


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities and Event Locator						
A Abbey B Beaujolais C1 Chateau 1 C2 Chateau 2 VDR Villa Dining Room CT Coterie Theatre LM Le Marche' CH Commons Hallway		FQ French Quarter LC Le Cinema MWC Monterey Warren Chapel V Villa VC Villa Courtyard GRL Grand Riviera Lounge CM Café Mondial				
		1	2	3	4	5
		8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 2:00 Balance Class (1st floor SE Hallway) 3:00 Aroma Therapy and Hand Massages (FQ)	8:30 Guided Meditation : Channel 1960 9:00 Walk & Tone: Channel 1960 10:30 Balance Class (1st floor SE Hallway) 1:45 Movie: Inside Bill's Brain (B) 2:00 Craft: Floral Arrangement (FQ) 3:00 Activity & Movie Planning Meeting (B) 6:30 Gathan Graham: Chan.1960	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class: Channel 1960 1:00 Room Visits 2:00 Bingo (FQ) 3:15 Resident Council Meeting (FQ)	8:30 Guided Meditation Class: Channel 1960 10:30 Balance Class (SE Hallway) (B) 2:00 Virtual Reality Viewfinder (B) 3:00 Social Happy Hour (FQ) 6:30 Friday Night Feature: Channel 1960: Title TBA	10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 3:00 Basic Balance : Channel 1960 3:30 Movie: Gaga: Five Foot Two (B) 6:00 Movie: Gaga: Five Foot Two (B)
6	7	8	9	10	11	12
11:00 Boston Ave Church: Channel 8 11:30 Protestant Worship: Channel 1960 2:00 Catholic Mass (FQ) 3:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 6:00 Movie: Murder Mystery (B)	10:00 Basic Stretch & Tone: channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:00 Word Puzzles / Brain Teasers available in FQ 4:30 Happy Hour at Home : Elvis Presley Live : Channel 1960 6:00 Monday Night at the Movies: The Lincoln Lawyer (B) Labor Day Holiday	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 2:00 Balance Class (1st floor SE Hallway) 3:00 Name that Tune (FQ) 3:30 Art Program: Watercolor Painting (FQ)	8:30 Guided Meditation: Channel 1960 9:00 Walk & Tone: Channel 1960 10:30 Balance Class (1st floor SE Hallway) 1:45 Movie: Same Kind of Different as Me (B) 2:00 Eldergrow: The Five Senses (FQ) 3:00 Rummikub (FQ) 6:30 Gathan Graham: Ch 1960	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 1:00 Room Visits 2:00 Bingo (FQ) 3:15 Aroma Therapy and Hand Massages (FQ) 3:45 Dominoes (FQ)	8:30 Guided Meditation Class : Channel 1960 10:30 Balance Class (1st floor SE Hallway) (B) 2:00 Virtual Reality Viewfinder (B) 3:00 September Birthday Party (FQ) 6:30 Friday Night Feature on channel 1960: Title TBA	10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 3:00 Basic Balance : Channel 1960 3:30 Movie: The Boy Who Harvested the Wind (B) 6:00 Movie: The Boy Who Harvested the Wind (B)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
11:00 Boston Ave Church: Channel 8 11:30 Protestant Worship: Channel 1960 2:00 Catholic Mass (FQ) 3:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 6:00 Movie: Zodiac (B)	10:00 Basic Stretch & Tone: Channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Monday Night at the Movies: Our Souls At Night (B)	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 2:00 Balance Class (1st floor SE Hallway) 3:00 Timeslips: Creative Writing (FQ) 3:30 Hydration Station: Infused Water and Fresh Fruit (FQ)	8:30 Guided Meditation : Channel 1960 9:00 Walk & Tone : Channel 1960 10:30 Balance Class (1st floor SE Hallway) 1:45 Movie: Let's Dance (B) 2:00 Eldergrow: The Five Senses (FQ) 3:00 Craft: Stepping Stone for the Villa Courtyard (FQ) 6:30 Gathan Graham: Chan. 1960	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 1:00 Room Visits 2:00 Bingo (FQ) 3:00 Food & Beverage Meeting with Chad (FQ)	8:30 Guided Meditation Class : Channel 1960 9:00 Doughnut Party (FQ) 10:30 Balance Class (1st floor SE Hallway) 2:00 Virtual Reality Viewfinder (B) 3:00 Orange Cream Soda Social (FQ) 6:30 Friday Night Feature: Channel 1960: Title TBA	10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 3:00 Basic Balance : Channel 1960 3:30 Movie: In Darkness (B) 6:00 Movie: In Darkness (B)
20	21	22	23	24	25	26
11:00 Boston Ave Church: Channel 8 11:30 Protestant Worship: Channel 1960 2:00 Catholic Mass (FQ) 3:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 6:00 Movie: The Theory of Everything (B)	9:30 Devotions with Kim (B) 10:00 Basic Stretch & Tone: Channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Monday Night at the Movies: Mindhunter (B)	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class Channel 1960 2:00 Balance Class (1st floor SE Hallway) 3:00 Fall Trivia & Poetry (FQ) 3:30 Hydration Station: Infused Water and Fresh Fruit (FQ) 1st Day of Fall	8:30 Guided Meditation: Channel 1960 9:00 Walk & Tone : Channel 1960 10:30 Balance Class (SE Hallway) 1:45 Movie: Driven to Dance (B) 2:00 Noodle Volleyball (FQ) 2:30 Craft: Design your own frame (FQ) 3:00 Creative Writing (FQ) 6:30 Gathan Graham : Chan. 1960	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 1:00 Room Visits 2:00 Movie Matinee 2:30 Scenic Ice Cream Trip 3:00 Rummikub (FQ)	8:30 Guided Meditation Class : Channel 1960 10:30 Balance Class (1st floor SE Hallway) 2:00 Virtual Reality Viewfinder (B) 3:00 Happy Hour (FQ) 6:30 Friday Night Feature: Channel 1960: Title TBA	10:45 Meditation for Anxiety: Channel 1960 1:30 Bridge Game (Dining Room) 3:00 Basic Balance : Channel 1960 3:30 Movie: Too Young The Hero (B) 6:00 Movie: Too Young The Hero (B)
27	28	29	30			
11:00 Boston Ave Church: Channel 8 11:30 Protestant Worship: Channel 1960 2:00 Catholic Mass (FQ) 3:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 6:00 Movie: Mr. Deeds (B)	9:30 Devotions with Kim (B) 10:00 Basic Stretch & Tone: Channel 1960 1:00 Chair Yoga: Channel 1960 2:00 Bingo (FQ) 3:30 Fanfare Music (B) 6:00 Monday Night at the Movies: The Gurnsey (B)	8:30 Morning Affirmations: Channel 1960 9:30 Chair Yoga: Channel 1960 1:00 Reduce Arthritis Pain (RAP) Class : Channel 1960 2:00 Balance Class 3:00 Finish Lines Game (FQ) 3:30 Hydration Station: Infused Water and Fresh Fruit (FQ)	8:30 Guided Meditation Channel 1960 9:00 Walk & Tone –Channel 1960 10:30 Balance Class (1st floor SE Hallway) 1:45 Movie: Work It (B) 2:00 Bingo (FQ) 3:15 Ice Cream Social (FQ) 6:30 Gathan Graham: Chan. 1960		Variety of Opportunities available daily includes but not limited to: Brain Puzzles Devotions Color Yourself Calm Room Visits Games– Cards Virtual Reality Headset Facetime Assistance Word Search / Crossword Art Therapy	Questions about activities? Call Jane Long 918-491-5203