

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# September 2022

## Inspirations Activities Calendar

September 11-17<sup>th</sup> is National Assisted Living Week!  
Check out the schedule each day that week to celebrate with us!

<p>9:30 Let's Dance! 10:30 Hydration 11:00 Good News 12:00 Hand Care/Lunch 1:45 White Board Games <b>3:00 Sunday Funday!</b> <b>Entertainment by Big Rich in the Lobby</b> 5:00 Dinner</p> <p style="text-align: right;"><b>4</b></p>	<p style="text-align: center;"><b>Labor Day!</b></p> <p>9:30 Sit &amp; Be Fit 10:30 Hydration 11:00 Summertime Trivia 12:00 Hand Care/Lunch 2:30 Labor Day Social! 5:00 Dinner</p> <p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><small>Labor Day</small></p>	<p>8:45 Catholic Communion 9:30 Let's Dance! 10:00 Nails with Connie! 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Dominoes Game 5:00 Dinner</p> <p style="text-align: right;"><b>6</b></p>	<p><b>9:30 Guitar Music with David!</b> 10:30 Current Events 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:00 Break the Ice! 5:00 Dinner</p> <p style="text-align: right;"><b>7</b></p>	<p>9:30 Sit &amp; Be Fit Video 10:30 I Love Lucy 11:00 Hydration 12:00 Hand Care/Lunch <b>2:00 Yoga with Natalie!</b> 3:30 Ring Toss Game 5:00 Dinner</p> <p style="text-align: right;"><b>8</b></p>	<p>9:30 Morning Movement 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Pool Party! 3:00 Snack and Drink Break 5:00 Dinner</p> <p style="text-align: right;"><b>2</b></p>	<p>9:30 Relaxation Music 10:30 I Dream of Jeannie 11:00 Hydration 12:00 Hand Care/Lunch 2:00 Noodle Ball! 3:30 The Letter Game 5:00 Dinner</p> <p style="text-align: right;"><b>3</b></p>
<p style="text-align: center;"><b>Happy Grandparents Day!</b></p> <p>9:30 Morning Exercise 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Remember When... <b>3:00 Grandparents Day Celebration with Entertainment by Les in the Lobby</b> 5:00 Dinner</p> <p style="text-align: right;"><b>11</b></p> <p style="text-align: center;"><small>Grandparents Day</small></p>	<p style="text-align: center;"><b>Superhero Day! Dress in Your Super Gear!</b></p> <p>9:30 Sit &amp; Be Fit 10:30 Hydration 11:00 Hero Trivia 12:00 Hand Care/Lunch <b>1:45 Super Sweet Treats!</b> 3:00 Short Stories 5:00 Dinner</p> <p style="text-align: right;"><b>12</b></p>	<p style="text-align: center;"><b>Neon Day! Wear Your Brightest Colors!</b></p> <p>8:45 Catholic Communion 9:30 Seated Tai Chi Video 10:00 Nails with Connie! 11:00 Hydration 12:00 Hand Care/Lunch <b>2:00 Neon Party!</b> 3:30 Bingo! 5:00 Dinner</p> <p style="text-align: right;"><b>13</b></p>	<p style="text-align: center;"><b>Sports Day! Wear Your Favorite Team's Gear!</b></p> <p>9:30 Seated Yoga Video 10:30 Hydration 11:00 Sports Trivia 12:00 Hand Care/Lunch <b>2:00 Tailgate Snacks in the Bistro!</b> 3:00 Cornhole Game! 5:00 Dinner</p> <p style="text-align: right;"><b>14</b></p>	<p style="text-align: center;"><b>Hawaiian Day! Wear Your Best Luau Attire!</b></p> <p>9:30 Relaxation Music 10:30 Seated Yoga Class Video 11:00 Hydration 12:00 Hand Care/Lunch 2:00 Cookies &amp; Coffee <b>3:00 Hawaiian Luau in the Bistro!</b> 5:00 Dinner</p> <p style="text-align: right;"><b>15</b></p>	<p style="text-align: center;"><b>Formal Day! "Dress Your Best!"</b></p> <p>9:30 Seated Yoga Exercise 10:30 Hydration 11:00 Remember When.. 12:00 Hand Care/Lunch <b>2-4 "An Afternoon in Paris" Party in the Community Room!</b> 5:00 Dinner</p> <p style="text-align: right;"><b>16</b></p>	<p style="text-align: center;"><b>Pajama Day! Wear Your Favorite PJs!</b></p> <p>9:30 Morning Music 10:00 Coffee and Cookies 10:30 Funniest Home Videos 12:00 Hand Care/Lunch 1:45 Hydration 3:00 Popcorn &amp; a Movie! 5:00 Dinner</p> <p style="text-align: right;"><b>17</b></p> <p style="text-align: center;"><small>Oktoberfest Begins</small></p>
<p>9:30 Morning Movement 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Ring Toss <b>3:00 Sunday Funday! Entertainment by Carla Hines in the Lobby</b> 5:00 Dinner</p> <p style="text-align: right;"><b>18</b></p>	<p>9:30 Morning Chat 10:30 Exercise Class 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Arts &amp; Crafts 3:00 Popsicle Pass 5:00 Dinner</p> <p style="text-align: right;"><b>19</b></p>	<p>8:45 Catholic Communion 9:30 Daily Chronicles 10:00 Nails with Connie! 11:00 Ball Bounce 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Fresh Fruit Snack 5:00 Dinner</p> <p style="text-align: right;"><b>20</b></p>	<p><b>9:30 Guitar Music with David!</b> 10:30 Let's Get Moving 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Bowling Tournament 3:30 Finish the Phrase 5:00 Dinner</p> <p style="text-align: right;"><b>21</b></p>	<p>9:30 Lawrence Welk Show 10:30 The Letter Game 11:00 Hydration 12:00 Hand Care/Lunch <b>2:00 Yoga with Natalie!</b> 3:00 Ice Cream Treat! 5:00 Dinner</p> <p style="text-align: right;"><b>22</b></p> <p style="text-align: center;"><small>Autumn Begins</small></p>	<p>9:30 Let's Catch Up 10:30 Noodle Ball! 11:30 Hydration 12:00 Hand Care/Lunch 1:30 Afternoon Outing! 3:00 Dominoes Game 5:00 Dinner</p> <p style="text-align: right;"><b>23</b></p>	<p>9:30 I Love Lucy 10:30 Exercise with Sheri 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Treats for Sylvia's Birthday! 3:00 Movie Matinee 5:00 Dinner</p> <p style="text-align: right;"><b>24</b></p> <p style="text-align: center;"><i>Happy Birthday Sylvia M!</i></p>
<p>9:30 Let's Dance! 10:30 Hydration 11:00 Good News 12:00 Hand Care/Lunch 1:45 Name That Tune <b>3:00 Sunday Funday! Piano Music by Linda in the Lobby</b> 5:00 Dinner</p> <p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><small>Rosh Hashanah Begins</small></p>	<p>9:30 Stroll by the Pond 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Cornhole Game 3:00 Watermelon Snack 5:00 Dinner</p> <p style="text-align: right;"><b>26</b></p>	<p>8:45 Catholic Communion 9:30 Short Stories with Dee 10:00 Nails with Connie! 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Drink Cart 5:00 Dinner</p> <p style="text-align: right;"><b>27</b></p>	<p>9:30 Exercise Class 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Bingo! 3:00 Coffee Break 5:00 Dinner</p> <p style="text-align: right;"><b>28</b></p>	<p>9:30 Morning Music 10:30 White Board Games 11:00 Hydration 12:00 Hand Care/Lunch 2:00 Treats for Max's Birthday! 3:30 I Love Lucy 5:00 Dinner <b>5:30-7 Oktoberfest Party! Happy Birthday Max M!</b></p> <p style="text-align: right;"><b>29</b></p>	<p>9:30 Exercise Class 10:30 Gilligan's Island 11:00 Lunch Outing to Umberto's Pizza! 12:00 Hand Care/Lunch 2:00 Noodle Ball! 3:00 Ice Cream Treat 5:00 Dinner</p> <p style="text-align: right;"><b>30</b></p>	