

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|--|--|---|---|
|  <h2 style="font-size: 2em;">Greece</h2> <h3 style="font-size: 3em;">Cradle of Mythology</h3>  |  |  | 9:15 FF Chair Exercise (FR)<br>10:00 Donna's Book Club (GR) <b>1</b><br>10:00 Computer Class (L)<br>11:00 CN Hearing Care (WC)<br>1:15 Arts & Crafts (CR)<br>1:30 Blood Pressure Clinic (FBGR)<br>2:30 Wii Bowling (FBGR)<br>6:30 Bingo (GR)   | 8:30 Podiatrist Visits (WC)<br>9:15 FF Chair Exercise (FR) <b>2</b><br>10:00 LiveWell! Health Talk "Yoga Stretch" (MR)<br>10:00 Bean Bag Toss (FBGR)<br>10:30 FF Pilates (FR)<br>11:00 Benchmark Support (FBGR)<br>11:00 Bunco (GR)<br>11:30 Fitness Q&A with Pam (FR)<br>1:15 FF Strength & Balance (FR)<br>2:00 Bingo (GR)<br>3:15 Bible Study (MR)<br>6:30 Music by Ellena Lieberman (MR)   | 9:15 FF Chair Exercise (FR) <b>3</b><br>10:00 Sing-a-Long (MR)<br>10:00 Arts & Crafts (CR)<br>10:00 Bank Day (GR)<br>11:00 Piano Lessons (MR)<br>2:00 Scattagories (FBGR)<br>2:00 Movie Time (MR)<br>6:30 Movie Time (MR)   | 9:15 FF Chair Exercise (FR) <b>4</b><br>10:00 Bingo (GR)<br>1:15 FF Walking Workout (FD)<br>2:00 Group Crossword Puzzle (GR)<br>2:00 Movie Time (MR)<br>6:30 Movie Time (MR)                                |
| 12:30 Catholic Mass (MR)<br>1:30 Cards of Your Choice (GR) <b>5</b><br>2:00 Movie Classics (MR)<br>6:30 Game Time (GR)<br>6:30 Movie Classics (MR)  | 12:00 - 3:00 Special Labor Day Dinner (DR) <b>6</b><br>2:00 Holiday Movie (MR)<br>6:30 Holiday Movie (MR)<br>6:30 Game Time (GR)   | 9:00 Massage Therapy (WC) <b>7</b><br>9:30 FF Yoga Stretch (FR)<br>10:00 Bingo (GR)<br>10:30 FF Fitness Equipment (FR)<br>1:15 FF Strength & Balance (FR)<br>1:30 Wii Bowling (FBGR)<br>2:00 Wood Carving (CR)<br>2:00 Fancy Nails (GR)<br>6:30 Musical Entertainment by Rick & Kara Harris (MR)   | 9:00 Blood Draw (WC) <b>8</b><br>9:15 FF Chair Exercise (FR)<br>10:00 Dr. Joshi Visits (WC)<br>10:00 You Be the Judge (GR)<br>10:00 Computer Class (L)<br>11:00 Park Chorus (MR)<br>1:15 Arts & Crafts (CR)<br>1:30 Lifestories (GR)<br>1:30 Blood Pressure Clinic (FBGR)<br>2:30 Wii Bowling (FBGR)<br>6:30 Bingo (GR)          | 9:15 FF Chair Exercise (FR) <b>9</b><br>10:00 Current Events (MR)<br>10:00 Bean Bag Toss (FBGR)<br>10:30 FF Pilates (FR)<br>11:00 Benchmark Support (FBGR)<br>11:00 Bunco (GR)<br>11:30 Fitness Q&A with Pam (FR)<br>1:15 FF Strength & Balance (FR)<br>2:00 Bingo (GR)<br>2:00 Wood Carving (CR)<br>3:00 Wine & Cheese (ML)<br>6:30 Poetry Circle (GR)  | 9:15 FF Chair Exercise (FR) <b>10</b><br>10:00 Sing-a-Long (MR)<br>10:00 Arts & Crafts (CR)<br>10:00 Bank Day (GR)<br>11:00 Piano Lessons (MR)<br>2:00 Scattagories (FBGR)<br>2:00 Movie Time (MR)<br>6:30 Movie Time (MR)  | 9:15 FF Chair Exercise (FR) <b>11</b><br>10:00 Bingo (GR)<br>11:00 Touch of Healing Dogs (ML)<br>1:15 FF Walking Workout (FD)<br>2:00 Scrabble (GR)<br>2:00 Movie Time (MR)<br>6:30 Movie Time (MR)         |
| 12:30 Catholic Mass (MR)<br>1:30 Cards of Your Choice (GR) <b>12</b><br>2:00 Movie Classics (MR)<br>6:30 Game Time (GR)<br>6:30 Movie Classics (MR)   | 9:15 FF Chair Exercise (FR) <b>13</b><br>10:00 Chicken Soup for the Soul (GR)<br>11:15 Guided Relaxation (FBGR)<br>1:15 Mind Aerobics (GR)<br>2:00 Computer Class (L)<br>3:00 Welcome Ambassadors Meeting (GR)<br>6:30 Music Appreciation (MR)         | 9:30 FF Yoga Stretch (FR) <b>14</b><br>9:30 Hilton Hearing Center (WC)<br>10:00 Bingo (GR)<br>10:30 FF Fitness Equipment (FR)<br>1:15 FF Strength & Balance (FR)<br>1:30 Wii Bowling (FBGR)<br>2:00 Wood Carving (CR)<br>2:00 Fancy Nails (GR)<br>2:30 Protestant Service (MR)<br>3:00 Coffee & Cookies (ML)<br>6:30 Rosh Hashanah Party (MR)        | 9:00 New Resident Orientation (PDR) <b>15</b><br>9:15 FF Chair Exercise (FR)<br>10:00 Donna's Book Club (GR)<br>10:00 Computer Class (L)<br><b>1:15 Arts &amp; Crafts "Clay Pot" (CR)</b><br>1:30 Lifestories (GR)<br>1:30 Blood Pressure Clinic (FBGR)<br>2:30 Wii Bowling (FBGR)<br>6:00 Fun & Games with "Kids Who Care" (GR) | 9:15 FF Chair Exercise (FR) <b>16</b><br>10:00 Library Day (GR)<br>10:00 Current Events (MR)<br>10:00 Bean Bag Toss (FBGR)<br>10:30 FF Pilates (FR)<br>11:00 Benchmark Support (FBGR)<br>11:00 Bunco (GR)<br>11:30 Fitness Q&A with Pam (FR)<br>1:15 FF Strength & Balance (FR)<br>2:00 Bingo (GR)<br>2:00 Wood Carving (CR)<br>3:15 Bible Study (MR)<br>6:30 Music by Gina Gibson (MR)  | 9:15 FF Chair Exercise (FR) <b>17</b><br>10:00 Sing-a-Long (MR)<br>10:00 Arts & Crafts (CR)<br>10:00 Bank Day (GR)<br>11:00 Piano Lessons (MR)<br>2:00 New Resident Social (GR)<br>6:30 Movie Time (MR)   | 9:15 FF Chair Exercise (FR) <b>18</b><br>10:00 Bingo (GR)<br>1:15 FF Walking Workout (FD)<br>2:00 Password (GR)<br>2:00 Movie Time (MR)<br>6:30 Movie Time (MR)   |
| 12:30 Catholic Mass (MR)<br>1:30 Cards of Your Choice (FBGR) <b>19</b><br>2:00 Third Sunday Church Service (MR)<br>6:30 Game Time (GR)<br>6:30 Movie Classics (MR)  | 9:15 FF Chair Exercise (FR) <b>20</b><br>10:00 Chicken Soup for the Soul (GR)<br>11:15 Guided Relaxation (FBGR)<br>1:15 Mind Aerobics (GR)<br><b>2:00 Surf the Web "Greece" (L)</b><br>3:00 Self-Care for Chronic Pain (MR)<br>6:30 Poetry Circle (GR) | 9:00 Massage Therapy (WC) <b>21</b><br>9:30 FF Yoga Stretch (FR)<br>10:00 Bingo (GR)<br>10:30 FF Fitness Equipment (FR)<br>11:00 My Life Story (GR)<br>1:15 FF Strength & Balance (FR)<br>1:30 Wii Bowling (FBGR)<br>2:00 Wood Carving (CR)<br>2:00 Fancy Nails (GR)<br>3:00 Town Hall Meeting (MR)<br><b>6:30 Documentary - The Greek Gods (MR)</b> | 9:00 Blood Draw (WC) <b>22</b><br>9:15 FF Chair Exercise (FR)<br>10:00 Dr. Joshi Visits (WC)<br>10:00 You Be the Judge (GR)<br>10:00 Computer Class (L)<br>11:00 Park Chorus (MR)<br>1:15 Arts & Crafts (CR)<br>1:30 Lifestories (GR)<br>1:30 Blood Pressure Clinic (FBGR)<br>2:30 Wii Bowling (FBGR)<br>6:30 Bingo (GR)         | 9:15 FF Chair Exercise (FR) <b>23</b><br>10:00 Current Events (MR)<br>10:00 Bean Bag Toss (FBGR)<br>10:30 FF Pilates (FR)<br>11:00 Benchmark Support (FBGR)<br>11:00 LiveWell! Educational Talk (MR)<br>11:30 Fitness Q&A with Pam (FR)<br><b>1:15 FF Greek God/Goddess Workout (FR)</b><br>2:00 Wood Carving (CR)<br><b>3:00 Greek Wedding Cocktail Hour (ML)</b><br><b>4:00 Greek Dinner (DR)</b><br><b>6:30 "My Big Fat Greek Wedding" Movie (MR)</b> | 9:15 FF Chair Exercise (FR) <b>24</b><br>10:00 Sing-a-Long (MR)<br>10:00 Arts & Crafts (CR)<br>10:00 Bank Day (GR)<br>11:00 Piano Lessons (MR)<br>2:00 Birthday Party (GR)<br>6:30 Presidents & Their First Ladies, dramatically speaking - "Andrew and Eliza Johnson" (MR) | 9:15 FF Chair Exercise (FR) <b>25</b><br>10:00 Bingo (GR)<br>1:15 FF Walking Workout (FD)<br>2:00 Movie Time (MR)<br><b>2:00 "Greece" Wheel of Fortune (GR)</b><br>6:30 Art Appreciation "Edgar Degas" (MR) |
| 12:30 Catholic Mass (MR)<br>1:30 Cards of Your Choice (GR) <b>26</b><br>2:00 Movie Classics (MR)<br>6:30 Game Time (GR)<br>6:30 Movie Classics (MR)   | 9:15 FF Chair Exercise (FR) <b>27</b><br>10:00 Chicken Soup for the Soul (GR)<br>11:15 Guided Relaxation (FBGR)<br>1:15 Mind Aerobics (GR)<br>2:00 Computer Class (L)<br>3:00 LiveWell! Leadership Forum (GR)<br>6:30 Music Appreciation (MR)          | 9:30 FF Yoga Stretch (FR) <b>28</b><br>10:00 Bingo (GR)<br>10:30 FF Fitness Equipment (FR)<br>11:00 My Life Story (GR)<br>1:15 FF Strength & Balance (FR)<br>1:30 Wii Bowling (FBGR)<br>2:00 Wood Carving (CR)<br>2:00 Fancy Nails (GR)<br>2:30 Protestant Service (MR)<br>3:00 Coffee & Cookies (ML)<br>6:30 Mini Jazz Fest (MR)                    | 9:15 FF Chair Exercise (FR) <b>29</b><br>10:00 Donna's Book Club (GR)<br>10:00 Computer Class (L)<br>1:00 Yoga Stretch Demo (FR)<br>1:00 - 3:00 Fun and Fitness Fair (ML)<br>1:30 Strength & Balance Demo (FR)<br>6:30 Bingo (GR)  | 9:15 FF Chair Exercise (FR) <b>30</b><br>10:00 Current Events (MR)<br>10:00 Bean Bag Toss (FBGR)<br>10:30 FF Pilates (FR)<br>11:00 Benchmark Support (FBGR)<br>11:00 Bunco (GR)<br>11:30 Fitness Q&A with Pam (FR)<br>1:15 FF Strength & Balance (FR)<br>2:00 Bingo (GR)<br>2:00 Wood Carving (CR)<br>6:30 Music by Larry Levin (MR)   | <b>ROOM KEY</b><br>CR - Craft Room<br>DR - Dining Room<br>FR - Fitness Room<br>FBGR - Forest Bridge Game Room<br>FD - Front Desk<br>GR - Game Room<br>L - Library<br>ML - Main Lounge<br>MR - Media Room  | PDR - Private Dining Room<br>WC - Wellness Center   |