

# September Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*All activities, times, and/or locations are subject to change	<b>Room Codes:</b> <b>Living Room: L</b> <b>Dining Room: D</b> <b>Reading Room: R</b> <b>Theater: T</b>	<b>Exercise Room: E</b> <b>Aerobics Room: A</b> <b>Pool Room: P</b> <b>St. Francis Manor</b> <b>Dining Room: SFM</b>		<b>1</b> 9:30am-Shape 3 (A) 10:00am- Bags Outdoors (D) 2:00pm-Ice Cream Machine (D)	<b>2</b> 9:30am-Chair Yoga (A) 10:00am-Outdoor Walks with Callie (D) 2:00pm-"Monster-in- Law" 1hr 41mins (A) 4:00pm-Happy Hour (D)	<b>3</b> 2:00pm-Tenant Choice Cards Group (D)
<b>4</b>	<b>5</b> 	<b>6</b> 9:30am-Shape 3 (A) 10:00am-Ice Cream Machine (D) 2:00pm-Lucky Duck BINGO (D)	<b>7</b> 9:30am-Chair Yoga (A) 10:00am-Beaded Pumpkin Craft (D) 2:00pm-Pumpkin Spice Bars (D)	<b>8</b> 9:30am-Shape 3 (A) 10:00am-Favorite Team Bracelet Making! (D) 2:00pm-Tailgate Snacks Party (D) <i>Iowa vs. ISU Party</i>	<b>9</b> 9:30am-Chair Yoga (A) 10:00am-Polish Change (D) 2:00pm-Joyce's Birthday Social (D) 4:00pm-Happy Hour (D)	<b>10</b> 2:00pm-Tenant Choice Cards Group (D) 3:00pm- Iowa vs. ISU Game (D)
<b>11</b> <i>National Assisted            Living Week!</i> <i>If you signed up for an            outing, please meet in            the Lobby at the            assigned time</i>	<b>12</b> 9:30am-Chair Yoga (A) 10:00am-Discussing words of appreciation for the HC staff! (D) 2:00pm-PALS Visit (D)	<b>13</b> 9:30am-Shape 3 (A) 10:00am-Tenant Show and Tell (D) 3:00pm-Bayer Visits the HC! (D)	<b>14</b> 9:30am-Chair Yoga (A) 10:00am-Discussing fun facts about each other 2:00pm-Paul's Birthday Social (D)	<b>15</b> 9:30am-Shape 3 (A) 10:00am-Live Music Outside (D) 2:00pm-Fun Fit Activity with Kayla (D)	<b>16</b> 9:30am-Chair Yoga (A) 10:00am-Trying Oreos (D) 2:00pm-Central Park Outing 4:00pm-Happy Hour (D)	<b>17</b> 2:00pm-Tenant Choice Cards Group (D)
<b>18</b>	<b>19</b> 9:30am-Chair Yoga (A) 10:00am-Lucky Duck BINGO (D) 2:00pm-Molly's Birthday Social (D)	<b>20</b> 9:30am-Shape 3 (A) 10:00am-Tenant Council (D) 2:00pm-Harvest Trail Mix (D)	<b>21</b> 9:30am-Chair Yoga (A) 10:00am- Pipe Ball Outdoors (D) 2:00pm-Ice Cream Machine (D)	<b>22</b> 9:30am-Shape 3 (A) 10:00am-Fall Corn Craft (D) 2:00pm-Bob's Birthday Social (D)	<b>23</b> 9:30am-Chair Yoga (A) 10:00am-Polish Change (D) 2:00pm-JENGA (D) 4:00pm-Happy Hour (D)	<b>24</b> 2:00pm-Tenant Choice Cards Group (D)
<b>25</b> <i>Homecoming            Week!</i> <i>We will take a photo            daily at 10:00am in            the Lobby</i>	<b>26</b> 9:30am-Chair Yoga (A) 10:00am-Dollar Tree Outing (D) 2:00pm-Dollar Tree Outing (D) <b><u>Blast from the Past Day</u></b>	<b>27</b> 9:30am-Shape 3 (A) 10:00am-Sip and Chat— Homecoming (D) 2:00pm-Popcorn and Games (D) <b><u>Favorite Color Day</u></b>	<b>28</b> 9:30am-Chair Yoga (A) 10:00am-Outdoor Walk 2:00pm-Foam Fingers Craft (D) <b><u>Favorite Holiday Day</u></b>	<b>29</b> 9:30am-Shape 3 (A) 10:00am-Crown King and Queen (D) 2:00pm-Ice Cream Treat (D) <b><u>Tye-Dye Day</u></b>	<b>30</b> 9:30am-Shape 3 (A) 10:00am-Harvest Wreath for Doors (D) 2:00pm-Secondhand Lions" 1hr 51mins (A) <b><u>Team Spirit Day</u></b>	