









SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (RT) 10:30 Seated Strength (AR) 1:30 Happy Hour (AR) 5:00 Dinner Special (RT)	2 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:00 Cards (AR) 
3 11:00 Chapel Service (CH) 1:00 Paint a Smile Suncatcher(CH) 3:30 Cards (AR)	4 	5 8:45 Eastern Mkt (LB) 9:00 Balance Ex. (HWC) 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Pickup pickleball HWC 2:30 Scripture Study (CH) 3:00 Bldg & Grnd Mtg (RT) 6:00 Euchre/Pinochle (AR)	6 9:00 Stretch & Relax (HWC) 9:30 Popcorn Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Operation Smiles (CH) 1:30 Welcoming Comm (RT) 1:30 Wheel of Fortune (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 3:00 Culinary Comm (RT) 6:00 Bridge/Cards (AR) 	7 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:30 Cardio&Coord (HWC) 1:00 Make a Bracelet (AR) 2:00 Bingo & Sundaes(HI) 2:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	8 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (RT) 10:30 Seated Strength (AR) 11:00 Smokehouse (LB) 1:30 Happy Hour (AR) 5:00 Dinner Special (RT) 6:30 Games (HI)	9 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:00 Cards (AR)
10 11:00 Chapel Service (CH) 2:00 Grandparent's Sunday Sundae (CH) 3:30 Cards (AR) 	11 9:00 Exercise on ownHWC 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Show&Tell (AR) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Scrabble (AR)	12 Chocolate Milkshake Day 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 10:00 Crossword (AR) 10:45 Catholic Mass (CH) 11:30 Strength Circuit (FC) 1:30 Resident Assoc (RT) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR)	13 9:00 Detroit Zoo Day (LB) 9:00 Exercise on own(HWC) 9:30 Pop Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 2:30 Bible Trivia/Games (AR) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR)	14 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 10:30 Paint boot w/Linda(AR) 11:00 Rosary (CH) 11:30 Men's Lunch (AR) 11:30 Drumming (AR) 1:30 Cardio&Coord (HWC) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	15 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (RT) 10:30 Seated Strength (AR) 1:30 BUNCO (AR) 5:00 Dinner Special (RT) 6:30 Games (HI) 	16 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:30 Game Night (AR) 

NATIONAL ASSISTED LIVING WEEK



SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 11:00 Chapel Service (CH) 1:00 Paint a Smile Suncatcher(CH) 3:30 Cards (AR) 4:30 Resident Pot Luck (RT) 	18 9:00 Walmart(LB) 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Strength & Bal (HWC) 1:30 Word Games (AR) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR)	19 9:00 Balance Ex. (HWC) 10:00 Crossword (AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 11:30 Women's Lunch (LB) 1:30 Pickup pickleball HWC 1:30 Bingo (AR) 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR)	20 String Cheese Day 9:00 Stretch & Relax (HWC) 9:30 StringCheeseBingo(AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (RT) 1:30 Coloring (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:30 Alzheimer's Support(CH) 6:00 Bridge/Cards (AR) 	21 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (RT) 1:30 Bday Entertain (CH) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Parkinson's Support Group (RT)	22 9:00 Strength Ex. (HWC) 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Strength (AR) 1:30 Bobby (AR) 5:00 Dinner Special (RT) 6:30 Games (HI)	23 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 
24 11:00 Chapel Service (CH) 3:30 Cards (AR)	25 5:00 Leave Noah's Ark(LB) 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Word Games (AR) 2:30 Memoir Writing (AR) 2:30 Parables Study (CH) 3:30 Cards (AR) 6:00 Dominoes (AR)	26 9:00 Aldi (LB) 9:00 Balance Ex. (HWC) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Pickup pickleball HWC 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) 9:00 Return Noah's Ark	27 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (RT) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	28 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 2:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	29 HOEDOWN Harbor Inn 4-7 pm 	30 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 
<p style="text-align: center;">KEY</p> <ul style="list-style-type: none"> AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby RT-Restaurant 						
ALL ACTIVITIES ARE SUBJECT TO CHANGE						