| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| MANOR of the PLAINS<br>A PMMA COMMUNITY | | 1<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 | 2<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 | 3<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 BINGO | 4<br>Lisa Montoya out today | 5<br>10:00 Sitting Chair Exercise<br>1:00 Take a walk |
| 6<br>Church on TV<br>NFL FOOTBALL | 7<br>Lisa Montoya out today<br>HAPPY LABOR DAY!<br>Labor Day | 8<br>10:00 Chair Exercise<br>1:00 Take a walk<br>**3:00 History of the Pledge of Allegiance** | 9<br>10:00 Chair Exercise<br>1:00 Take a walk<br>**3:00 FOOTBALL SIGNALS trivia** | 10<br>**WEAR FOOTBALL GEAR NFL KICKOFF CHIEFS&TEXANS**<br>10:00 EXERCISE<br>3:00 BINGO | 11<br>10:00 Chair Exercise<br>1:00 Take a walk<br>**A Sad Day of Remembrance Twin towers**<br>3:00 Happy Hour | 12<br>10:00 Sitting Chair Exercise<br>1:00 Take a walk |
| 13<br>Happy Grandparent's day<br>NFL FOOTBALL<br>Grandparents Day | 14<br>Assisted living Week<br>Wear White<br>10:00 Exercise<br>TAKE A WALK<br>3:00 TRIP TO WAL-MART | 15<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 FOOTBALL FEVER TRIVIA | 16<br>**Lisa corporate Meeting 8:30-12:00**<br>1:00 Take a walk<br>3:00 | 17<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 BINGO | 18<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 Happy Hour<br>Hank Williams Songs<br>Rosh Hashanah Begins | 19<br>10:00 Sitting Chair Exercise<br>1:00 Take a walk<br>Oktoberfest Begins |
| 20<br>Church on TV<br>NFL FOOTBALL | 21<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 | 22<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00<br>Autumn Begins | 23<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 | 24<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 BINGO | 25<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 Happy Hour | 26<br>10:00 Sitting Chair Exercise<br>1:00 Take a walk |
| 27<br>Church on TV<br>NFL FOOTBALL<br>Yom Kippur Begins | 28<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 TRIP TO WAL-MART | 29<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 | 30<br>10:00 Chair Exercise<br>1:00 Take a walk<br>3:00 | September 2020 | | |