




September 2024

MC 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 (AL) 11:30 Chair Aerobics (AL) 2:30 Candy Bingo (AL)	4 9:30 Daily Chronicles 9:45 Chair Yoga 10:00 Creative Circle 2:30 Reader's Theater: Much Ado About Nothing, Act 5 Cont. (AL) 4:00 Hilarious Job History	5 10:15 Daily Chronicles 10:30 Walkin' and Rollin' Club 11:00 Music with Shannon 2:00 What's My Job? Game 3:30 Manicures (AL)	6 10:30 Bus Trip: Coffee in the Park 3:00 Quarter Bingo 4:00 Sit & Be Fit with Bethany	7 8:45 Daily Chronicles 9:00 Exercise with Alexis 9:30 ABC, Easy as 123 with Alexis 1:30 Trivia with Alexis
8 Grandparents Day! 8:45 Daily Chronicles 9:00 Exercise w Alexis 9:30 Labor Day Finish the Lines 1:30 Bingo with Alexis Assisted Living Week! 9 th – 13 th	9 Mindful Monday 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin (AL) 3:00 Mindfulness with Oranges	10 Thankful Tuesday (Show someone you're thankful for them!) 9:30 Daily Chronicles 9:45 Seated Stretches 10:00 Candy Bingo 1:00 1:1 Visits with Volunteers 3:00 Movie Matinee	11 Wacky Wednesday (Wear your wacky socks!) 9:30 Daily Chronicles 9:45 Gardening on the Patio 11:00 Chair Yoga with Allison (AL) 1:30 1:1 Visits with Bethany 4:00 The Price is Right Game	12 Throwback Thursday (60's, 70's, 80's) 9:30 Morning Movie 11:00 Lunch Outing: Perkins 1:00 1:1 Visits with Dave 2:00 Throwback Yearbook Photos	13 Freaky Friday the 13th (Dress like someone else!) 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 2:00 Resident Council 2:30 Food Committee	14 11:00 Concert with Kori (AL) 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 (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin 3:00 Let's Make: Ants on a Log	17 Bethany Out at Meeting 9:30 Morning Movie 1:00 1:1 Visits with Volunteers 2:00 Afternoon Stretch (TV)	18 9:30 Daily Chronicles 9:45 Chair Yoga 11:00 Church & Communion with Pastor Cullen 3:00 Police Dog K-9 Demonstration 4:30 Visits with Kim 7:00 Pet Visits w Jax & Claire	19 10:00 Daily Chronicles 10:15 Walkin' and Rollin' Club 11:00 Music with Shannon 1:00 1:1 Visits with Dave 1:45 Back to School A-Z 4:30 Rest & Relaxation	20 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 1:45 Would You Rather... 3:00 Prize Bingo (AL)	21 8:45 Daily Chronicles 9:00 Exercise with Alexis 9:30 UNO with Alexis 1:30 Water Painting with Alexis
22 8:45 Daily Chronicles 9:00 Exercise with Alexis 9:30 Hangman with Alexis 1:30 Bingo with Alexis	23 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:00 Mind Your Manners Game 2:30 Music with Kristin	24 10:30 Daily Chronicles 10:45 Seated Stretches 11:00 Church Service (TV) 1:00 1:1 Visits with Dave 2:30 Candy Bingo (AL)	25 9:30 Daily Chronicles 9:45 Conversation Cards 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 9:30 Daily Chronicles 9:45 Walkin' and Rollin' Club 10:00 Welcome Fall Craft 1:00 1:1 Visits with Dave 2:00 Match Up! Game 4:30 Dinner in Italy (Family and Guests Invited)	27 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 12:30 Hand Massages 2:00 September Trivia	28 10:00 Chair Exercise 3:00 Table Games – Word Search
29 10:00 Chair Exercise 3:00 Table Games – Residents Choice	30 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin 3:00 Back to School Bingo			<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>		