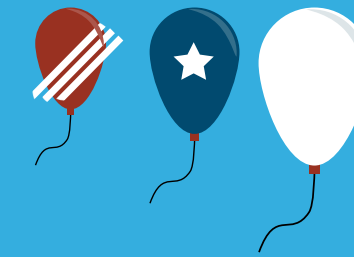


# HAPPY LABOR DAY



SEPTEMBER 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

### Meeting Places

- RM** Room
- L1** Location 1
- Out** Outside
- ActRm** Activity Room
- ODP** Outdoor Patio
- DR** Dining Room
- TH** Theater

Monthly Wellness Checks with Nursing Conducted the 1st thru 10th.

If you would like an activity/service not reflected on the calendar please see RSC/Administrator.

Activities are subject to change.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			<b>01</b> 09:30   Independent Walking or Exercise <b>RM</b> 10:30   Mobile Activity Cart <b>L1</b> 01:00   Mobile Library <b>L1</b>	<b>02</b> 09:30   Independent Walking or Exercise <b>RM</b> 10:30   Activity Cart- Coloring Pages <b>RM</b> 02:00   Mobile General Store <b>RM</b>	<b>03</b> 09:30   Independent Walking or Exercise <b>RM</b> 01:00   Door Games <b>RM</b> 03:00   Mobile Snack Cart <b>RM</b>	<b>04</b> 09:30   Independent Walking or Exercise <b>RM</b> 01:00   Doorway Trivia <b>RM</b> 03:00   Activity Cart- Craft Projects <b>RM</b>	<b>05</b> 10:00   Puzzle Packet Delivery- Fill out and return to earn Smart Bucks <b>RM</b> 01:00   Independent TV of your choice <b>RM</b>
<b>06</b> 10:30   Channel 8 Catholic Mass <b>RM</b> 01:00   Independent TV of your choice <b>RM</b> 02:30   Independent Walking <b>RM</b>	<b>Labor Day 07</b> 09:30   Independent Walking or Exercise <b>RM</b> 01:00   Activity Cart- Nostalgic Themed Postcards <b>RM</b> 02:00   Mobile General Store <b>RM</b>	<b>08</b> 09:30   Independent Walking or Exercise <b>RM</b> 01:00   Getting to Know You Game <b>RM</b> 03:00   Activity Cart- Games <b>RM</b>	<b>09</b> 09:30   Independent Walking or Exercise <b>RM</b> 12:00   Activity Cart- Number Puzzles <b>RM</b> 02:00   Mobile General Store <b>RM</b>	<b>10</b> 09:30   Independent Walking or Exercise <b>RM</b> 01:00   Thirsty Thursday Mobile Drink Cart <b>RM</b> 03:00   Room Visits <b>RM</b>	<b>11</b> 09:30   Independent Walking or Exercise <b>RM</b> 01:00   Remembering 9/11 Facts & Trivia - Cart Delivery <b>RM</b> 03:00   Crossword Puzzle Books- Door Delivery <b>RM</b>	<b>12</b> 10:00   Puzzle Packet Delivery- Fill out and return to earn Smart Bucks <b>RM</b> 01:00   Independent TV of your choice <b>RM</b>	
<b>13</b> 10:30   Channel 8 Catholic Mass <b>RM</b> 12:00   Independent Walking <b>Out</b> 02:00   Virtual Grandparents Day Celebration <b>RM</b> 03:00   Independent TV of your choice <b>RM</b>	<b>14</b> 10:00   Sit & Be Fit <b>ActRm</b> 01:00   Mobile General Store <b>RM</b> 02:00   Outdoor Concert by Robert Farmer <b>ODP</b> 03:00   Hawaiian Day- Mobile Fruit Tray Delivery <b>RM</b>	<b>15</b> 10:00   Balance Class <b>ActRm</b> 01:00   Crafter's Cove: Rock Painting <b>ActRm</b> 02:30   Taco Tuesday- Mobile Walking Taco Activity Cart <b>RM</b>	<b>16</b> 09:00   Super Hero Day- Wear your favorite Super Hero Shirt <b>RM</b> 10:00   Chair Yoga <b>ActRm</b> 01:00   Super Hero Craft <b>ActRm</b> 02:00   Mobile General Store <b>RM</b>	<b>17</b> 09:00   Baseball Day- Wear your favorite team <b>RM</b> 10:00   Octaband Exercise <b>ActRm</b> 01:00   Baseball Trivia <b>ActRm</b> 02:00   Welcome Bag Delivery <b>RM</b> 03:00   Outdoor Concert: James sings Frank Sinatra <b>ODP</b>	<b>18</b> 09:00   Patriotic Day- Wear Red, White, and Blue <b>RM</b> 10:00   Walking Club <b>L1</b> 01:00   Getting To Know You- Group Chat <b>ActRm</b> 02:00   Kona Ice Truck Visit <b>Out</b>	<b>19</b> 10:00   Puzzle Packet Delivery- Fill out and return to earn Smart Bucks <b>RM</b> 01:00   Independent TV of your choice <b>RM</b>	
<b>20</b> 10:30   Channel 8 Catholic Mass <b>RM</b> 01:00   Independent TV of your choice <b>RM</b> 03:00   Independent Walking <b>Out</b>	<b>21</b> 10:00   Sit & Be Fit <b>ActRm</b> 01:00   Name That Tune <b>ActRm</b> 02:00   Mobile General Store <b>RM</b>	<b>22</b> 10:00   Balance Class <b>ActRm</b> 01:00   Crafter's Cove- Acrylic Painting <b>ActRm</b> 02:00   Cooking Demo w Chef- Togo Cookies <b>ActRm</b>	<b>23</b> 10:00   Yoga Class <b>ActRm</b> 01:00   Bingo <b>DR</b> 02:00   Mobile General Store <b>RM</b>	<b>24</b> 10:00   Octaband Exercise w Music <b>ActRm</b> 01:30   Thirsty Thursday- Mobile Drink Cart Delivery <b>RM</b> 03:00   Hallway Games w/ Lisa <b>RM</b>	<b>25</b> 10:00   Chair Dancing Fitness- Through The Decades <b>ActRm</b> 01:30   Afternoon Movie- with Popcorn to go <b>TH</b> 03:30   Afternoon Stroll <b>Out</b>	<b>26</b> 10:00   Puzzle Packet Delivery- Fill out and return to earn Smart Bucks <b>RM</b> 01:00   Independent TV of your choice <b>RM</b>	
<b>27</b> 10:30   Channel 8 Catholic Mass <b>RM</b> 01:00   Independent Walking <b>Out</b> 03:00   Independent TV of your choice <b>RM</b>	<b>28</b> 10:00   Sit & Be Fit <b>ActRm</b> 01:00   52 Card Bingo- Card Game <b>ActRm</b> 02:00   Mobile General Store <b>RM</b>	<b>29</b> 10:00   Balance Class <b>ActRm</b> 01:30   Bunco- Dice Game <b>ActRm</b> 03:00   Mobile Library <b>RM</b>	<b>30</b> 10:00   Yoga Class <b>ActRm</b> 01:00   Bingo <b>DR</b> 02:30   Mobile General Store <b>RM</b>				