September 2019 Shepherd of Grace Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Worship Service 10:15 Bible Study 1:30 No Peek Thirty-One	**2** 10:00 Trivia 1:30 Pokeno 6:00 Shake Dice/Barb	**3** 9:00 Caramel Rolls/ Coffee Shop 9:30 Exercise with Sandy 1:30 Farkel 3:30 Active Games 6:00 No Peek Thirty One	**4** 10:00 Bible Study (Church) 2:00 Bingo 3:30 Seated Kickboxing 6:00 Whist/Barb	**5** 9:30 Exercise/Sandy 2:00 Entertainment/Marie 3:30 Yoga and Stretching 6:00 Rummikub	**6** 9:00 Store Trip 1:30 Shake Dice/Barb 2:00 Coffee and Chat 3:30 Chair Pilates 6:00 Whist/Barb	**7** 9:30 Exercise with Sandy 1:30 Dominos
8 9:00 Worship Service 10:15 Bible Study 1:30 No Peek Thirty-One	**9** 10:00 Trivia 1:30 Pokeno 3:30 Optimizing Balance 6:00 Shake Dice/Barb	**10** 9:00 Caramel Rolls Coffee Shop 9:30 Exercise with Sandy 1:30 Farkel 3:45 Active Games 6:00 No Peek Thirty One	**11** 10:00 Bible Study (Church) 2:00 Bingo 3:30 Music and Movement 6:00 Whist/Barb	**12** 9:30 Exercise/Sandy 3:30 Seasonal Affective Disorder and Mental Health/Patti 6:00 6,5,4, with Bea	**13** 1:30 Shake Dice/Barb 2:00 Coloring with Marge 2:00 Coffee and Chat 6:00 Whist/Barb	**14** 9:30 Exercise with Sandy 1:30 Dominos
15 9:00 Worship Service 10:15 Bible Study 1:30 No Peek Thirty-One	**16** 10:00 Trivia 1:30 Pokeno 6:00 Shake Dice/Barb	**17** 9:00 Caramel Rolls Coffee Shop 9:30 Exercise with Sandy 1:30 Farkel 6:00 No Peek Thirty One	**18** 10:00 Bible Study (Church) 2:00 Bingo 6:00 Whist/Barb	**19** 9:30 Exercise/Sandy 2:00 Birthday Celebration/George 2:30 Pet Visit/Nellie 6:00 Rummikub	**20** 9:00 Store Trip 1:30 Shake Dice/Barb 2:00 Coffee and Chat 6:00 Whist	**21** 9:30 Exercise with Sandy 1:30 Dominos
22 9:00 Worship Service 10:15 Bible Study 1:30 No Peek Thirty-One	**23** 10:00 Trivia 1:30 Pokeno 3:30 Chair Pilates 6:00 Shake Dice/Barb	**24** 9:00 Caramel Rolls/ Coffee Shop 9:30 Exercise with Sandy 2:30 Pub Crawl 6:00 Horse Racing	**25** 10:00 Bible Study (Church) 2:00 Bingo 3:30 Seated Kickboxing 6:00 Whist/Barb	**26** 10:00 Catholic Mass 2:00 Entertainment/Greta David 3:30 Crafty Creations 6:00 6,5,4, with Bea	**27** 1:30 Shake Dice/Barb 2:00 Coffee and Chat 6:00 Whist/Barb	**28** 9:30 Exercise with Sandy 1:30 Dominos
29 9:00 Worship Service 10:15 Bible Study 1:30 No Peek Thirty-One	**30** 10:00 Trivia 1:30 Pokeno 2:00 Movie 2nd floor Activity Room 3:30 Optimizing Balance 6:00 Shake Dice/Barb					