

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: orange; font-family: cursive;">September</h1> <h1 style="color: green; font-family: sans-serif;">2023</h1>					8:45 Journaling (CTL) <b>1</b> 10:00 EnerG Exercises (O) 10:30 Outdoor games (O) <b>2:00 Family Feud/ Staff against Tenants(CT)</b> 6:00 Evening Exercises (64) 7:00 Relaxation Music (64)	11:00 Exercises (64) <b>2</b> 6:30 Bingo (GSA)
10:00 Worship <b>3</b> 1:30 Coffee and chat (O) <b>National Wildlife week</b>	10:00 EnerG Exer. (O) <b>4</b> 1:00 Exercises (64) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)  <small>Labor Day</small>	10:30 Pilates (CT) <b>5</b> 1:00 Exercises (64) <b>1:00 Raptor Center Event (FH)</b> 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)	1:00 Exercises (64) <b>6</b> 1:30 Coffee & Chat (GSA) 2:00 Bible Study (C) 2:45 Power Pump (TG) 3:00 Court Tenant meeting 6:00 Evening Exercises(64) 7:00 Relaxation Music (64)	10:30 Kickboxing (CT) <b>7</b> 1:00 Exercises (64) 1:30 Rosary/Mass(C) 3:00 Cribbage, Scrabble Yahtzee, 500, etc (CT) 6:30 Bingo (O)	10:00 EnerG Exercises (O) <b>8</b> 6:00 Evening Exercises (64) 7:00 Relaxation Music (64)	11:00 Exercises (64) <b>9</b> 6:30 Bingo (GSA)
10:00 Worship <b>10</b> 1:30 Coffee and chat (O) <b>Assisted Living Week</b>  <small>Grandparents day</small>	10:00 EnerG Exer. (O) <b>11</b> 10:30 Rustic Texas-Que Pizza 1:00 Exercises (64) 1:00 Power Pump (TG) 2:00 Pokeno (O) <b>3:00 Fall Staff Cook Off/ Tenants are the Judge(CT)</b> 6:00 Evening Stretch (64)	10:30 Pilates (CT) <b>12</b> 1:00 Exercises (64) <b>2:00 Birthday Party music w/ Charlie Roth (CT)</b> 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)	10:30 Active Games (CT) <b>13</b> 1:00 Exercises (64) 1:30 Crafts "SEW" be it day (CT) 2:00 Bible Study (C) 2:45 Power Pump (TG) 6:00 Evening Exercises(64) 7:00 Relaxation Music (64)	10:30 Kickboxing (CT) <b>14</b> 1:00 Exercises (64) 1:30 Rosary/Mass(C) 3:00 Cribbage, Scrabble Yahtzee,500, etc (CT) 6:30 Bingo (O)	10:00 EnerG Exercises (O) <b>15</b> 10:30 Outdoor games (W) <b>2:00 David Gebhardt on Medicare 101 Whats new!! (CT)</b> 6:00 Evening Exercise (64)  <small>Rosh Hashanah Begins</small>	11:00 Exercises (64) <b>16</b> 6:30 Bingo (GSA)  <small>Oktoberfest Begins</small>
10:00 Worship <b>17</b> 1:30 Coffee and chat (O) <b>Day of Caring Week!</b>	10:00 EnerG Exer. (O) <b>18</b> 10:30 Wild Rice Soup(CT) 1:00 Exercises (64) 1:00 Power Pump (TG) 2:00 Pokeno (CT) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)	10:30 Pilates (CT) <b>19</b> 1:00 Exercises (64) <b>2:00 Travel Guys (CT)</b> 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)	10:30 Active Games (CT) <b>20</b> 1:00 Exercises (64) <b>1:30 Senior Olympic Event! (CTY)</b> 2:00 Bible Study (C) 2:45 Power Pump (TG) 6:00 Evening Exercise (64) 7:00 Relaxation Music (64)	10:30 Kickboxing (CT) <b>21</b> 1:00 Exercises (64) 1:30 Rosary/Mass(C) 3:00 Cribbage, Scrabble Yahtzee,500, etc (CT) 6:30 Bingo (O)	10:00 EnerG Exercise (O) <b>22</b> 10:30 Outdoor games (O) <b>2:30 Bonfire (CTY)</b> <b>Bring a friend to the Bonfire.</b> 6:00 Evening Exercise(64) 7:00 Relaxation Music (64)	11:00 Exercises (64) <b>23</b> 6:30 Bingo (GSA)  <small>Autumn Begins</small>
10:00 Worship <b>24</b> 1:30 Coffee and chat (O)  <small>Yom Kippur</small>	10:00 EnerG Exer. (O) <b>25</b> 10:30 Roast Beef (CT) 1:00 Exercises (64) 1:00 Power Pump (TG) 2:00 Pokeno (GSA) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)	10:30 Pilates (CT) <b>26</b> 1:00 Exercises (64) <b>2:00 Nathan Nueman (CT)</b> 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation music(64)	10:30 Active Games (CT) <b>27</b> 1:00 Exercises (64) 1:30 Remember When (O) 2:00 Bible Study (C) 2:45 Power Pump (TG) 6:00 Evening Exercises (64) 7:00 Relaxation Music (64)	10:30 Kickboxing (CT) <b>28</b> 1:00 Exercises (64) 1:30 Rosary/Mass(C) 2:30 Horse racing ( GSA )  6:30 Bingo (O)	10:00 EnerG Exercise (O) <b>29</b> 10:30 Outdoor games (W) <b>2:00 Welcome social, music with Gig Noonan (CT)</b> 6:00 Evening Exercise 7:00 Relaxation Music (64)	11:00 Exercises (64) <b>30</b> 6:30 Bingo (GSA)

GSA=High Rise, CT=Court, CTY=Court Yard, CTL=Court Library O=Oaks, W=West, TG=Therapy Gym, C=Church, 64=Channel 64 on your TV, FH=Fellowship Hall