













SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL ACTIVITIES ARE SUBJECT TO CHANGE.			1 9:00 Be CALM (CH) 9:30 Bingo (AR) 10:30 Stretch & Relax (AR) 1:30 Wheel of Fortune (AR) 2:30 Bible Trivia/Games(CH) 6:00 Cards (AR) 	2 9:00 Drumming (CH) 9:30 Just for Men (AR) 10:00 Men's Coffee (AR) 10:00 Mystery Trip (LB) 11:00 Rosary (CH) 1:30 Craft (AR) 2:30 InspirationalRead(CH) 4:00 Harbor Lights (CH)	3 9:00 Power Hour (FC) 9:30 Women's Coffee & Manicures (AR) 10:30 Be CALM (CH) 1:30 VVC Pep Rally (AR) 	4 9:30 Bingo (AR) 1:30 Games (AR) 
5 Chapel Service 11:00 (CH)	6 	7 9:00 Meijer (LB) 9:00 Be ABLE (FC) 9:30 Tuesday Tea (AR) 10:30 Arthritis Exercise (AR) 11:00 Decorate Cross (CH) 1:30 Pop & Chip Bingo(AR) 2:30 Devotional/Bible (CH) 6:00 Cards (AR)	8 9:00 Be CALM (CH) 9:30 Bingo (AR) 10:30 Stretch & Relax (AR) 11:00 VVC Games (AR) 11:30 Women's Lunch (LB) 1:30 Jeopardy (AR) 2:30 Bible Trivia/Games (CH) 6:00 Cards (AR) 	9 8:00 Van Gogh Trip (LB) 9:00 Drumming (CH) 9:30 Just for Men (AR) 10:00 Men's Coffee (PL) 11:00 Rosary (CH) 1:30 Craft (AR) 2:30 InspirationalRead(CH) 4:00 Harbor Lights (CH) 6:00 Cards (AR)	10 College Colors Day 9:00 Power Hour (FC) 9:30 Women's Coffee & Manicures (AR) 10:30 Be CALM (CH) 1:30 VVC/Happy Hour(AR) College Games (AR)	11 9:30 Bingo (AR) 1:30 Games (AR)
12 Chapel Service 11:00 (CH) 	13 9:00 Cardio Express (FC) 9:30 Bingo (AR) 10:30 Seated Dance (AR) 1:30 Word Games (AR) 2:00 VVC Games (AR) 3:00 Cards (AR) NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12-18, 2021	14 9:00 Kroger (LB) 9:00 Be ABLE (FC) 9:30 Tuesday Tea (AR) 10:30 Arthritis Exercise (AR) 1:30 ResidentAssocMt(CH) 6:00 Cards (AR)	15 9:00 Be CALM (CH) 9:30 Bingo (AR) 10:30 Stretch & Relax (AR) 10:30 Tigers Game (LB) 1:30 Wheel of Fortune (AR) 2:30 Bible Trivia/Games (CH) 3:00 Book Club (AR)	16 9:00 Drumming (CH)  9:30 Just for Men (AR) 10:00 Men's Coffee (PL) 11:00 Rosary (CH) 1:30 Birthday Entertain(CH) 4:00 Harbor Lights (CH) 6:00 Cards (AR)	17 9:00 Circuit on own (FC) 9:30 Women's Coffee & Manicures (AR) 1:30 Happy Hour (AR) Bunco 	18 9:30 Bingo (AR) 1:30 Games (AR) 
19 Chapel Service 11:00 (CH) 4:30 Resident Potluck (AR)	20 9:00 Circuit on own (FC) 9:30 Bingo (AR) 11:00 Exercise Video (AR) 1:30 Crossword (AR) 2:00 VVC Games (AR) 3:00 Cards (AR) 	21 9:00 Kroger (LB) 9:00 Circuit on own (FC) 9:30 Tuesday Tea (AR) 11:00 Exercise Video (AR) 11:30 Men's Lunch (LB) 1:30 Spin to Win Bingo(AR) 2:30 Devotional/Bible (CH)	22 First Day of Fall 9:00 Circuit on own (FC) 9:30 Bingo (AR) 11:00 Exercise Video (AR) 1:30 Chain Reaction (AR) 2:30 Resident Highlight(CH) 6:00 Cards (AR)	23 10:00 Men's Coffee (PL) 11:00 Rosary (CH)	24 9:00 Circuit on own (FC) 9:30 Women's Coffee & Manicures (AR) 11:00 Exercise Video (AR) 1:30 Happy Hour(AR) Karaoke	25 9:30 Bingo (AR) 1:30 Games (AR)
26 Chapel Service 11:00 (CH)	27 9:00 Cardio Express (FC) 9:30 Bingo (AR) 10:30 Seated Dance (AR) 1:30 Word Games (AR) 2:00 VVC Games (AR) 3:00 Cards (AR)	28 9:00 Frankenmuth(LB) 9:00 Be ABLE (FC) 9:30 Tuesday Tea (AR) 10:30 Arthritis Exercise (AR) 1:30 Donut Bingo (AR) 2:30 Devotional/Bible (CH) 6:00 Cards (AR)	29 9:00 Breakfastw/Chaplain(LB) 9:00 Be CALM (CH) 9:30 Bingo (AR) 10:30 Stretch & Relax (AR) 1:30 Polar Bear Party (AR) 2:30 Bible Trivia/Games (CH) 6:00 Cards (AR)	30 9:00 Drumming (CH) 9:30 Just for Men (AR) 10:00 Men's Coffee (PL) 11:00 Rosary (CH) 1:30 Craft (AR) 2:30 InspirationalRead(CH) 4:00 Harbor Lights (CH) 6:00 Cards (AR)	AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center LB-Lobby RT-Restaurant	