



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROOM KEY 220 - 220 WC 3rd. Fl GR - 3rd Fl. GR 311 - Apt. 311 DR - Dining Room	ER - Exercise Equipment Room GR - Great Room LB - Library PR - Program Room	 Welcome to one of Waterford's pool parties.	9:30 FF Sit & Be Fit Exercise (PR) 10:30 FF Self Care for Chronic - Pain (PR) 1 10:45 Prayer Group (LB) 11:00 Juliet Club/Olive Garden (Centerville) 1:00 FF Walking Club (Halls & Outside) 1:15 Meet the Authors and their Books/ Catherine Hamilton (LB) 2:00 Wii Games (3rd. Fl GR) 6:00 Kettering Multi-generationalCivic Band (Fraise Pavillion) 7:00 Board Games (GR)	9:30 FF Sit & Be Fit Exercise (PR) 10:00 Corner Cupboard (2nd. Fl.) 2 10:30 Bible Study (PR) 10:45 Prayer Group (LB) 11:00 FF Basic Fitness Equipment and Benefits of Regular Exercise Instruction (ER) 1:00 Bridge Players (311) 1:00 Nature Appreciation/Climb Every Mountain (3rd. Fl. GR) 2:00 FF Long to Short Word (PR) 4:00 Social Hour (PR) 7:00 Checkers (3rd. Fl GR)	9:00 Communion (PR) 9:30 FF Sit & Be Fit Exercise (PR) 3 10:30 FF Strong for Life Exercise (PR) 10:45 Prayer Group (LB) 1:00 Classical Music and dance from Greece (PR) 1:00 Bridge Club (LB) 2:00 Lynne Wiechers/How to have Fun and stay Physically Fit (PR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	10:00 Coffee & News (GR) 4 1:00 FF Walking Club (Halls & Outside) 1:00 Bus Tour of Dayton's Sites/5th 3rd. Park, Rvierscape and Fountains/2nd. St. Market (Dayton) 2:00 Wii Games (3rd. Fl GR) 2:00 Rummy Club (LB) 3:00 Movie Matinee (3rd. Fl. GR) 4:00 Social Hour (PR) 7:00 Poker Club (3rd. Fl GR)
8:45 Scheduled transprotation to Church (GR) 5 10:00 Church Service TV (PR) 10:00 Coffee & News (GR) 2:00 Dominoes (LB) 7:00 Euchre Club (LB)	Labor Day 9:30 FF Sit & Be Fit Exercise (PR) 6 10:45 Prayer Group (LB) 11:30 End of Summer Picnic (DR) 1:00 Corner Cupboard (2nd. Fl.) 2:00 Lee Harris Music & Band (GR) 3:00 FF Mind Aerobics Exercises (3rd. Fl GR)	9:30 FF Sit & Be Fit/Greek Style Exercise (PR) 7 10:00 Cooking Class/Greek Appetizers (220) 10:45 Prayer Group (LB) 2:00 Resident Birthday Party (GR) 3:00 Celebration of Waterford Birthday & History (GR) 4:00 Social Hour (PR) 7:00 Resident Sing-a-Long (GR) 7:00 Scrabble (LB)	Rosh Hashanah begins at sundown 9:30 FF Sit & Be Fit Exercise (PR) 8 10:45 Prayer Group (LB) 1:00 FF Walking Club (Halls & Outside) 1:00 Religions of the World (PR) 2:00 Food Meeting (PR) 2:00 Wii Games (3rd. Fl GR) 4:00 Social Hour (PR) 7:00 Bella A Cappella Singing Group (GR) 7:00 Board Games (PR)	Rosh Hashanah 9:30 FF Sit & Be Fit Exercise (PR) 9 10:00 Corner Cupboard (2nd. Fl.) 10:30 Bible Study (PR) 10:45 Prayer Group (LB) 1:00 Bridge Players (311) 1:00 Nature Appreciation/A Musical Portrait of America (3rd. Fl. GR) 2:00 FF Long to Short Word (PR) 4:30 Dining in Beautiful Greece (DR) 7:00 Checkers (3rd. Fl GR)	9:00 Communion (PR) 9:30 FF Sit & Be Fit Exercise (PR) 10 10:30 FF Strong for Life Exercise (PR) 10:45 Prayer Group (LB) 1:00 Classical Music (PR) 1:00 Bridge Club (LB) 3:00 Emotional Support/Jackie - Making Friends (PR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	10:00 Coffee & News (GR) 11 1:00 FF Walking Club (Halls & Outside) 2:00 Wii Games (3rd. Fl GR) 2:00 Rummy Club (LB) 3:00 Movie Matinee (3rd. Fl. GR) 4:00 Social Hour (PR) 7:00 Poker Club (3rd. Fl GR)
Grandarents Day 8:45 Scheduled transprotation to Church (GR) 12 10:00 Church Service TV (PR) 10:00 Coffee & News (GR) 1:30 Grandparents Day (Polen Farm) (Bigger Road) 2:00 Dominoes (LB) 3:00 Emmanuel Baptist Church (PR) 7:00 Euchre Club (LB)	9:30 FF Sit & Be Fit Exercise (PR) 10:30 FF Strong for Life Exercise (PR) 13 10:45 Prayer Group (LB) 1:00 Welcome Committee (Ambassadors) Meeting (3rd. Fl GR) 1:00 Corner Cupboard (2nd. Fl.) 1:30 Painting & Arts/Jesse (PR) 3:00 FF Mind Aerobics Exercises (3rd. Fl GR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	9:30 FF Sit & Be Fit Exercise (PR) 14 10:00 Garden Club/Coffee at Starbucks (PR) 10:45 Prayer Group (LB) 11:00 New Resident Orientation (Apt 307) 3:00 My Life Story (3rd. Fl. GR) 4:00 New Resident Greek Social (GR) 7:00 Scrabble (LB)	9:30 FF Sit & Be Fit Exercise (PR) 15 10:30 FF Self Care for Chronic - Pain (PR) 10:45 Prayer Group (LB) 1:00 FF Walking Club (Halls & Outside) 1:00 Religions of the World/Greek Mythology (PR) 2:00 Wii Games (3rd. Fl GR) 2:30 Dayton Metro Library (GR) 7:00 Board Games (GR)	9:30 FF Sit & Be Fit Exercise (PR) 16 10:00 Corner Cupboard (2nd. Fl.) 10:30 Bible Study (PR) 10:45 Prayer Group (LB) 1:00 Bridge Players (311) 1:00 Nature Appreciation/Knut & Friends (3rd. Fl. GR) 2:00 Town Hall Meeting (PR) 4:00 Social Hour (PR) 4:30 Dinner Out Men & Women/ Red Lobster (Centerville) 7:00 Checkers (3rd. Fl GR)	9:00 Communion (PR) 9:30 FF Sit & Be Fit Exercise (PR) 17 10:00 Garden Sojourn Mind, Body and Spirit - Water Garden Terrace (Cox Arboretum) 10:30 FF Strong for Life Exercise (PR) 10:45 Prayer Group (LB) 1:00 Classical Music (PR) 1:00 Bridge Club (LB) 3:00 Emotional Support/Jackie - Adjusting to Retirement Living (PR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	Yom Kippur 10:00 Coffee & News (GR) 18 1:00 FF Walking Club (Halls & Outside) 2:00 Wii Games (3rd. Fl GR) 2:00 Rummy Club (LB) 3:00 Movie Matinee/ My Big Fat Greek Wedding (3rd. Fl. GR) 4:00 Social Hour (PR) 7:00 Poker Club (3rd. Fl GR)
8:45 Scheduled transprotation to Church (GR) 19 10:00 Church Service TV (PR) 10:00 Coffee & News (GR) 2:00 Dominoes (LB) 7:00 Euchre Club (LB)	9:30 FF Sit & Be Fit Exercise (PR) 20 10:30 FF Strong for Life Exercise (PR) 10:45 Prayer Group (LB) 1:00 Corner Cupboard (2nd. Fl.) 2:00 LiveWell! Leadership (3rd. Fl GR) 3:00 FF Mind Aerobics Exercises (3rd. Fl GR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	9:30 FF Sit & Be Fit Exercise (PR) 21 10:00 Cooking Class/Your Bring Recipes (220) 10:45 Prayer Group (LB) 2:00 Mic & Gloria Show - Vocals (GR) 3:15 Current Events (PR) 4:00 Social Hour (PR) 7:00 Resident Sing-a-Long (GR) 7:00 Scrabble (LB)	9:30 FF Sit & Be Fit Exercise (PR) 22 10:45 Prayer Group (LB) 11:00 Red Hat Meeting/ Lunch at Bob Evans (Bob Evans) 1:00 FF Walking Club (Halls & Outside) 1:00 Religions of the World (PR) 2:00 Wii Games (3rd. Fl GR) 7:00 Board Games (GR)	9:30 FF Sit & Be Fit Exercise (PR) 23 10:00 Corner Cupboard (2nd. Fl.) 10:30 Bible Study (PR) 10:45 Prayer Group (LB) 1:00 Bridge Players (311) 1:00 Nature Appreciation/Disney Nature - Earth (3rd. Fl. GR) 2:00 FF Long to Short Word (PR) 4:00 Social Hour (PR) 7:00 Checkers (3rd. Fl GR)	9:00 Communion (PR) 9:30 FF Sit & Be Fit Exercise (PR) 24 10:30 FF Strong for Life Exercise (PR) 10:45 Prayer Group (LB) 1:00 Classical Music (PR) 1:00 Bridge Club (LB) 3:00 Emotional Support/Jackie - Coping with Sadness (PR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	Fun and Fitness Fair 10:00 Coffee & News (GR) 25 1:00 FF Walking Club (Halls & Outside) 1:00 Students from Beavercreek High School (GR) 1:00 Medical Massage Therapist (PR) 2:00 Gary Lare/Ventriloquists (GR) 4:00 Social Hour (PR) 7:00 Poker Club (3rd. Fl GR)
8:45 Scheduled transprotation to Church (GR) 26 10:00 Church Service TV (PR) 10:00 Coffee & News (GR) 2:00 Dominoes (LB) 7:00 Euchre Club (LB)	9:30 FF Sit & Be Fit Exercise (PR) 27 10:30 FF Strong for Life Exercise (PR) 10:45 Prayer Group (LB) 1:00 Corner Cupboard (2nd. Fl.) 1:30 Painting & Arts/Jesse (PR) 3:00 FF Mind Aerobics Exercises (3rd. Fl GR) 4:00 Social Hour (PR) 7:00 Bingo (PR)	9:30 FF Sit & Be Fit Exercise (PR) 28 10:00 Gardening Club (Starbucks) 10:45 Prayer Group (LB) 2:00 Resident Council (PR) 3:00 My Life Story (3rd. Fl. GR) 4:00 Social Hour (PR) 7:00 Scrabble (LB)	9:30 FF Sit & Be Fit Exercise (PR) 29 10:45 Prayer Group (LB) 11:00 ROMEO Club Lunch (Your Choice) 1:00 FF Walking Club (Halls & Outside) 1:00 Religions of the World (PR) 2:00 Wii Games (3rd. Fl GR) 7:00 Board Games (GR)	9:30 FF Sit & Be Fit Exercise (PR) 30 10:00 Corner Cupboard (2nd. Fl.) 10:30 Bible Study (PR) 10:45 Prayer Group (LB) 1:00 Bridge Players (311) 1:00 Nature Appreciation/Scenic Walks of the World (3rd. Fl. GR) 2:00 FF Long to Short Word (PR) 4:00 Social Hour (PR) 7:00 Checkers (3rd. Fl GR)	 In ancient Greece the competition was tremendous. For every ForeverFit program you attend you will receive a Fitness Buck and at the end of the month you will be entered in a drawing for a fabulous prize. Get the Fitness Bucks from Jackie. How about \$25.00!!	Fun & Fitness Fair September 25th. 1:00-4:00 