



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DIMENSIONS OF WELLNESS</b>					<b>1</b>	<b>2</b>
 Physical  Emotional  Spiritual  Environmental  Vocational  Social  Intellectual 	 <div>SEPTEMBER</div> 			<i>Self Improvement Month</i>  <i>Check out the weekly self improvement themed activities in September.</i>	 10:00am American Chess Day Games  10:30am General Store  11:30am Friday Foodie Outing - IHOP  2:00pm Exercise - Low impact  3:00pm Euchre  Resident Council Candidate Reveal	 1:00pm Crochet Group  3:30pm Walking Group  7:00pm Poker Night - Resident Led
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
 9:30am Highland Avenue Church of the Brethren  2:00pm Northwest Bible Baptist Church Onsite Sunday Service  3:30pm Walking Group	 9:30am Walking Group  10:00am The Hammer - Mystery/Thriller (Hulu)  11:00am Arts & Crafts  2:00pm A Little White Lie - Comedy (Hulu)  7:00pm Yahtzee  Labor Day	 9:45am Exercise - Low impact  10:00am Jumbo Uno  10:30am Dollar Tree - 1 Group  1:45pm General Store  2:00pm AA  2:00pm Library  3:30pm Bingo  7:00pm Five Crowns - Resident Led	 8:30am Physician Appointments  10:00am Wii Puck Bowling (join anytime)  10:00am Wednesday Worship  12:30pm Nat'l Read A Book Day - Book Giveaway  2:00pm Resident Council Officer Meeting  2:00pm Exercise - Low impact  3:00pm Non-denominational Bible study-resident led	 9:30am Walking Group  10:00am Women's Bible Study w/ Helen  10:30am iN2L demo/sign up  1:30pm Dollar Tree - 1 Group  2:30pm Dungeons & Dragons  7:20pm Lions @ Chiefs (NBC)	 9:45am Exercise - Low impact  10:30am Self Improvement Month  10:30am General Store  1:00pm Word Wheel game - iN2L (join anytime)  2:00pm Star Trek Day - Star Trek (Netflix)  3:00pm Freehand Mindfulness Art Series	 1:00pm Crochet Group  3:30pm Walking Group  7:00pm Poker Night - Resident Led
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
 9:30am Highland Avenue Church of the Brethren  2:00pm Northwest Bible Baptist Church Onsite Sunday Service  3:25pm Packers @ Bears (Fox)  3:30pm Walking Group  7:20pm Cowboys @ Giants (NBC) <i>Grandparents Day</i>	 10:00am Exercise - Low impact  10:30am iN2L Trivia Hour in the Pub (join anytime)  12:00pm Self Improvement Month - Journaling  3:30pm Card Bingo  7:00pm Yahtzee  7:15pm Bills @ Jets (ABC)  <i>Patriot Day</i>	 9:30am Walking Group  10:00am Jumbo Uno  11:30am Nat'l Video Games Day - Wii Mario Kart  1:45pm General Store  2:00pm AA  3:30pm Cranium Crunches & Brain Games  7:00pm Five Crowns - Resident Led	 8:30am Physician Appointments  10:00am Wednesday Worship  10:30am Exercise - Low impact  12:30pm Positive Thinking Day - Arts & Crafts  2:30pm A League of Their Own  3:00pm Non-denominational Bible study-resident led   <i>Positive Thinking Day</i>	 9:30am Walking Group  10:00am Woodman's - 1 Group  10:00am Women's Bible Study w/ Helen  1:00pm Walmart - 1 Group  2:30pm Dungeons & Dragons  3:30pm Nat'l Coloring Day Activity	 9:45am Exercise - Low impact  10:30am General Store  12:00pm Arts & Crafts (join anytime)  1:00pm Sports Trivia in the Pub  2:00pm Nat'l Online Learning Day - Duolingo language - Self Improvement month  3:00pm Euchre  <i>Rosh Hashanah</i>	 1:00pm Crochet Group  1:00pm The Dark Knight Movie  3:30pm Walking Group  1:00pm The Dark Knight Rises Movie  7:00pm Poker Night - Resident Led
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
 9:30am Highland Avenue Church of the Brethren  12:00pm Bears @ Buccaneers (Fox)  2:00pm Northwest Bible Baptist Church Onsite Sunday Service  3:30pm Walking Group  7:20pm Dolphins @ Patriots (NBC)	 10:00am Exercise - Low impact  11:00am Rice Krispies Treats Day snacks & social  12:30pm Open Arts & Crafts Time  3:00pm Concentration/Matching Game (Cards)  7:00pm Yahtzee  7:15pm Browns @ Steelers (ABC)	 9:30am Walking Group  10:00am Quarterly Apartment Inspections  10:00am Jumbo Uno  1:45pm General Store  2:00pm AA  2:00pm Library-Self Improvement Month - read a book  3:30pm Bingo  7:00pm Five Crowns - Resident Led	 8:30am Physician Appointments  10:00am Exercise - Low impact  10:00am Wednesday Worship  12:30pm Nat'l String Cheese Day giveaway in the pub  2:00pm Resident Council Open Mtg - Officer ELECTIONS  3:00pm Non-denominational Bible study-resident led  3:00pm September Birthday Celebration	 9:30am Walking Group  10:00am Women's Bible Study w/ Helen  11:00am Movie Theater Outing-Movie Title TBD  12:30pm iN2L Trivia Hour in the Pub (join anytime)  2:30pm Dungeons & Dragons	 10:00am Exercise - Low impact  10:30am General Store  12:30pm iN2L Traveling Game Time  1:30pm Hobbit Day Movie: The Hobbit An Unexpected Journey (Hulu)  3:00pm Freehand Mindfulness Art Series	 1:00pm Crochet Group  3:30pm Walking Group  7:00pm Poker Night - Resident Led  
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
 9:30am Highland Avenue Church of the Brethren  2:00pm Northwest Bible Baptist Church Onsite Sunday Service  3:25pm Bears @ Chiefs (Fox)  3:30pm Walking Group  7:20pm Steelers @ Raiders (NBC)  <i>Yom Kippur</i>	 10:00am Exercise - Low impact  10:30am Dollar Tree - 1 Group  2:00pm National Lobster Day Social  3:00pm St. Mary's Mass  6:15pm Eagles @ Buccaneers (ABC)  7:00pm Yahtzee	 9:30am Walking Group  10:00am Jumbo Uno  10:00am Self Improvement Month  10:00am Healthy Eating DIY (Yogurt Parfait)  1:45pm General Store  2:00pm AA  2:00pm Food Council Meeting  7:00pm Five Crowns - Resident Led	 8:30am Physician Appointments  10:00am Darts in the Pub  10:00am Wednesday Worship  1:00pm Cranium Crunches & Brain Games  3:00pm Non-denominational Bible study-resident led  3:30pm Exercise - Low impact	 9:30am Walking Group  10:00am Women's Bible Study w/ Helen  11:00am Culver's Outing - 1 Group  2:00pm Town Hall  2:30pm Dungeons & Dragons  3:30pm Card Bingo	 10:00am Nat'l Coffee Day Social  10:00am Exercise - Low impact  10:30am General Store  1:30pm Fall Craft (join anytime)  3:00pm Euchre	 1:00pm Crochet Group  3:30pm Walking Group  7:00pm Poker Night - Resident Led  

 iN2L Touch screen technology.  Contact Tiffany or Cassandra to schedule your appointment.

 **Activities are subject to change.** If you would like to request an activity/service not reflected on the calendar, please notify Resident Services.

 **Nursing vitals checks:**  
 ➤ Full monthly set of vitals, which includes weight and bp, will be done during the first week of the month.  
 ➤ Daily vitals will be done once per day by the P.M. shift.

 *Rice Krispies  
Treats Day Social*  
  
*September 18  
2:00-3:00p.m.  
Residents* 

 *National Lobster  
Day Social*  
  
*September 25  
2:00-3:00p.m.  
Residents* 

 *National Coffee  
Day Social*  
  
*September 29  
10:00-11:00a.m.  
Residents* 