Fitness 26 11:00 Pet Therapy with Bella 11:30 Armchair Travel: "Israel" 1:30 Community Walking Club 2:00 September Birthday Bash 2:30 Fun and Table Games 3:00 Bridges Helping Hands 4:00 Namaste Wellness Chair Yoga 6:00 Game Show Gathering 7:10 MLB: Red Sox vs Orioles</p>	<p>10:30 Balance Barre Fitness w/Lifelong 11:00 Good News Gathering 27 11:30 Who Wants to Be a Millionaire? 1:30 Community Walking Club 2:00 Musical Bingo 2:30 Mindful Mandalas 3:30 Rosh Hashanah Celebration 4:00 Jewelry Making Hour 6:00 Coffee and Conversation 7:10 MLB: Red Sox vs Orioles</p>	<p>10:00 Holy Communion 10:30 Lengthen & Tone Exercise 28 11:00 This Day in History 1:15 Outing: "Garden in the Woods" 1:30 Art Class with Lana Starr 2:00 Word Puzzles and Brain Teasers 3:00 String Things: Knit, Sew, Crochet 4:00 Short Story Sessions 6:00 Adult Coloring Group 6:30 Evening Film: "Father of the Bride"</p>	<p>10:15 Chair Fitness Exercise 29 11:00 The Daily Chronicle 11:30 Bird Feeding: Courtyard Club 1:30 Bingo with Gary 2:00 Mindful Mandalas 3:00 <i>Pray the Rosary</i> 3:30 Namaste Wellness Chair Tai Chi 4:00 Helping Hands Club 6:00 Evening Film: "Black Beauty"</p>	<p>10:15 Lengthen & Tone Exercise 30 10:15 Van Outing: Dunkin Donut 11:00 News Highlights 11:30 Joggin' the Noggin Trivia 1:30 Community Walking Club 2:00 Oreo Cookie Tasting 2:30 Adult Coloring Group 3:00 The Bridges Open Golf 4:00 <i>Shabbat</i> 7:07 MLB: Red Sox vs Blue Jays</p>	