

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Exercise <b>1</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:00 <b>Ice Cream Sandwiches</b> 3:00 Trivia 4:00 Stretch/Flex with Music	9:00 Exercise <b>2</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:00 <b>Cooking with Steph</b> 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>3</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Finish the Sentence 2:30 Refreshments 3:00 Sing Along 4:00 Stretch/Flex with Music	9:00 Exercise <b>4</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:00 <b>Build a Snack</b> 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>5</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:30 Refreshments 3:00 Ring Toss 4:00 Stretch/Flex with Music
9:00 Exercise <b>6</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>7</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 <b>Cookout with Residents</b> 2:30 <b>Outside Games</b> 3:30 Refreshments 4:00 Stretch/Flex with Music <small>Labor Day</small>	9:00 Exercise <b>8</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 <b>Popcorn /Classic Movie</b> 3:30 Trivia 4:00 Stretch/Flex with Music	9:00 Exercise <b>9</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:00 <b>Cooking with Steph</b> 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>10</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Finish the Sentence 2:00 <b>Pizza Party /Traditions</b> 3:00 Sing Along 4:00 Stretch/Flex with Music	9:00 Exercise <b>11</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:00 <b>Build a Snack</b> 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>12</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:30 Refreshments 3:00 Ring Toss 4:00 Stretch/Flex with Music
9:00 Exercise <b>13</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music <small>Grandparents Day</small>	9:00 Exercise <b>14</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 <b>Gathan Graham</b> 1:30 Art 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>15</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 Refreshments 3:00 Trivia 4:00 Stretch/Flex with Music	9:00 Exercise <b>16</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>17</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Finish the Sentence 2:00 <b>Residents B-Day Party</b> 3:00 Sing Along 4:00 Stretch/Flex with Music	9:00 Exercise <b>18</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music <small>Rosh Hashanah Begins</small>	9:00 Exercise <b>19</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:30 Refreshments 3:00 Ring Toss 4:00 Stretch/Flex with Music <small>Oktoberfest Begins</small>
9:00 Exercise <b>20</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>21</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:30 <b>Nacho's/ "fake" Margaritas</b> 4:00 Stretch/Flex with Music	9:00 Exercise <b>22</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 <b>Kelly Almond</b> 3:00 Trivia 4:00 Stretch/Flex with Music <small>Autumn Begins</small>	9:00 Exercise <b>23</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:00 <b>Pizza Party/Traditions</b> 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>24</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Finish the Sentence 2:30 Refreshments 3:00 Sing Along 4:00 Stretch/Flex with Music	9:00 Exercise <b>25</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 2:00 <b>FALL FISHING AND FOOTBALL PARTY</b> 	9:00 Exercise <b>26</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:30 Refreshments 3:00 Ring Toss 4:00 Stretch/Flex with Music
9:00 Exercise <b>27</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music <small>Yom Kippur Begins</small>	9:00 Exercise <b>28</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 10:30 <b>Gathan Graham</b> 1:30 Art 2:30 Refreshments 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	9:00 Exercise <b>29</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Crafts 2:30 <b>Cooking with Steph</b> 3:00 Trivia 4:00 Stretch/Flex with Music	9:00 Exercise <b>30</b> 9:30 Coffee/Chat 10:00 Touch of Beauty 11:00 Helping Hands 1:30 Art 2:00 <b>Ice Cream Floats</b> 3:00 Whack a Noodle 4:00 Stretch/Flex with Music	 <h1>September 2020</h1>		

ACTIVITIES ARE SUBJECT CHANGE!!