

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2019

Shepherd of Grace Cottages

1 9:00 Worship Service
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Bingo
 5:30 National Day Recog.
 6:00 Color Me Calm

2 10:00 Walk This Way
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 5:30 National Day Recog.

3 10:30 Muscle Movers
 11:30 Lunch, Devotional
 1:00 Music and Instruments
 2:00 Coffee and Chat
 2:30 Brain Games
 5:30 National Day Recog.

4 10:00 Bible Study
 (Church)
 11:30 Lunch, Devotional
 3:15 Coffee and Chat
 5:30 National Day Recog.
 6:00 Yoga and Stretching

5 10:30 Optimizing Balance
 11:30 Lunch, Devotional
 12:30 Active Games
 2:00 Entertainment/Marie
 3:00 Coffee and Chat
 5:30 National Day Recog.

6 10:00 Walk This Way
 11:30 Lunch, Devotional
 1:00 Grand Bingo
 2:00 Coffee and Chat
 2:30 Trivia
 5:30 National Day Recog.
 6:00 Commercial Break Exercise

7 10:00 Dice/Cards
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Balloon Swatting
 5:30 National Day Recog.
 6:00 Movie Night

8 9:00 Worship Service
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Hot Potato
 5:30 National Day Recog.
 6:00 Color Me Calm

9 10:30 Chair Pilates
 11:30 Lunch, Devotional
 1:00 Walk This Way
 2:00 Coffee and Chat
 2:30 Jest for Fun
 5:30 National Day Recog.

10 10:30 Seated Kickboxing
 11:30 Lunch, Devotional
 1:00 Crafty Creations
 2:00 Coffee and Chat
 2:30 Brain Games
 5:30 National Day Recog.
 6:00 Pet Visit/Da'Vi

11 10:00 Bible Study
 (Church)
 11:30 Lunch, Devotional
 3:15 Coffee and Chat
 5:30 National Day Recog.

12 10:30 Music and
 Movement
 11:30 Lunch, Devotional
 1:00 Active Games
 2:00 Coffee and Chat
 2:30 Remember When
 5:00 Summer Picnic

13 10:00 Walk This Way
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Trivia
 5:30 National Day Recog.
 6:00 Commercial Break
 Exercise

14 10:00 Manicures
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Ring Toss/Horseshoes
 5:30 National Day Recog.
 6:00 Movie Night

15 9:00 Worship Service
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Bingo
 5:30 National Day Recog.
 6:00 Color Me Calm

16 10:00 Walk This Way
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 5:30 National Day Recog.

17 11:30 Lunch,
 Devotional
 2:00 Coffee and Chat
 5:30 National Day Recog.

18 10:00 Bible Study
 (Church)
 11:30 Lunch, Devotional
 1:00 Pet Visit/Abby
 3:15 Coffee and Chat
 5:30 National Day Recog.

19 11:30 Lunch,
 Devotional
 2:00 Birthday
 Celebration/George
 3:00 Coffee and Chat
 5:30 National Day Recog.

20 10:00 Walk This Way
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Trivia
 5:30 National Day Recog.
 6:00 Commercial Break
 Exercise

21 10:00 Dice/Cards
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Baking
 5:30 National Day Recog.
 6:00 Movie Night

22 9:00 Worship Service
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Hot Potato
 5:30 National Day Recog.
 6:00 Color Me Calm

23 10:30 Stretch and Flex
 11:30 Lunch, Devotional
 1:00 Walk This Way
 2:00 Coffee and Chat
 2:30 Fun Facts
 5:30 National Day Recog.

24 10:30 Muscle Movers
 11:30 Lunch, Devotional
 12:30 Crafty Creations
 2:00 Coffee and Chat
 2:30 Pub Crawl
 5:30 National Day Recog.
 6:00 Pet Visit/Da'Vi

25 10:00 Bible Study
 (Church)
 11:30 Lunch, Devotional
 3:15 Coffee and Chat
 5:30 National Day Recog.
 6:00 Seated Tai Chi

26 10:00 Catholic Mass
 11:30 Lunch, Devotional
 1:00 Active Games
 2:00 Entertainment/Greta
 David
 3:00 Coffee and Chat
 5:30 National Day Recog.

27 10:00 Walk This Way
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Trivia
 5:30 National Day Recog.
 6:00 Commercial Break
 Exercise

28 10:00 Manicures
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Ring Toss/Horseshoes
 5:30 National Day Recog.
 6:00 Movie Night

29 9:00 Worship Service
 11:30 Lunch, Devotional
 2:00 Coffee and Chat
 3:00 Bingo
 5:30 National Day Recog.
 6:00 Color Me Calm

30 10:30 Chair Pilates
 11:30 Lunch, Devotional
 1:00 Oktoberfest Fun
 2:00 Coffee and Chat
 2:30 Fun Facts
 5:30 National Day Recog.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2019

Shepherd of Grace Apartments

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|--|---|--|---|---|---|---|
| 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 | | | | | |