

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy Birthday Louise! 1:30 Silver Sneakers 2:30 Wheel of Fortune 1	No admin Staff on site 2	9-12 Portraits 1-4 Portraits 10 Flexibility with Hand Strength 11 Uptown Errands 1 Silver Sneakers 2:30 Craft Corner 3:45 Tele Rehab Check In 3	10 Senior Strength (Bands) 11 Hand Massage 1 Paper Airplane Competition and Test Flight 2:30 Ice Cream Social and Putting Green 3:45 Tele Rehab Check In 4	10 Flexibility with Hand Strength 11 Silver Sneakers 1 Golden Rewards Pop-Up Shop (WPL Punch card) 2:30 Happy Hour with Cribbage 3:45 Tele Rehab Check In 5	10 Standing Balance 11 Nail Care 1 Crochet Club 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services 6	1:30 Cornhole 2:30 Words That Start With S 7
1:30 Silver Sneakers 2:30 Name 10 8	10 Standing Balance 11 Resident Meeting 1 Bingo with 50/50 3 Hand massage 3:45 Tele Rehab Check In 9	10 Flexibility with Hand Strength 11 Uptown Errands with Coffee 1 Silver Sneakers 2:30 Craft Corner 3:45 Tele Rehab Check In 10	10 Senior Strength (Weights) 11 Picnic and Games at Grande Cache Lake 3:45 Tele Rehab Check In 11	10 Flexibility with Hand Strength 11 Cooking with Edwina 1 Silver Sneakers 2:30 Happy Hour with Whist 3:45 Tele Rehab Check In 12	10 Standing Balance 11 Nail Care 1 Crochet Club 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services 13	1:30 Darts 2:30 Words in a Word 14
1 Silver Sneakers 2 Pet Visit with Blue 15	10 Standing Balance 11 What's in The Box? 1 Bingo with 50/50 3 Hand Massage 3:45 Tele Rehab Check In 16	10 Flexibility with Hand Strength 11 Uptown Errands 1 Drumming with Susan O'Reilly 2:30 Craft Corner 3:45 Tele Rehab Check In 17	10 Senior Strength (Joint Rotation) 11:30 Lunch and Ice Cream @Dairy Queen 2:30 Billiards 3:45 Tele Rehab Check In 18	10 Flexibility with Hand Strength 11 Silver Sneakers 1 Modgepodge with Lise 2:30 Happy Hour with Yahtzee 3:45 Tele Rehab Check In 19	10 Standing Balance 11 Nail Care 1:15 Mindful Movement with Kelly 2:30 Tele Rehab 3:45 Tele Rehab Check In 4 Catholic Services 20	1:30 Ladder Ball 2:30 Board Games- Residents Choice 21
1:30 Silver Sneakers 2:30 Conversation Catch First Day of Fall 22	Happy Birthday Renate! 10 Standing Balance 11 Name that Tune/Sing Along 1 Bingo with 50/50 3 Hand Massage 3:45 Tele Rehab Check In 23	10 Flexibility with Hand Strength 11 Axe Throwing 1 Silver Sneakers 2:30 Craft Corner 3:45 Tele Rehab Check In 24	10 Senior Strength (Bands) 11 Shuffleboard 1:30 Movie Matinee 3:45 Tele Rehab Check In 25	10 Flexibility with Hand Strength 11 Silver Sneakers 1:30 Pet Visit with Coco 3 Happy Hour with Giant Jenga 630 Musical performance at the Golden Age Club 3:45 Tele Rehab Check In 26	Tourist For a Day 10 Tourism Center for VR and Presentation/Activity 1 Trip to the Labyrinth 2:30 Ice Cream at Rocky the Ram 4 Catholic Services 27	1:30 Chair Yoga 2:30 Word Association Game 28
1:30 Silver Sneakers 2:30 Connect 4 29	Truth and Reconciliation 10 Standing Balance 11 Let's Go for a Drive 1 Honoring Truth and Reconciliation TBA 3:45 Tele Rehab Check In 30	SUBJECT TO CHANGE There is an appointment sheet for nail care on the ACTIVITY OFFICE window. Each spot is 15 minutes. If you require fingers and toes this will be 30 minutes and please mark off 2 time slots.				