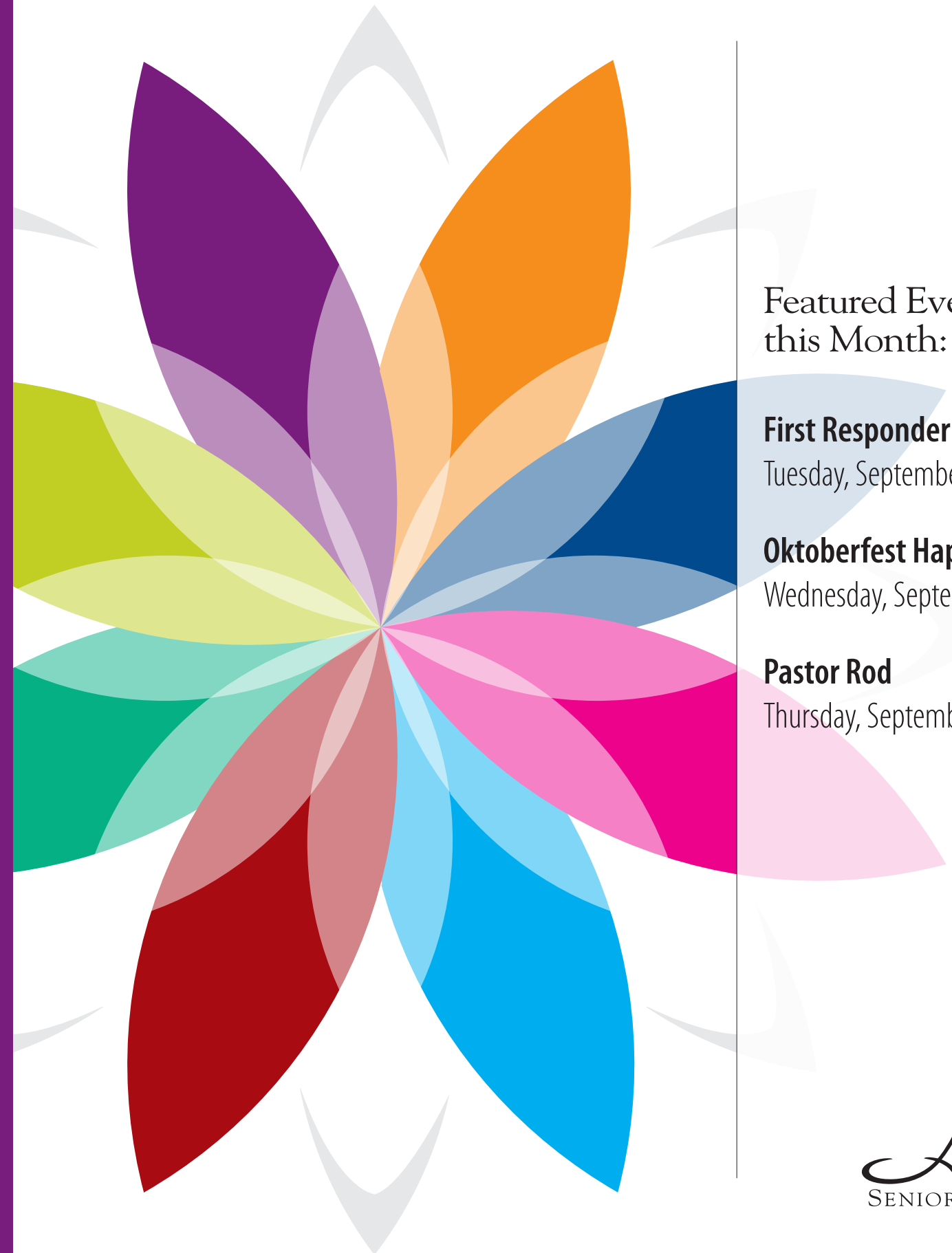


# ASSISTED LIVING

## Monthly Calendar of Events and Programming



Featured Events  
this Month:

**First Responder Project**  
Tuesday, September 7, 2:00 PM

**Oktoberfest Happy Hour**  
Wednesday, September 15, 3:30 PM

**Pastor Rod**  
Thursday, September 23, 2:00 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

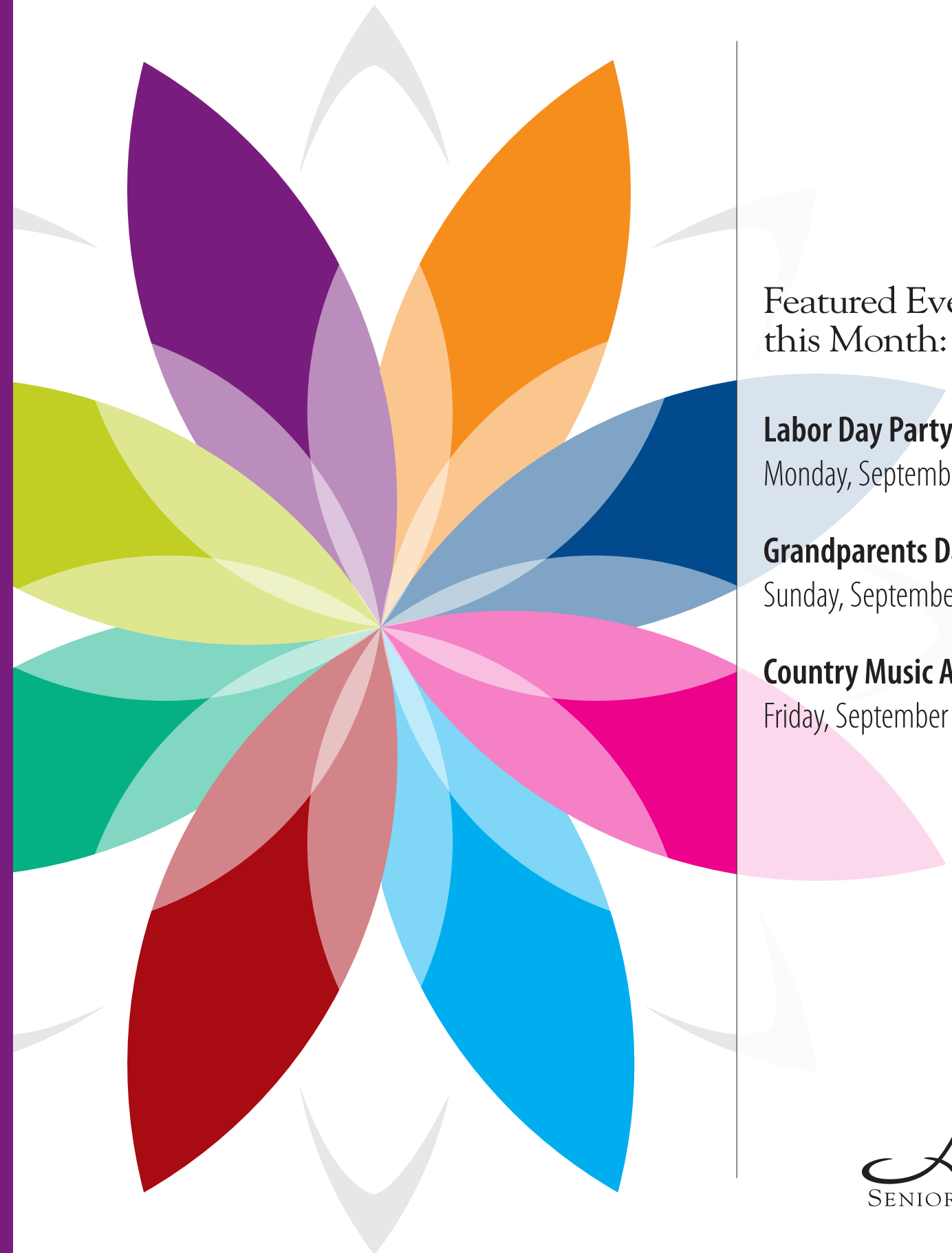
- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

<p>1:00 <span style="color: red;">■</span> Traditions of Rosh Hashanah: Honey (LR) (ELD)</p> <p>2:00 <span style="color: red;">■</span> Devotions with Jean McCutchan (DR) (ELD)</p> <p>3:30 <span style="color: blue;">■</span> Work Wisdom Part III (AR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Strength Training Bingo: Session I (DR) (ELD)</p> <p>6:00 <span style="color: orange;">■</span> Labor Day Brain Challenge Handout (AR) (ELD)</p>	<p><b>LABOR DAY</b></p> <p><b>ROSH HASHANAH</b></p> <p>10:00 <span style="color: purple;">■</span> Morning Workout (ER) (ELD)</p> <p>1:00 <span style="color: red;">■</span> History &amp; Celebration of Rosh Hashanah (LR) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Reminiscing: A Day at Work (LR) (ELD)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Lower Body Conditioning</p>	<p>9:00 <span style="color: purple;">■</span> Newsletter: Nutrition of Watermelon (AR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Strength and Balance Program/Legacy (ER) (ELD)</p> <p>1:00 <span style="color: blue;">■</span> Ambassador Club Meeting (LR) (ELP)</p> <p>2:00 <span style="color: blue;">■</span> First Responder Project (AR) (ELP)</p> <p>5:30 <span style="color: purple;">■</span> Dance &amp; Movement: Cowboy Charleston (LR) (ELP)</p>	<p>10:00 <span style="color: purple;">■</span> Upper Body Conditioning (ER) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Coming Together Project Launch (AR) (ELP)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>3:30 <span style="color: orange;">■</span> Gin and Jazz Happy Hour (LR) (ELP)</p> <p>4:00 <span style="color: purple;">■</span> Balance &amp; Posture (AR) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Total Body Conditioning - Legacy (ER) (ELD)</p> <p>1:00 Pretty Nails (AR) (ELP)</p> <p>3:00 <span style="color: purple;">■</span> Working on Well-being (AR) (ELP)</p> <p>4:00 <span style="color: purple;">■</span> Dance &amp; Movement: Cowboy Charleston (LR) (ELP)</p>	<p>9:00 <span style="color: red;">■</span> Bible Study Series: Part I (LR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Morning Exercise (ER) (ELD)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>3:30 Happy Hour/20 Questions (LR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Afternoon Exercise (ER) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Exercise (ER) (ELP)</p> <p>1:00 <span style="color: blue;">■</span> Work Wisdom Part II</p> <p>2:00 <span style="color: red;">■</span> Making Bead Bracelets (AR) (ELP)</p> <p>4:00 <span style="color: purple;">■</span> Posture and Stretch Fitness Class (ER) (ELD)</p>
<p>1:00 <span style="color: red;">■</span> Traditions of Rosh Hashanah: Honey (LR) (ELD)</p> <p>2:00 <span style="color: red;">■</span> Devotions with Jean McCutchan (DR) (ELD)</p> <p>3:30 <span style="color: blue;">■</span> Work Wisdom Part III (AR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Strength Training Bingo: Session I (DR) (ELD)</p> <p>6:00 <span style="color: orange;">■</span> Labor Day Brain Challenge Handout (AR) (ELD)</p>	<p><b>LABOR DAY</b></p> <p><b>ROSH HASHANAH</b></p> <p>10:00 <span style="color: purple;">■</span> Morning Workout (ER) (ELD)</p> <p>1:00 <span style="color: red;">■</span> History &amp; Celebration of Rosh Hashanah (LR) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Reminiscing: A Day at Work (LR) (ELD)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Lower Body Conditioning</p>	<p>9:00 <span style="color: purple;">■</span> Newsletter: Nutrition of Watermelon (AR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Strength and Balance Program/Legacy (ER) (ELD)</p> <p>1:00 <span style="color: blue;">■</span> Ambassador Club Meeting (LR) (ELP)</p> <p>2:00 <span style="color: blue;">■</span> First Responder Project (AR) (ELP)</p> <p>5:30 <span style="color: purple;">■</span> Dance &amp; Movement: Cowboy Charleston (LR) (ELP)</p>	<p><b>INTERNATIONAL LITERACY DAY</b></p> <p>10:00 <span style="color: purple;">■</span> Upper Body Conditioning (ER) (ELD)</p> <p>1:00 <span style="color: green;">■</span> Book Club Launch (AR) (ELD)</p> <p>2:00 Bingo (DR) (ELP)</p> <p>3:00 <span style="color: purple;">■</span> Working on Well-being (LR) (ELD)</p> <p>3:30 <span style="color: orange;">■</span> Sips and Dips Happy Hour (LR) (ELP)</p> <p>5:30 <span style="color: green;">■</span> Spelling Bee (LR) (ELP)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Workout/Legacy (ER) (ELD)</p> <p>1:00 <span style="color: red;">■</span> Music History: Country (LR) (ELD)</p> <p>2:00 Neil Yockey (DR) (ELD)</p> <p>3:15 <span style="color: green;">■</span> Word within a Word (LR) (ELP)</p> <p>4:00 <span style="color: purple;">■</span> Dance &amp; Movement: Cupid Shuffle (LR) (ELP)</p> <p>5:30 <span style="color: blue;">■</span> Honoring First Responders (AR) (ELP)</p>	<p>9:00 <span style="color: red;">■</span> Bible Study Series: Part II (AR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Walking Challenge: Moving For Memory (ER) (ELD)</p> <p>1:00 Pretty Nails (AR) (ELD)</p> <p>2:00 Bingo (DR) (ELP)</p> <p>3:30 Happy Hour/Residents Pick a Game (LR) (ELD)</p> <p>5:30 Kings in the corner (AR) (ELD)</p>	<p><b>PATRIOT DAY</b></p> <p>10:00 <span style="color: purple;">■</span> Strength Training (ER) (ELD)</p> <p>2:30 <span style="color: orange;">■</span> Twister with a Twist (LR) (ELD)</p> <p>3:00 <span style="color: purple;">■</span> Posture and Stretch Fitness Class (ER) (ELD)</p> <p>4:00 <span style="color: green;">■</span> Honoring Patriot Day (LR) (ELD)</p>
<p><b>GRANDPARENTS DAY</b></p> <p>10:00 <span style="color: red;">■</span> Musical Journaling Club Session I (LR) (ELD)</p> <p>1:00 <span style="color: red;">■</span> Sing-A-Long (DR) (ELD)</p> <p>2:30 <span style="color: orange;">■</span> Grandparents Day Ice Cream Treat (AR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Strength Training (ER) (ELD)</p>	<p>9:00 <span style="color: green;">■</span> Newsletter Highlight: Book Lovers (LR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Walking Challenge: Moving For Memory (ER) (ELD)</p> <p>1:00 <span style="color: blue;">■</span> Engage Life® Planning Meeting (AR) (ELD)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Lower Body Conditioning (ER) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Exercise with Legacy (ER) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Literary Appreciation: Short Stories (LR) (ELP)</p> <p>2:00 <span style="color: green;">■</span> Zodiac &amp; Horoscope of September (LR) (ELP)</p> <p>3:00 <span style="color: purple;">■</span> Dance &amp; Movement: Cupid Shuffle (LR) (ELP)</p> <p>5:30 <span style="color: red;">■</span> Creating Water Globes (AR) (ELP)</p>	<p><b>YOM KIPPUR</b></p> <p>10:00 <span style="color: purple;">■</span> Upper Body Conditioning (ER) (ELD)</p> <p>1:00 <span style="color: red;">■</span> Observing Yom Kippur (LR) (ELD)</p> <p>2:00 Bingo (DR) (ELP)</p> <p>3:30 <span style="color: orange;">■</span> Oktoberfest Happy Hour (LR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Balance &amp; Posture (ER) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Exercise/Legacy (ER) (ELD)</p> <p>2:00 <span style="color: blue;">■</span> Food For Thought - Culinary Led (DR) (ELD)</p> <p>2:00 <span style="color: red;">■</span> Susanne Betz Paper Crafting (AR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Dance &amp; Movement: Papa Loves Mambo (LR) (ELP)</p> <p>5:30 <span style="color: orange;">■</span> Reminiscing: Air Travel (LR) (ELP)</p>	<p><b>CONSTITUTION DAY</b></p> <p>9:00 <span style="color: red;">■</span> Bible Study Series: Part III (AR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Morning Workout (ER) (ELP)</p> <p>1:00 Pretty Nails (AR) (ELD)</p> <p>2:00 Bingo (DR) (ELP)</p> <p>3:30 Happy Hour/Trivia (LR) (ELD)</p>	<p><b>Oktoberfest Begins in Germany</b></p> <p>10:00 <span style="color: purple;">■</span> Strength Training (ER) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Up For Discussion: Senior Citizenship (LR) (ELD)</p> <p>3:00 <span style="color: green;">■</span> History &amp; Origins of Oktoberfest (LR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Posture and Stretch Fitness Class (ER) (ELD)</p>
<p>10:00 <span style="color: purple;">■</span> Balance &amp; Posture (ER) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Oktoberfest Traditions Around the Globe</p> <p>2:00 <span style="color: red;">■</span> Devotions (DR) (ELD)</p> <p>3:00 <span style="color: orange;">■</span> Warm Apple Cider and Pretzels (AR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Strength Training Bingo: Session VI (ER) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Exercise (ER) (ELD)</p> <p>1:00 <span style="color: blue;">■</span> Engage Life® Planning Meeting (AR) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> Laughter Therapy (LG) (ELD)</p> <p>1:00 <span style="color: green;">■</span> The Musical Genius of Mozart (LR) (ELD)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>3:15 Three Girls and a Song (DR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Lower Body Conditioning (ER) (ELD)</p> <p>6:00 <span style="color: green;">■</span> The Philosophy of Humor (AR) (ELD)</p>	<p><b>WORLD GRATITUDE DAY</b></p> <p>10:00 <span style="color: purple;">■</span> Morning Exercise with Legacy (ER) (ELD)</p> <p>1:00 <span style="color: orange;">■</span> PositiviTea: Gratitude Stations (LR) (ELP)</p> <p>3:00 <span style="color: purple;">■</span> Dance &amp; Movement: Papa Loves Mambo (LR) (ELP)</p> <p>6:00 <span style="color: red;">■</span> Painting (AR) (ELP)</p>	<p><b>AUTUMN EQUINOX (FALL BEGINS)</b></p> <p>10:00 <span style="color: purple;">■</span> Upper Body Conditioning (ER) (ELD)</p> <p>2:00 Bingo (DR) (ELP)</p> <p>3:30 <span style="color: orange;">■</span> PositiviTea: Happy Hour (LR) (ELP)</p> <p>4:00 <span style="color: purple;">■</span> Balance &amp; Posture (ER) (ELD)</p> <p>6:00 <span style="color: red;">■</span> Fall Project (AR) (ELP)</p>	<p>10:00 <span style="color: purple;">■</span> Total Body Conditioning/Legacy (ER) (ELD)</p> <p>1:00 <span style="color: red;">■</span> Painting (AR) (ELP)</p> <p>2:00 Pastor Rod (DR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Dance &amp; Movement: The Git Up Line Dance (LR) (ELP)</p> <p>5:30 <span style="color: green;">■</span> 20 Questions (LR) (ELP)</p>	<p>9:00 <span style="color: red;">■</span> Bible Study Series: Part IV (AR) (ELD)</p> <p>10:00 <span style="color: purple;">■</span> Moving for Memory (ER) (ELD)</p> <p>1:00 Pretty Nails (ELP)</p> <p>2:00 Bingo (DR)</p> <p>3:30 Happy Hour/Pictionary™ (LR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Total Body Conditioning (ER) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Workout (ER) (ELP)</p> <p>1:00 <span style="color: red;">■</span> Creating Art from the Scents We Smell (AR) (ELP)</p> <p>3:00 Cornhole/Cornhole (FP) (ELP)</p> <p>4:00 <span style="color: purple;">■</span> Posture and Stretch Fitness Class (ER) (ELD)</p>
<p>10:00 <span style="color: purple;">■</span> Balance &amp; Posture (ER) (ELD)</p> <p>1:30 <span style="color: red;">■</span> UV-Sun Paper Project (AR) (ELD)</p> <p>2:00 <span style="color: red;">■</span> Devotions (DR) (ELD)</p> <p>3:30 <span style="color: red;">■</span> Parmesan Ranch Chex Mix (AR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Take a Walk (FP) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Walking Challenge: Moving For Memory (LR) (ELD)</p> <p>2:00 Bingo (DR) (ELD)</p> <p>2:00 <span style="color: orange;">■</span> Coming Together Project Presentation (AR) (ELD)</p> <p>2:00 <span style="color: green;">■</span> The Story of America In Film (LR) (ELD)</p> <p>4:00 <span style="color: purple;">■</span> Lower Body Conditioning (ER) (ELD)</p>	<p>10:00 <span style="color: purple;">■</span> Morning Exercise with Legacy (ER) (ELD)</p> <p>1:00 Afternoon Movie and Popcorn (LR) (ELP)</p> <p>3:00 <span style="color: purple;">■</span> Dance &amp; Movement: The Git Up Line Dance (LR) (ELP)</p> <p>5:30 <span style="color: red;">■</span> Painting with Leaves (AR) (ELP)</p>	<p>10:00 <span style="color: purple;">■</span> Upper Body Conditioning</p> <p>10:00 <span style="color: purple;">■</span> Morning Exercise (ER) (ELD)</p> <p>1:00 <span style="color: blue;">■</span> Resident Council Meeting (ER) (ELP)</p> <p>2:00 Bingo (DR) (ELP)</p> <p>3:30 <span style="color: orange;">■</span> Ice Cream "Bar" Happy Hour (LR) (ELP)</p> <p>5:30 <span style="color: green;">■</span> The Delicious History of Ice Cream (LR) (ELP)</p>	<p>10:00 <span style="color: purple;">■</span> Total Body Conditioning with Legacy (ER) (ELD)</p> <p>1:00 <span style="color: green;">■</span> Word within a Word (LR) (ELD)</p> <p>3:00 <span style="color: purple;">■</span> Working on Well-being</p> <p>4:00 <span style="color: purple;">■</span> Dance &amp; Movement: Cowboy Charleston</p> <p>5:30 <span style="color: green;">■</span> Scrabble® (AR) (ELP)</p>	<p><b>ROOM LOCATION KEY:</b></p> <p>Dining Room DR</p> <p>Activity Room AR</p> <p>Exercise Room ER</p> <p>Front Porch FP</p> <p>Life Guidance® LG</p> <p>Living Room LR</p>	<p><b>STAFF KEY:</b></p> <p>Tamara McCormick ELD</p> <p>Hayley Gussler ELP</p>

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# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Labor Day Party**

Monday, September 6, 2:00 PM

**Grandparents Day Celebration**

Sunday, September 12, 1:00 PM

**Country Music Awards**

Friday, September 17, 1:30 PM



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE®

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Health Warriors 10:00 <span style="color: red;">■</span> Religious Study Group 12:00 <span style="color: orange;">■</span> Beach Blanket Music: Annette Funicello</p> <p>1:00 <span style="color: red;">■</span> Creative Writing 2:00 <span style="color: green;">■</span> Learn an Italian Recipe! 3:00 <span style="color: orange;">■</span> Brain Games 4:30 <span style="color: purple;">■</span> Light &amp; Lively 5:00 <span style="color: orange;">■</span> Sunday Matinee</p>	<p><b>HEALTH AND PHYSICAL FITNESS</b></p> <p><b>LIFELONG LEARNING AND INTELLECTUAL STIMULATION</b></p> <p><b>CREATIVE EXPRESSION AND THE ARTS</b></p> <p><b>SOCIAL CONNECTION AND ENTERTAINMENT</b></p> <p><b>CIVIC AND PROFESSIONAL INVOLVEMENT</b></p> <p><b>RELIGIOUS AND SPIRITUAL FELLOWSHIP</b></p>	<p><b>LETTER WRITING DAY</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Muscles in Motion 10:00 <span style="color: blue;">■</span> Animal Advocacy 12:30 <span style="color: red;">■</span> Music History: Piano</p> <p>1:00 Spa Nails 2:00 <span style="color: orange;">■</span> Gin &amp; Jazz Happy Hour Cart 3:00 <span style="color: green;">■</span> Conversation and Trivia 4:30 <span style="color: purple;">■</span> Fitness Matters 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Move to the Beat 9:30 <span style="color: red;">■</span> Music Reminiscing: The Power of Love</p> <p>10:00 <span style="color: orange;">■</span> Bingo 1:00 <span style="color: orange;">■</span> Corn Hole 2:00 <span style="color: green;">■</span> You Be the Judge 3:00 <span style="color: red;">■</span> Gardening 4:30 <span style="color: purple;">■</span> Sole Mates 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Legacy Warriors 9:30 <span style="color: red;">■</span> Music Debate: Hit Songs 10:00 <span style="color: green;">■</span> Appreciation of Sculptures 1:00 <span style="color: orange;">■</span> Trivia Challenge 2:00 <span style="color: red;">■</span> Hobby Workshop 3:00 <span style="color: orange;">■</span> Games 4:30 <span style="color: purple;">■</span> Strength and Balance Program 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Let's Get Moving! 10:30 <span style="color: red;">■</span> Dance &amp; Movement: The Hustle 12:00 <span style="color: orange;">■</span> Bingo 1:00 <span style="color: red;">■</span> Arts &amp; Crafts 2:00 <span style="color: orange;">■</span> Coffee, Tea, &amp; Me 3:00 <span style="color: green;">■</span> Dance Challenge 4:30 <span style="color: purple;">■</span> Giggles &amp; Jiggles 5:00 <span style="color: orange;">■</span> Popcorn &amp; Movie Night</p>
<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Health Warriors 10:00 <span style="color: red;">■</span> Religious Study Group 12:00 <span style="color: orange;">■</span> Beach Blanket Music: Annette Funicello</p> <p>1:00 <span style="color: red;">■</span> Creative Writing 2:00 <span style="color: green;">■</span> Learn an Italian Recipe! 3:00 <span style="color: orange;">■</span> Brain Games 4:30 <span style="color: purple;">■</span> Light &amp; Lively 5:00 <span style="color: orange;">■</span> Sunday Matinee</p>	<p><b>LABOR DAY</b> <b>ROSH HASHANAH</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Strength &amp; Balance 10:00 <span style="color: red;">■</span> Music Reminiscing: A Day at Work 1:00 <span style="color: green;">■</span> Let's Learn About Modern Technology 2:00 Labor Day Party 3:00 <span style="color: orange;">■</span> Corn Hole Challenge 4:30 <span style="color: purple;">■</span> Rhythm and Movement Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Arthritis Exercise Class 10:00 <span style="color: orange;">■</span> Social Club 12:30 <span style="color: red;">■</span> 1964 Music: Dancing in the Streets</p> <p>1:00 <span style="color: orange;">■</span> Bingo 2:00 <span style="color: green;">■</span> Let's Learn About How It Works 3:00 <span style="color: orange;">■</span> Minute-to-Win-it 4:30 <span style="color: purple;">■</span> Upper Body Strengthening 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Muscles in Motion 10:00 <span style="color: green;">■</span> Today in History... 12:30 <span style="color: red;">■</span> Country Music: Patsy Cline</p> <p>1:00 <span style="color: red;">■</span> No-Bake Recipes 2:00 <span style="color: orange;">■</span> Sips and Dip Happy Hour Cart 3:00 <span style="color: blue;">■</span> Honor Our Troops 4:30 <span style="color: purple;">■</span> Fitness Matters 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p><b>TEDDY BEAR DAY</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Move to the Beat 9:30 <span style="color: red;">■</span> 1956 Music: The Ed Sullivan Show 10:00 <span style="color: orange;">■</span> Bingo 1:00 <span style="color: orange;">■</span> Shuffle Board 2:00 <span style="color: green;">■</span> History of Inventions 3:00 <span style="color: orange;">■</span> Puzzles &amp; Games 4:30 <span style="color: purple;">■</span> Sole Mates 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Legacy Warriors 9:30 <span style="color: red;">■</span> Biblical Music: The Byrds 10:00 <span style="color: green;">■</span> Appreciation of Impressionism 1:00 <span style="color: orange;">■</span> Trivia Challenge 2:00 <span style="color: red;">■</span> Hobby Workshop 4:30 <span style="color: purple;">■</span> Strength and Balance Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>
<p><b>GRANDPARENTS DAY</b></p> <p>8:30 <span style="color: green;">■</span> Social Media 9:00 <span style="color: purple;">■</span> Health Warriors 10:00 <span style="color: red;">■</span> Inspiration &amp; Spirituality 12:00 <span style="color: orange;">■</span> Music Trivia: Frank Sinatra</p> <p>1:00 Grandparents Day Celebration 3:00 <span style="color: orange;">■</span> Brain Games 4:30 <span style="color: purple;">■</span> Light &amp; Lively 5:00 <span style="color: orange;">■</span> Sunday Matinee</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Strength &amp; Balance 10:00 <span style="color: red;">■</span> Creative Writing 12:00 <span style="color: orange;">■</span> Music Composer: Gabriel Charpentier</p> <p>1:00 <span style="color: green;">■</span> You Be the Judge 2:00 <span style="color: orange;">■</span> Games &amp; Puzzles 3:00 <span style="color: orange;">■</span> Bowling Challenge 4:30 <span style="color: purple;">■</span> Rhythm and Movement Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Arthritis Exercise Class 10:00 <span style="color: orange;">■</span> Social Club 12:30 <span style="color: red;">■</span> Patriotic Music: Star Spangled Banner</p> <p>1:00 <span style="color: orange;">■</span> Bingo 2:00 <span style="color: green;">■</span> Traveling to the Lion's Den 3:00 <span style="color: orange;">■</span> Minute-to-Win-it 4:30 <span style="color: purple;">■</span> Upper Body Strengthening 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p><b>YOM KIPPUR</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Muscles in Motion 12:30 <span style="color: red;">■</span> Music Playlist: John Fogerty</p> <p>1:00 Spa Nails 2:00 <span style="color: orange;">■</span> Oktoberfest Happy Hour Cart 2:30 <span style="color: orange;">■</span> What's in a Word 3:00 <span style="color: blue;">■</span> Poet's Corner 4:30 <span style="color: purple;">■</span> Fitness Matters 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Move to the Beat 9:30 <span style="color: red;">■</span> Blues Music: B.B. King 10:00 <span style="color: orange;">■</span> Bingo 1:00 <span style="color: orange;">■</span> Would you Rather? 2:00 <span style="color: green;">■</span> Learn a Hispanic Recipe! 3:00 <span style="color: red;">■</span> Gardening 4:30 <span style="color: purple;">■</span> Sole Mates 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p><b>INTERNATIONAL COUNTRY MUSIC DAY</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Posture &amp; Stretch 10:30 <span style="color: red;">■</span> International Country Music 11:30 <span style="color: orange;">■</span> Craft Corner 1:30 Country Music Awards 2:00 <span style="color: green;">■</span> Appreciation of Expressionism 4:30 <span style="color: purple;">■</span> Strength and Balance Program 5:00 <span style="color: orange;">■</span> Classic Television</p>
<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Health Warriors 10:00 <span style="color: red;">■</span> Inspiration &amp; Spirituality 12:00 <span style="color: orange;">■</span> Music Reminiscing: School Days</p> <p>1:00 <span style="color: orange;">■</span> Brain Games 2:00 <span style="color: red;">■</span> Adult Coloring 3:00 <span style="color: green;">■</span> Reminisce Summer Fun 4:30 <span style="color: purple;">■</span> Walking Club 5:00 <span style="color: orange;">■</span> Sunday Matinee</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Strength &amp; Balance 12:00 <span style="color: red;">■</span> Cartoon Music History: The Archies</p> <p>1:00 <span style="color: red;">■</span> Appreciation of History, Music, Art 2:00 <span style="color: orange;">■</span> Board Games 3:00 <span style="color: orange;">■</span> Ring-it-On 4:30 <span style="color: purple;">■</span> Rhythm and Movement Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p><b>WORLD GRATITUDE DAY</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Arthritis Exercise Class 12:30 <span style="color: red;">■</span> Country Music Hall of Fame</p> <p>1:00 <span style="color: orange;">■</span> Bingo 2:00 <span style="color: green;">■</span> Traveling to Italy 3:00 <span style="color: orange;">■</span> Min-to-Win-it 4:30 <span style="color: purple;">■</span> Upper Body Strengthening 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Muscles in Motion 10:00 <span style="color: green;">■</span> Let's Talk! 12:30 <span style="color: red;">■</span> Music Playlist: Season of Autumn</p> <p>1:00 <span style="color: red;">■</span> No-Bake-Recipes 2:00 <span style="color: orange;">■</span> Positivitea Happy Hour Cart 3:00 <span style="color: blue;">■</span> Civic Engagement: Local Shelter 4:30 <span style="color: purple;">■</span> Fitness Matters 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Move to the Beat 9:30 <span style="color: red;">■</span> Defining Music Genres: Classical Music</p> <p>10:00 <span style="color: orange;">■</span> Bingo 1:00 <span style="color: orange;">■</span> Backyard Fun 2:00 <span style="color: green;">■</span> This Day in History 3:00 <span style="color: orange;">■</span> Mind Joggers 4:30 <span style="color: purple;">■</span> Sole Mates 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p>9:30 <span style="color: green;">■</span> Daily Inspirations 10:00 <span style="color: purple;">■</span> Posture &amp; Stretch 10:30 <span style="color: red;">■</span> Sing Across Canada: Gordon Lightfoot 11:00 <span style="color: red;">■</span> Karaoke 1:30 <span style="color: orange;">■</span> Trivia Challenge 2:00 <span style="color: green;">■</span> Appreciation of Photography 2:30 <span style="color: orange;">■</span> Hobby Workshop 4:30 <span style="color: purple;">■</span> Strength and Balance Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>
<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Health Warriors 10:00 <span style="color: red;">■</span> Inspiration &amp; Spirituality 12:00 <span style="color: orange;">■</span> Music Advertisement</p> <p>1:00 <span style="color: orange;">■</span> Table Games 2:00 <span style="color: orange;">■</span> Wheel of Fortune® 3:00 <span style="color: green;">■</span> Reminiscing Old Sayings 4:30 <span style="color: purple;">■</span> Walking Club 5:00 <span style="color: orange;">■</span> Sunday Matinee</p>	<p><b>ANCESTOR DAY</b></p> <p>9:30 <span style="color: green;">■</span> Daily Inspirations 10:00 <span style="color: purple;">■</span> Strength &amp; Balance 12:00 <span style="color: red;">■</span> Music Journaling Program: John Denver</p> <p>1:00 <span style="color: green;">■</span> The Gentlemen's Club 2:00 <span style="color: orange;">■</span> Social Club 3:00 <span style="color: orange;">■</span> Sports and Sporting Events 4:30 <span style="color: purple;">■</span> Rhythm and Balance Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Arthritis Exercise Class 10:00 <span style="color: orange;">■</span> Social Club 12:30 <span style="color: red;">■</span> Defining Music Genres: The Beatles</p> <p>1:00 <span style="color: orange;">■</span> Bingo 2:00 <span style="color: green;">■</span> Traveling to France 3:00 <span style="color: orange;">■</span> Minute-to-Win-it 4:30 <span style="color: purple;">■</span> Upper Body Strengthening 5:00 <span style="color: orange;">■</span> Evening Movie</p>	<p><b>NATIONAL COFFEE DAY</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Muscles in Motion 10:00 <span style="color: green;">■</span> Appreciation of History, Music, Art 12:30 <span style="color: red;">■</span> Reminiscing: Bing Crosby &amp; Dixie Lee</p> <p>1:00 Spa Nails 2:00 <span style="color: orange;">■</span> Ice Cream "Bar" Happy Hour Cart 3:00 <span style="color: blue;">■</span> Random Acts of Kindnes 4:30 <span style="color: purple;">■</span> Fitness Matters 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p><b>NATIONAL CIDER DAY</b></p> <p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Move to the Beat 9:30 <span style="color: red;">■</span> Broadway: Julie Andrews 10:00 <span style="color: orange;">■</span> Bingo 1:00 <span style="color: orange;">■</span> Getting to Know You 2:00 <span style="color: green;">■</span> Appreciation of History, Music, Art 3:00 <span style="color: red;">■</span> Gardening 4:30 <span style="color: purple;">■</span> Light &amp; Lively Exercise 5:00 <span style="color: orange;">■</span> Classic Television</p>	<p>8:30 <span style="color: green;">■</span> Daily Inspirations 9:00 <span style="color: purple;">■</span> Let's Get Moving! 10:30 <span style="color: red;">■</span> Music: The Porter Wagoner Show 11:00 <span style="color: green;">■</span> Let's Learn A New Language 1:00 <span style="color: red;">■</span> Arts &amp; Crafts 2:30 <span style="color: orange;">■</span> Coffee, Tea &amp; Me 3:00 <span style="color: green;">■</span> Are You Up to the Challenge? 4:30 <span style="color: purple;">■</span> Walking Club 5:00 <span style="color: orange;">■</span> Evening Movie</p>