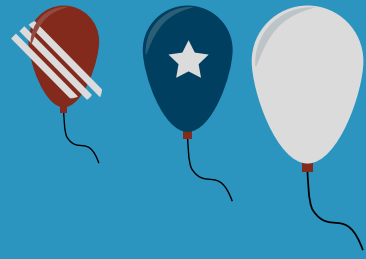


If you would like an activity not reflected on the calendar, please see the RSC or Administrator.



Activities are subject to change.

# HAPPY LABOR DAY

SEPTEMBER 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



## Dimensions of Wellness

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

## Meeting Places

- FTA** Front TV Area
- ACT1** Activity Room 1
- RMS** Rooms
- GP** Game Parlor
- AR2** Activity Room 2
- CF** Cafe
- MR** Meeting Room
- AK** Activities Kitchen

01	02	03	04	05	06	07
<b>01</b> 09:00 Religious Service on TV <b>FTA</b> 10:30 Exercise Class <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Bingo Game <b>ACT1</b> 06:00 Independent-Hobby Stations <b>ACT1</b>	<b>Labor Day</b> <b>02</b> 08:30 Room Visits <b>RMS</b> 10:00 Fit & Fabulous Exercise Class <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Jokes & Juice <b>ACT1</b> 03:00 Hand Massages <b>ACT1</b> 06:00 Movie Hour <b>FTA</b>	<b>03</b> 08:30 Room Visits <b>RMS</b> 10:00 Kickball Exercise <b>ACT1</b> 01:30 Who am I? <b>ACT1</b> 03:00 Wii have fun! <b>FTA</b> 07:05 Cubs game on TV <b>GP</b>	<b>04</b> 08:30 Room Visits <b>RMS</b> 10:00 Fitness Class <b>ACT1</b> 01:30 Bingo Game <b>ACT1</b> 03:00 Juice Time <b>ACT1</b> 06:00 Movie <b>FTA</b>	<b>05</b> 08:30 Room Visits <b>RMS</b> 10:00 Pom Pom Exercise <b>ACT1</b> 01:30 Sing Along <b>ACT1</b> 03:00 Communion <b>AR2</b> 06:00 Cubs Game on TV <b>FTA</b>	<b>06</b> 08:30 Room Visits <b>RMS</b> 10:00 Noodle Exercise <b>ACT1</b> 11:00 Nail Care <b>ACT1</b> 02:30 Birthday Bash <b>ACT1</b> 07:10 Cubs Game on TV <b>FTA</b>	<b>07</b> 10:00 Exercise Class <b>ACT1</b> 10:30 Manicures <b>ACT1</b> 03:00 Hobby Stations <b>ACT1</b> 06:00 Movie Time <b>FTA</b> 06:10 Cubs Game on TV <b>FTA</b>
<b>08</b> 09:00 Religious Service on TV <b>FTA</b> 10:30 Exercise Class <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Bingo Game <b>ACT1</b> 06:00 Independent-Hobby Stations <b>ACT1</b>	<b>09</b> 08:30 Room Visits <b>RMS</b> 10:00 Music & Movement Class <b>ACT1</b> 02:00 Coffee Clutch <b>CF</b> 03:00 Music Mania <b>ACT1</b> 06:00 Family Council <b>MR</b> 07:10 Cubs Game on TV <b>FTA</b>	<b>10</b> 08:30 Room Visits <b>RMS</b> 10:00 Fit & Fabulous Exercise Class <b>ACT1</b> 01:30 Mocktails & Music <b>FTA</b> 03:00 Ice Cream Social <b>AR2</b> 07:10 Cubs Game on TV <b>FTA</b>	<b>11</b> 08:30 Room Visits <b>RMS</b> 10:00 Move to the Music <b>ACT1</b> 01:30 Sip & Paint <b>ACT1</b> 03:00 Trivia <b>ACT1</b> 07:10 Cubs Game on TV <b>FTA</b>	<b>12</b> 08:30 Room Visits <b>RMS</b> 10:00 Strength Training Class <b>ACT1</b> 12:40 Cubs Game on TV <b>FTA</b> 01:30 Adult Coloring <b>ACT1</b> 03:00 Communion <b>AR2</b> 06:00 Movie Time <b>FTA</b>	<b>13</b> 08:30 Room Visits <b>RMS</b> 10:00 Exercise Class <b>ACT1</b> 11:00 Nail Care <b>ACT1</b> 01:30 Happy Hour <b>ACT1</b> 02:30 Resident & Food Council Meeting <b>FTA</b> 03:05 Cubs Game on TV <b>FTA</b>	<b>14</b> 10:00 Shake, Rattle & Roll Exercise Class <b>ACT1</b> 10:30 Manicures <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 02:00 Family Picture Day <b>ACT1</b>
<b>15</b> 09:00 Religious Service on TV <b>FTA</b> 10:30 Exercise Class <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Bingo Game <b>ACT1</b> 06:00 Independent-Hobby Stations <b>ACT1</b>	<b>16</b> 08:30 Room Visits <b>RMS</b> 10:00 Pom Pom Exercise Class <b>ACT1</b> 01:30 Reading my favorite book <b>ACT1</b> 03:00 Coffee & Tea Social <b>CF</b> 07:05 Cubs Game on TV <b>FTA</b>	<b>17</b> 08:30 Room Visits <b>RMS</b> 10:00 Noodle Exercise <b>ACT1</b> 01:30 Trivia <b>ACT1</b> 03:00 Juice & Jokes <b>ACT1</b> 07:05 Cubs Game on TV <b>FTA</b>	<b>18</b> 08:30 Room Visits <b>RMS</b> 10:00 Exercise with the Oldies <b>ACT1</b> 01:30 Animal Bingo Game <b>ACT1</b> 03:00 Wii have FUN! <b>ACT1</b> 07:00 Cubs Game on TV <b>FTA</b>	<b>19</b> 08:30 Room Visits <b>RMS</b> 10:00 Strength Training <b>ACT1</b> 01:30 Fall Craft Activity <b>ACT1</b> 03:00 Communion <b>AR2</b> 06:00 Show Time <b>ACT1</b> 06:15 Cubs Game on TV <b>FTA</b>	<b>20</b> 08:30 Room Visits <b>RMS</b> 10:00 Fit & Fabulous Exercise Class <b>ACT1</b> 11:00 Nail Care <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Happy Hour <b>ACT1</b>	<b>21</b> 10:00 Exercise Class <b>ACT1</b> 10:30 Manicures <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 03:00 Coffee Clutch <b>CF</b>
<b>22</b> 09:00 Religious Service on TV <b>FTA</b> 10:30 Exercise Class <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Bingo Game <b>ACT1</b> 06:00 Independent-Hobby Stations <b>ACT1</b>	<b>23</b> 08:30 Room Visits <b>RMS</b> 10:00 Move to the Music Exercise Class <b>ACT1</b> 01:30 Creative Cooking Class <b>AK</b> 03:00 Wii have FUN! <b>GP</b> 06:00 Old Time Programs <b>FTA</b>	<b>24</b> 08:30 Room Visits <b>RMS</b> 10:00 Dance Party <b>ACT1</b> 01:30 Hand Massage <b>ACT1</b> 03:00 Beach Bingo Game <b>ACT1</b> 07:05 Cubs Game on TV <b>FTA</b>	<b>25</b> 08:30 Room Visits <b>RMS</b> 10:00 Fitness Class <b>ACT1</b> 01:30 Music <b>ACT1</b> 03:00 Bags Game <b>ACT1</b> 07:05 Cubs Game on TV <b>FTA</b>	<b>26</b> 08:30 Room Visits <b>RMS</b> 10:00 Exercise Class <b>ACT1</b> 01:30 Reminisce- All things Fall! <b>ACT1</b> 03:00 Communion <b>AR2</b> 06:00 Movie Time <b>FTA</b> 07:05 Cubs Game on TV <b>FTA</b>	<b>27</b> 08:30 Room Visits <b>RMS</b> 10:00 Exercise with Elvis <b>ACT1</b> 11:00 Nail Care <b>ACT1</b> 01:30 Mocktails & Music <b>ACT1</b> 07:15 Cubs Game on TV <b>ACT1</b>	<b>28</b> 10:00 Exercise Class <b>ACT1</b> 10:30 Manicures <b>ACT1</b> 03:00 Hand Massage <b>ACT1</b> 06:15 Cubs Game on TV <b>FTA</b>
<b>29</b> 09:00 Religious Service on TV <b>FTA</b> 10:30 Exercise Class <b>ACT1</b> 01:20 Cubs Game on TV <b>FTA</b> 01:30 Bingo Game <b>ACT1</b> 06:00 Independent-Hobby Stations <b>ACT1</b>	<b>30</b> 08:30 Room Visits <b>RMS</b> 10:00 Move to the Music Exercise Class <b>ACT1</b> 01:30 Bingo Game <b>ACT1</b>	Resident Birthdays:  9/5- Barb H. 9/14- Charlotte E.				