


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 8:00 ZEN MUSIC 1 10:30** EXERCISE (RL) 11:00 VIRTUAL CHURCH 1:00 BRAINGAMES 2:00 ART 2-2:30 REFUEL & HYDRATE 3:00 SUNDAY MATINEE 6:00 READING/SHOWS | LABOR DAY 2 8:00 ZEN MUSIC 11:00 DISCUSSION AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 6:00 SITCOM CLASSICS <small>Labor Day</small> | AMAZING ESCAPE DAY 3 10:30/11:00 SIT FIT & CHAT 1:30** LIVE MUSIC! w/ Brett 2-2:30 REFUEL & HYDRATE 3:00/4:00 DISCUSSION: & DOCUMENTARY CELEBRATING FREDERICK DOUGLAS 6:00 EVENING CARDS (RL) | NATIONAL WILDLIFE DAY 4 8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS 1** REMINISCE/JOURNAL 2-2:30 REFUEL & HYDRATE 2:30 LIVE MUSIC! @Willows 4:30* REMINISCE/JOURNAL 6:00 PLANET EARTH DOCU | NFL KICKOFF DAY 5 10:30/11:15 SIT FIT & MORNING CHAT 11:00 COMMUNION 1:00**NAILS & TRIVIA 2-2:30 REFUEL & HYDRATE 3:00* NAILS & TRIVIA 4:00-5:00 1:1 LIFE STORIES 6:00 ~CONCERT : FRANK SINATRA | POPCORN DAY! 6 8:00 ZEN MUSIC 10:30/11:15 YOGA/ POETRY 1:00/3:00 CRAFTS: FALL ANIMALS 1:00/3:00 WORD MINING 2-2:30 REFUEL & HYDRATE 3:45/4:15 BINGO 6:00 FRIDAY NIGHT MOVIE | 8:00 ZEN MUSIC 7 10:30/11:15 NAMASTE 1:00** NOODLE BALL 2:30* DEXTERITY 2-2:30 REFUEL & HYDRATE 3:00 REMINISCE 4:00 ARTS & CRAFTS 5:00 GRANDPARENTS DAY FAMILIES DINNER ~ ITALIAN: SPAGHETTI |
| GRANDPARENTS DAY!! 8 8:00 ZEN MUSIC 10:30** EXERCISE (RL) 11:00 VIRTUAL CHURCH 1:00 BRAINGAMES 2:00 ART 2-2:30 REFUEL & HYDRATE 3:00 SUNDAY MATINEE 6:00 READING/ JEOPARDY <small>Grandparents Day</small> | ASSITED LIVING WEEK 9 8:00 ZEN MUSIC 11:00 DISCUSSION AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 6:00 SITCOM CLASSICS | ASSITED LIVING WEEK 10 10:30/11:00 SIT FIT & CURRENT EVENTS 1:00/2:00 GOLDEN SING ALONG 2-2:30 REFUEL & HYDRATE 3:00 VIRTUAL TRAVEL 4:00 1:1s 6:00 DOMINOS (RL) | ASSITED LIVING WEEK 11 PATRIOT DAY 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS 1:00/2:00 US SINGALONG AMERICAN FLAG HISTORY 2-2:30 REFUEL & HYDRATE 3:00 SCENIC DRIVE 6 MOVIE: HIDDEN FIGURES | ASSITED LIVING WEEK 12 10:15/10:45 TOWN HALL 11:00 COMMUNION 1:00/2:00 LINE DANCING: LEARN THE MACARENA 2-2:30 REFUEL & HYDRATE 3:00/4:00 ARMCHAIR TRAVEL: MEXICO CITY 4:00-5:00 1:1 LIFE STORIES | ASSITED LIVING WEEK 13 10:30/11:15 YOGA/ POETRY 1:00/3:00 CRAFTS: 3 DIMESIONAL DAISIES 1:00/3:00 AMERICAN FLAG WORD MINING PUZZLE 2-2:30 REFUEL & HYDRATE 3:45/4:15 BINGO 6:00 FRIDAY NIGHT MOVIE | ASSITED LIVING WEEK 14 8:00 ZEN MUSIC 10:30/11:15 NAMASTE 1:00/2:00 EXERCISE & CURRENT EVENTS 2-2:30 REFUEL & HYDRATE 3:00/4:00 BAKING 3:00/4:00 JIGSAW PUZZLES 6:00 WHEEL OF FORTUNE |
| 8:00 ZEN MUSIC 15 10:30** EXERCISE (RL) 11:00 VIRTUAL CHURCH 1:00 BRAINGAMES 2:00 ART 2-2:30 REFUEL & HYDRATE 3:00 SUNDAY MATINEE 6:00 READING/ JEOPARDY | 8:00 ZEN MUSIC 16 11:00 DISCUSSION AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 6:00 SITCOM CLASSICS | COUNTRY MUSIC DAY 17 10:30/11:00 SIT FIT & CURRENT EVENTS 1:00/2:00 COUNTRY SING ALONG 2-2:30 REFUEL & HYDRATE 3:00 VIRTUAL TRAVEL 4:00 1:1s 6:00 EVENING CARDS (RL) | US AIR FORCE BIRTHDAY 18 8:00 ZEN MUSIC 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS 1** MIXED MEDIA ART 2-2:30 REFUEL & HYDRATE 2:30 LIVE MUSIC! @Willows 4:30* MIXED MEDIA ART | 8:00 ZEN MUSIC 19 10:30/11:15 SIT FIT & MORNING CHAT 11:00 COMMUNION 1:20**LIVE MUSIC! w/ Tom 2-2:30 REFUEL & HYDRATE 3/3:30 CREATE A PLAYLIST 4:00-5:00 1:1 LIFE STORIES 6:00 ~CONCERT: MOTOWN | AMERICAN CARS DAY 20 8:00 ZEN MUSIC 10:30/11:15 YOGA/ POETRY 1:00/3:00 CRAFTS: PAPER HUMMINGBIRDS 1:00/3:00 WORD MINING 2-2:30 REFUEL & HYDRATE 1:30*CARS DOCUMENTARY 3:45/4:15 BINGO | OKTOBERFEST BEGINS 21 WORLD ALZHEIMER'S DAY 8:00 ZEN MUSIC 10:30/11:15 NAMASTE 1:00** NOODLE BALL 2:30* DEXTERITY 1:00/2 OKTOBER PUZZLES 2-3 PRETZELS/NEAR BEER 4:00 SEARCH & SOLVE <small>Oktoberfest Begins</small> |
| HAPPY AUTUMN 22 8:00 ZEN MUSIC 10:30** EXERCISE (RL) 11:00 VIRTUAL CHURCH 1:00 BRAINGAMES 2:00 ART 2-2:30 REFUEL & HYDRATE 3:00 SUNDAY MATINEE 6:00 READING/ JEOPARDY <small>Autumn Begins</small> | 8:00 ZEN MUSIC 23 11:00 DISCUSSION AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 6:00 SITCOM CLASSICS | 8:00 ZEN MUSIC 24 10:30/11:00 SIT FIT & CURRENT EVENTS 1:00/2:00 SING ALONG 2-2:30 REFUEL & HYDRATE 3:00 VIRTUAL TRAVEL 4:00 1:1s 6:00 DOMINOS (RL) | 8:00 ZEN MUSIC 25 10:15 THERAPY DOGS 11/11:30 WEIGHTS & LEGS 1:00/1:30 READING CIRCLE SHEL SILVERSTEIN 2-2:30 REFUEL & HYDRATE 3:00 SCENIC DRIVE 6:00 MOVIE: MIRACLE | 8:00 ZEN MUSIC 26 10:30/11:15 SIT FIT & CURRENT EVENTS 11:00 COMMUNION 1:00 FALL DECORATING 2-2:30 REFUEL & HYDRATE 3:00 FALL DECORATING 4:00-5:00 1:1 LIFE STORIES 6:00 ~CONCERT: CELINE | 8:00 ZEN MUSIC 27 10:30/11:15 YOGA/ POETRY 1:00/3:00 CRAFTS: LIGHT CATCHERS 1:00/3:00 WORD MINING 2-2:30 REFUEL & HYDRATE 3:45/4:15 BINGO 6:00 FRIDAY NIGHT MOVIE | 8:00 ZEN MUSIC 28 10:30/11:15 NAMASTE 1:00** NOODLE BALL 2:30* DEXTERITY 2:00/2:45 SEPTEMBER BIRTHDAYS PARTY 3:00/4:00 JIGSAW PUZZLES 6:00 FAMILY FUED |
| 8:00 ZEN MUSIC 29 10:30** EXERCISE (RL) 11:00 VIRTUAL CHURCH 1:00 BRAINGAMES 2:00 ART 2-2:30 REFUEL & HYDRATE 3:00 SUNDAY MATINEE 6:00 READING/ JEOPARDY | 8:00 ZEN MUSIC 30 11:00 DISCUSSION AND DAILY CHRONICLES 1:30 PUZZLES 2-2:30 REFUEL & HYDRATE 3:00 SENSORY & SORTING 4:00 ADULT COLORING 6:00 SITCOM CLASSICS |  <h1>September 2024</h1> | | | | |
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*Adams/Baker House **Cascade/Denali House ~Virtual (RL)

**3:15/4:15 ARMCHAIR
TRAVEL**

9/11 HISTORY OF THE AMERICAN FLAG

<https://activityconnection.com/monthly-product/special-days-2024-09/>

American Flag Flown in Battle Day – On this day in 1777, the American flag was flown in battle for the first time.

- Learn more about the [event](#) today.
- How much do you know about [American flag history](#) and [flags of the world](#)?
- Play a trivia game and give out small American flags as prizes.
- Have a Star-Spangled Celebration today, complete with [patriotic music](#) and [red, white, and blueberry fruit salad](#).
- Hand out copies of the [American Flag Mining](#) puzzle.
- Try our [Button Flag](#) craft.

September 7 & 8 celebrating Grandparent's Day

<https://activityconnection.com/monthly-product/more-grandparents-day-activities-and-resources-2024-09/>

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GAME: DIRTY LAUNDRY

CRAFTS

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