Cundou	Mondou	Muogdor	Wodpordor	Mhungdor	Enidor	Cotundou
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Be Kind Day 1	Labor Day 2	Pressed Pennies Day 3	National Wildlife Day 4	International Day of Charity 5	National Chianti Day 6	World Beard Day 7
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services at the Theater Room
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Chair Dancing Fitness (B)	10:00 Simple Stretching at the Bistro	10:00 Strength Exercises at the Bistro	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Julie & Bryan from	10:30 Spot the Differences (B)	10:30 Jeopardy Trivia (B)	10:30 Health Talk with Carol (B)	10:30 Spot the Difference (B)	10:00 Chair Tai Chi & Qi Gong (B)
10:00 Group Coloring Class (B)	Brighton Health (AR)	1:00 Weekly Menu Meeting (DR)	1:00 BINGO at the Activity Room	1:00 Aging with Grace with Hope	11:00 Foodie Run at Cheesecake Factory	10:30 Inspirational Word Find Puzzles (B)
2:00 Netflix Adventure Series:	2:00 RV Travelling Robert -YouTube (B)	2:00 Scrabble Club with Roger (B)	2:00 LIFEDER Travels on YouTube (B)	from Quality of Life Health (B)	2:00 Scrabble Club with Roger (B)	1:00 BINGO at the Activity Room
A Discovery of Witches (B)	3:00 Large Word Find Puzzles (B)	3:00 Shopping at Walmart	3:00 Smoothies & Karaoke at the Bistro	3:00 Cookie of the Week with David (CK)	2:00 Paper Basket Weaving w/ Carol (B)	3:00 Happy Hour Social w/ Tom Mazzaro
3:00 Expoza Travels on YouTube (B)	4:00 Regular Football Season Games (B)	5:00 Discovery+ Mystery Series:	5:00 YouTube Nature Series:	3:00 Holy Rosary w/ Bonnie (CR)	3:00 Shopping at Sprouts Supermarket	3:00 Expoza Travels on YouTube (TR)
5:00 Weekend Netflix Series:	5:00 Netflix Travel Series at the Bistro:	Paranormal Caught on Camera (B)	Wonders of the World (B)	5:00 Netflix Documentary Movie:	5:00 Netflix Movie of the Week:	5:00 Netflix Period Movies:
THE GENTLEMEN	SOMEBODY FEED PHIL			Einstein and the Bomb (TR)	Our Residents' Choice (TR)	BBC's Call the Midwife (B)
Pardon Day 8	Opposite Day 9	Swap Ideas Day 10	Patriot Day 11			
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services at the Theater Room
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Resident Council Meeting and	10:00 Simple Stretching at the Bistro	9:30 Strength Exercises at the Bistro	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Eileen from	10:30 Spot the Differences (B)	Food for Thought with Chef Celeste	10:30 Health Talk with Carol (B)	10:00 Casino Outing at Durango Casino	10:00 Chair Tai Chi & Qi Gong (B)
10:00 Group Coloring Class (B)	Comfort Home Health (AR)	1:00 Weekly Menu Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	2:00 Paper Basket Weaving w/ Carol (B)	10:30 Inspirational Word Find Puzzles (B)
2:00 Netflix Adventure Series:	2:00 RV Travelling Robert -YouTube (B)	1:15 Tea Tasting with Chef Celeste (DR)	2:00 LIFEDER Travels on YouTube (B)	2:00 Diamond Painting at the Theater	2:00 Scrabble Club with Roger (B)	1:00 BINGO at the Activity Room
A Discovery of Witches (B)	3:00 Large Word Find Puzzles (B)	2:00 Scrabble Club with Roger (B)	3:00 Life's Journey with Monica at the Bistro	U	3:00 Shopping at the Dollar Tree	
	y v	Ŭ ()				3:00 Simple Manicures with Carol (AR)
3:00 Expoza Travels on YouTube (B)	4:00 Regular Football Season Games (B)	3:00 Shopping at Smith's	*Serving Wine, Cheese and Crackers*	3:00 Holy Rosary w/ Bonnie (CR)	5:00 A Quality of Life Health Event:	3:00 Expoza Travels on YouTube (B)
5:00 Weekend Netflix Series:	5:00 Netflix Travel Series at the Bistro:	5:00 Discovery+ Mystery Series:	5:00 YouTube Nature Series:	5:00 Netflix Documentary Movie:	HAVANA NIGHT at the Dining Room	5:00 Netflix Period Movies:
THE GENTLEMEN	SOMEBODY FEED PHIL	Paranormal Caught on Camera (B)	Wonders of the World (B)	Skywalkers: A Love Story (TR)	*Please Dress Accordingly*	BBC's Call the Midwife (B)
National Doodle Day 15		Voter Registration Day 17				.,,
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	7:00 Monthly Signature Breakfast (DR)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services at the Theater Room
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	9:00 Coffee and News at the Bistro	10:00 Simple Stretching at the Bistro	10:00 Strength Exercises at the Bistro	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Special Guest (AR)	10:30 Spot the Differences (B)	10:00 Chair Dancing Fitness (B)	10:30 Health Talk with AdvisaCare (B)	10:30 LIFEDER Travels on YouTube (B)	10:00 Chair Yoga Routine on YouTube (B)
10:00 Group Coloring Class (B)	2:00 RV Travelling Robert -YouTube (B)	1:00 Weekly Menu Meeting (DR)	1:00 Loteria with Ericka (AR)	1:00 Aging with Grace with Hope	1:00 BINGO with Special Guest (AR)	10:30 Inspirational Word Find Puzzles (B)
2:00 Netflix Adventure Series:	3:00 Large Word Find Puzzles (B)	2:00 Scrabble Club with Roger (B)	2:00 LIFEDER Travels on YouTube (B)	from Quality of Life Health (B)	2:00 Scrabble Club with Roger (B)	1:00 BINGO at the Activity Room
A Discovery of Witches (B)	4:00 Regular Football Season Games (B)	3:00 Shopping at Walmart	3:00 Enjoy Watermelon with Roger (B)	3:00 Cookie of the Week with David (CK)	3:00 Shopping at Cardenas Supermarket	3:00 Happy Hour Social w/ Donna (B)
3:00 Expoza Travels on YouTube (B)	5:00 Netflix Travel Series at the Bistro:	5:00 Discovery+ Mystery Series:	5:00 YouTube Nature Series:	3:00 Holy Rosary w/ Bonnie (CR)	5:00 Netflix Movie of the Week:	*Serving Drinks and Snacks*
5:00 Weekend Netflix Series:	SOMEBODY FEED PHIL	Paranormal Caught on Camera (B)	Wonders of the World (B)	5:00 Netflix Documentary Movie:	Our Residents' Choice (TR)	5:00 Netflix Period Movies:
THE GENTLEMEN				Remember Gene Wilder (TR)		BBC's Call the Midwife (B)
First Day of Autumn 22	, ,	·		107	, ,	· · · · · · · · · · · · · · · · · · ·
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services at the Theater Room
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Chair Dancing Fitness (B)	10:00 Simple Stretching at the Bistro	10:00 Strength Exercises at the Bistro	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Special Guest (AR)	10:30 Spot the Differences (B)	10:30 Jeopardy Trivia (B)	10:30 Health Talk with Carol (B)	10:30 Spot the Difference (B)	10:00 Chair Tai Chi & Qi Gong (B)
10:00 Group Coloring Class (B)	2:00 RV Travelling Robert -YouTube (B)	1:00 Weekly Menu Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	11:00 Foodie Run at Eddie's Restaurant	10:30 Inspirational Word Find Puzzles (B)
2:00 Netflix Adeventure Series:	3:00 Large Word Find Puzzles (B)	2:00 Scrabble Club with Roger (B)	2:00 LIFEDER Travels on YouTube (B)	2:00 Diamond Painting at the Theater	2:00 Potato Chip Tasting with Abraham (B)	,
A Discovery of Witches (B)	4:00 Regular Football Season Games (B)	3:00 Shopping at Smith's	3:00 Wine Down Wednesday at the Bistro	3:00 Cookie of the Week with David (CK)	2:00 Paper Basket Weaving w/ Carol (B)	2:30 Simple Manicures with Carol (AR)
3:00 Expoza Travels on YouTube (B)	5:00 Netflix Travel Series at the Bistro:	5:00 Discovery+ Mystery Series:	*Serving Wine, Cheese and Crackers*	3:00 Holy Rosary w/ Bonnie (CR)	3:00 Shopping at Albertson's	3:00 Expoza Travels on YouTube (B)
5:00 Weekend Netflix Series:	SOMEBODY FEED PHIL	Paranormal Caught on Camera (B)	5:00 YouTube Nature Series:	5:00 Netflix Documentary Movie:	5:00 Netflix Movie of the Week:	5:00 Netflix Period Movies:
THE GENTLEMEN			Wonders of the World (B)	Lorena: The Light Footed Woman	Our Residents' Choice (TR)	BBC's Call the Midwife (B)
World Heart Day 29	International Translation Day 30			-	-	100 C
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	L = Lobby			. 🦻 👞	
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	TR = Theater Room			a solo	
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Special Guest (AR)	CK = Country Kitchen	+ + + + +			
10:00 Group Coloring Class (B)	2:00 RV Travelling Robert -YouTube (B)	AR = Activity Room	DATDIOT DAV	PPUP	moply	
2:00 Netflix Adventure Series:	3:00 Large Word Find Puzzles (B)	BP = Back Patio	TRIOT DAY	() · · · ·	NI SUV	
A Discovery of Witches (B)	4:00 Regular Football Season Games (B)	CR = Conference Room	* * * * * WE WILL NEVER FORGET			
3:00 Expoza Travels on YouTube (B)	5:00 Netflix Travel Series at the Bistro:	LR = Living Room	1+++*	M S		
5:00 Weekend Netflix Series:	SOMEBODY FEED PHIL	FE = Front Entrance		Heritage Springs	~ U ~	and the second sec
THE GENTLEMEN				Assisted Living Memory Care		
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Heritage Springs Assisted Living Events

All Activities Subject to Change by the Life Enrichment Director



