



September 2024

AL Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Chair Exercise 3:00 Table Games – Residents Choice	2 	3 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Candy Bingo	4 10:00 Coffee & Donuts with Peggy 2:30 Reader's Theater: Much Ado About Nothing, Act 5 Cont. 4:30 Visits with Kim	5 11:00 Visits with Dave 11:30 Music with Shannon 3:30 Manicures	6 10:30 Bus Outing: Coffee in the Park 3:00 Quarter Bingo 4:30 Sit & Be Fit with Bethany	7 Ken's Birthday! 11:30 Exercise with Alexis 3:00 Uno with Alexis
8 Grandparents Day! 11:30 Exercise with Alexis 3:00 Bingo with Alexis Assisted Living Week! 9 th – 13 th	9 Mindful Monday 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin	10 Thankful Tuesday <i>(Show someone you're thankful for them!)</i> 11:30 Seated Stretches 3:00 Resident Led Gardening	11 Wacky Wednesday <i>(Wear your wacky socks!)</i> 10:00 Coffee & Donuts with Peggy 11:00 Chair Yoga with Allison 2:30 Happy Hour 4:30 Visits with Kim	12 Throwback Thursday <i>(60's, 70's, 80's)</i> 11:00 Lunch Outing: Perkins 3:30 Throwback Yearbook Photos	13 Freaky Friday the 13th <i>(Dress like someone else!)</i> 10:30 Pet Visits with Lily 11:30 Sit & Be Fit with Bethany 3:00 Resident Council 3:30 Food Committee Meeting with Chef Tyler	14 11:00 Concert with Kori 3:00 Table Games – Group Puzzle
15 10:00 Chair Exercise 3:00 Table Games – Residents Choice	16 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC)	17 Bethany Out at Meeting 11:30 Seated Stretches (TV) Visits with Volunteers!	18 10:00 Coffee with Peggy 11:00 Church & Communion with Pastor Cullen 3:00 Police Dog K-9 Demonstration 4:30 Visits with Kim 6:30 Pet Visits with Jax & Claire	19 11:00 Visits with Dave 11:30 Music with Shannon 3:00 Let's Bake: Apple Walnut Bars	20 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 Prize Bingo	21 11:30 Exercise with Alexis 3:00 Manicures with Alexis
22 Tom's Birthday! 11:30 Exercise with Alexis 3:00 Bingo with Alexis	23 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC) 3:30 Coffee with Jared	24 10:00 Protestant Church Service (TV) 11:30 Seated Stretches 2:30 Candy Bingo	25 10:00 Coffee & Donuts with Peggy 11:00 Chair Yoga with Allison 3:00 Presentation from Rob Ellos: Apollo to the Moon 4:00 September Birthday Party 4:30 Visits with Kim	26 11:00 Visits with Dave 11:30 Walkin' and Rollin' Club 4:30 Dinner in Italy (Family and Guests Invited)	27 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:30 Crafternoon: DIY Coiled Wire Pumpkins	28 10:00 Chair Exercise 3:00 Table Games – Adult Coloring
29 10:00 Chair Exercise 3:00 Table Games – Residents Choice	30 10:00 Catholic Mass (TV) And Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC)			<p>Please note all activities are subject to change. Please sign up with Bethany for activities in Red.</p> <p>Life Enrichment Director, Bethany Swan, can be reached by phone or email.</p> <p>(763)235-2138 bswan@norbellaseniorliving.com</p>		