

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Rocky Marciano Day</u> 1 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Labor Day</u> 2 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 CVS 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>First American Flag Flown in the Battle Day</u> 3 9:15 Walk & Chat 10:30 Volleyball- LR 10:30 Michael's Craft Store 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Zumba Gold- LR 3:45 Poker- AR	4 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:30 Doc Talk w/ Apinya- AR 3:00 Arts & Crafts- AR 4:00 Rummikub- AR	<u>Opening NFL Games Begin Mayflower Anniversary</u> 5 9:15 Walk & Chat 10:30 Volleyball- LR 11:00 More Than Waffles 11:15 Sit & Fit- LR 1:30 Bingo- AR 1:30 Wells Fargo Bank 3:30 Advanced Volleyball- LR	6 9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Yoga- LR 2:15 Rummikub- AR 2:30 Marshall's 3:30 Poker- AR	<u>Anniversary of the First Miss America Pageant</u> 7 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advance Volleyball- LR 5:30 Movie Night (See Posting)
<u>Assisted Living Week Begins Grandparents Day</u> 8 9:15 Bullseye- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	9 9:15 Morning Walk 10:30 Volleyball - LR 10:30 Daiso Japanese Store 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:00 Walgreen's 3:30 Painting w/ Oscar- AR	10 9:15 Walk & Chat 10:30 Volleyball- LR 10:30 Western Bagel 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:45 Poker-AR	<u>Patriot Day Carol Burnett Show Anniversary</u> 11 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Root Beer Floats w/ Theresa- AR 3:00 End of Summer Happy Hour!- AR	<u>Lassie's Birthday</u> 12 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR 5:30 Lassie (Biography)- LR	<u>International Chocolate Day</u> 13 9:15 Morning Walk 10:30 Volleyball - LR 10:30 Ralph's 11:15 Stretch & Flex- LR 1:15 Yoga- LR 1:00 Walmart Porter Ranch 2:15 Rummikub-AR 3:30 Poker- AR	14 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- AR 5:30 Movie Night- LR (See Posting)
15 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Mexican Independence Day</u> 16 9:15 Morning Walk 10:30 Volleyball - LR 10:30 Bargain World 1 Dollar & Up 11:15 Stretch & Flex- LR 1:00 Mid-Valley Library 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>Country Music Day</u> 17 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 12:15 Hobby Lobby 1:15 Trivia Tuesday- AR 2:30 Zumba Gold- LR 3:45 Poker- AR	<u>Play Outside Day National Quesadilla Day</u> 18 9:15 Flu Clinic- LR 10:30 Volleyball- RG 11:15 Stretch & Flex - RG 1:30 Arts & Crafts- LR 3:00 A Taste of Home with Cecilia- AR 4:00 Gabfest w/ Cecilia- AR	<u>World Alzheimer's Day Celebration</u> 19 9:15 Walk & Chat 10:30 Volleyball- LR 11:00 Seafood Buffet 11:00 Celebration of Jewish Life w/ Rabbi Jim- AR 11:15 Sit & Fit- LR 1:30 AD Drumming Circle Celebration!- DR 3:30 Advanced Volleyball- LR	<u>National Wild Life Day</u> 20 9:15 Morning Walk 10:30 Ralph's Market 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga- LR 2:30 Target 2:30 Suzanne's Travels- AR 3:30 Poker- AR	<u>World Alzheimer's Day</u> 21 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- AR 5:30 Movie Night - LR (See Posting) Oktoberfest Begins
22 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting) Autumn Begins	<u>National First Love Day</u> 23 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Painting w/ Oscar- AR	24 9:15 Walk & Chat 10:30 Volleyball- LR 10:30 The Observatory 11:15 Sit & Fit- LR 2:00 Trivia- AR 3:30 Poker- AR	<u>National Centenarian's Day</u> 25 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 12:00 Elvis Is In The House!- DR 1:00 Resident Council- LR 1:30 Town Hall Meeting- LR 2:00 My Memoirs w/ Juanita!	<u>Coffee Day A Poetic Day</u> 26 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 Yogurtland 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	<u>Fall Foliage Day</u> 27 9:15 Fall Foliage Walk 10:30 Trader Joe's 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga- LR 2:00 Ulta, Five Below, Ross & Burlington Factory 2:30 History Lesson w/ Oscar 3:30 Poker- AR	<u>Good Neighbor Day Ed Sullivan Day</u> 28 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:30 Bingo- AR 3:30 Advanced Volleyball- AR 5:30 Movie Night- LR (See Posting)
29 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 3:15 Poker- AR 5:30 Movie Night- LR (See Posting)	<u>Morongo Casino Day First Helicopter Flight Around The World</u> 30 8:00 Morongo Casino Day! 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 3:30 Advanced Volleyball- LR	 <p>Assisted Living</p> <p>*Alzheimer's Awareness Day *Stand Up To Cancer Month</p> <h1>SEPTEMBER 2024</h1> <p>Key Note Living Room = LR Activity Room= AR Rear Garden= RG Dining Room= DR Courtyard= CY</p> <p>*Activities may vary</p>				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<u>Rocky Marciano Day</u> 1 9:15 Sit & Fit 9:45 Walk & Chat 12:45 Bullseye 1:45 Let's Bake Cookies! 2:30 Singalong 3:30 Racquetball	<u>Labor Day</u> 2 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Arts & Crafts 1:45 English 101 2:30 Bingo 3:30 Math w/ Emma	<u>First American Flag Flown In The Battle Day</u> 3 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art with Impact 12:45 History Lesson 1:45 Volleyball 2:30 Bingo 3:30 Zumba Gold!	4 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Garden Chat 12:45 Math 101 2:30 Singalong 3:30 Beach Ball Volleyball	<u>Opening NFL Games Begin Mayflower Anniversary</u> 5 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Lake Balboa Outing 12:45 Balloon Volleyball 1:45 Bingo 3:30 History Lesson	6 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Racquetball 2:30 Yoga w/ Jenny! 3:30 Getting To Know You	<u>Anniversary of the First Miss America Pageant</u> 7 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing Along 11:30 Balloon Volleyball 12:45 Singalong 2:00 Miss American Pageant- Biographies 3:00 Reading 101	
<u>Assisted Living Week Begins Grandparents Day</u> 8 9:15 Sit & Fit 9:45 Walk & Chat 12:45 Bullseye 1:45 Card Match 2:30 Singalong 3:00 Garden Gabfest	9 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Art & Fun! 1:45 Bingo 2:30 Let's Bake Cookies! 3:30 Movie	10 9:15 Stretch & Flex 9:45 Let's Dance! 10:30 Singalong 12:45 Trivia 101 1:45 Outdoor Volleyball 2:30 Singalong 3:30 Unity In Motion	<u>Patriot Day Carol Burnett Show Anniversary</u> 11 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Root Beer Floats! 1:45 Balloon Racquetball 2:30 History Lesson 3:00 End of Summer Happy Hour!	<u>Lassie's Birthday</u> 12 9:15 Walk & Chat 9:45 Sit & Fit 10:30 Van Nuys Airport Outing 12:45 Garden Chat 1:45 Balloon Volleyball 2:30 Let's Dance 3:30 Bingo	<u>International Chocolate Day</u> 13 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Travel 12:45 Show & Tell 1:45 Garden Chat 2:30 Yoga w/ Jenny! 3:30 Sing Along	14 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music Videos 12:45 Sing Along 2:00 History Lesson 2:30 Outdoor Volleyball	
15 9:15 Sit & Fit 9:45 Walk & Chat 1:45 Karaoke 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma	<u>Mexican Independence Day</u> 16 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:45 Bingo 2:30 Let's Bake Cookies! 3:30 History w/ Emma	<u>Country Music Day</u> 17 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 12:45 Singalong 1:45 Puzzle Pieces 2:30 Art with Impact 3:30 Zumba Gold!	<u>Play Outside Day National Quesadilla Day</u> 18 9:00 Flu Clinic- LR 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Singalong 12:45 Racquetball 2:30 Bingo! 3:30 Green Thumb Gardening	<u>World Alzheimer's Day Celebration</u> 19 9:15 Walk & Chat 9:45 Sit & Fit 11:00 Celebration of Jewish Life w/ Rabbi Jim 10:00 Donuts & Sight Seeing 12:45 Singalong 1:30 AD Drumming Circle Celebration- DR 3:00 Card Match	<u>National Wild Life Day</u> 20 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Let's Dance! 12:45 Trivia w/ Emma 2:30 Yoga w/ Jenny! 3:30 Lots of Dots	<u>World Alzheimer's Day</u> 21 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ice Cream Social 12:45 Singalong 2:00 History Lesson 3:00 Kickball Oktoberfest Begins	
22 9:15 Sit & Fit 10:30 Walk & Chat 12:45 Bullseye 1:45 Let's Bake Cookies! 2:30 Singalong 3:30 Racquetball 4:00 Movie- Night Autumn Begins	<u>National First Love Day</u> 23 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Balloon Toss/ Kick 12:45 Card Match 2:30 Bingo 3:30 Busy Buddies- Puzzles	24 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke 12:45 Card Match 1:30 Bingo!	<u>National Centenarian's Day</u> 25 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Card Match 12:00 Elvis Is In The House- DR 1:00 Resident Council- LR 1:30 Town Hall Meeting- LR 2:00 Spa Day! 3:00 Let's Play Bingo!	<u>A Poetic Day</u> 26 9:15 Walk & Chat 9:45 Sit & Fit 10:00 Ice Cream at The Park 10:30 Puzzle Pieces 12:45 Singalong 1:45 Lots of Dots Art 2:30 Math 101 3:30 Music Therapy	<u>Fall Foliage Day</u> 27 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Balloon Volleyball 12:45 Let's Travel 1:30 Drawing 101 2:30 Yoga W/ Jenny! 3:30 Bullseye!	<u>Ed Sullivan Day</u> 28 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ice Cream Social 12:45 Singalong 2:00 History Lesson 3:00 Show & Tell	
29 9:15 Sit & Fit 9:45 Walk & Chat 1:45 Karaoke 2:00 History 101 3:15 Racquetball 4:00 Travel w/ Emma	<u>First Helicopter Flight Around The World</u> 30 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Kickball 12:45 Arts & Crafts 1:45 Bingo 2:30 Let's Bake Cookies! 3:30 History Lesson w/ Emma	Memory Care <div style="text-align: center;"> <h1>September 2024</h1> <p>Key Note Dining Room in AL= DR-AL Living Room in AL= LR-AL</p> </div>				* Activities may vary 	