

Sunday

Monday

Tuesday

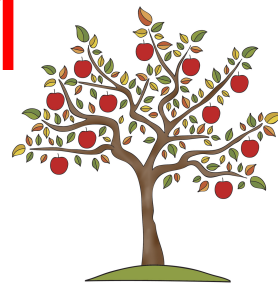
Wednesday

Thursday

Friday

Saturday

# September 2021 Grove/Harbor



			<p>1 9:30 Strength &amp; Fitness CLR 10:30 Scenic Drive w/Sandra 10:30 <b>Sit &amp; Fit Doak</b> 1:00 Sit &amp; Fit G 1:30 <b>Keno Doak</b> 2:00 <b>Wind Chime Crafts (H)</b> 3:00 Communion Service G 4:00 Mail Delivery</p>	<p>2 9:30 Strength &amp; Fitness(CLR) 11:00 Seated Tai Chi G 1:00 Brain Boosters G 2:00 <b>YOGA w/ Lynda CLR</b> 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Thursday Night Movie G</p>	<p>3 9:30 Strength &amp; Fitness CLR 11:00 <b>Movement &amp; Exercise H</b> 1:00 Seated Yoga G 2:00 Book Reading "Nothing Daunted" G 3:30 Happy Hour w/ Music 4:00 Mail Delivery</p>	<p>4 10:00 Facetime calls w/ family and/or One Day Videos 11:00 Dance Yoga G 1:00 Coloring G Mail Delivery 6:00 Movie Night  <i>Happy Birthday Merrillyn!</i></p>
<p>5 9:00-12:00 Church Services 1:00 Farkle G</p>	<p>6 9:30 <b>Labor Day Brain Boosters CLR</b> 11:00 <b>Movement &amp; Exercise H</b> 1:30 <b>Laughter Yoga CLR</b> 3:00 Trinket Box Arts &amp; Crafts G 3:45 Faith, Fellowship &amp; Friends - Zoom &amp; In Person 4:00 Mail Delivery 6:00 <b>Evening Walk Doak</b>  Labor Day</p>	<p>7 9:30 <b>Strength &amp; Fitness CLR</b> 10:15 <b>Fun Music w/ Joe &amp; Randy in Great Room</b> 11:15 Dance Yoga G 2:00 Farkle!!!! G 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Movie 6:00 <b>Corn Hole Toss Doak</b></p>	<p>8 9:30 <b>Strength &amp; Fitness CLR</b> 10:30 Scenic Drive w/ Sandra 10:30 <b>Sit &amp; Fit Doak</b> 1:00 Sit &amp; Fit G 1:30 <b>Keno Doak</b> 2:00 <b>Arts &amp; Crafts H</b> 3:00 Communion Service G 4:00 Mail Delivery</p>	<p>9 9:30 <b>Strength &amp; Fitness(CLR)</b> 11:00 Seated Tai Chi G 1:00 Dog Visits G <b>2:00 Resident Council</b> 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Thursday Night Movie G</p>	<p>10 9:30 Strength &amp; Fitness CLR 11:00 <b>Movement &amp; Exercise H</b> 1:00 Dance Yoga G 2:00 Book Reading "Nothing Daunted" G 3:00 <b>Trivia Doak</b> 3:30 Happy Hour w/ Music 4:00 Mail Delivery</p>	<p>11 10:00 Facetime calls w/ family and/or One Day Videos 11:00 Dance Yoga G 1:00 Coloring G Mail Delivery 6:00 Movie Night</p>
<p>12 9:00-12:00 Church Services 1:00 Farkle G  Grandparents Day</p>	<p>13 9:30 <b>Brain Boosters CLR</b> 11:00 <b>Movement &amp; Exercise H</b> 1:00 Seated Yoga G 3:00 Arts &amp; Crafts G 3:45 Faith, Fellowship &amp; Friends - Zoom &amp; In Person 4:00 Mail Delivery 6:00 <b>Evening Walk Doak</b></p>	<p>14 9:30 <b>Strength &amp; Fitness CLR</b> 10:15 Music w/Joe &amp; Randy G 11:15 Dance Yoga G 2:00 <b>Mad Creek Historical Presentation in Great Room</b> 3:15 <b>Movement &amp; Exercise H</b> <b>Happy Birthday Janis!!</b> 6  National Filled Donut Day</p>	<p>15 9:30 <b>Strength &amp; Fitness CLR</b> 10:30 Scenic Drive w/Sandra 10:30 <b>Sit &amp; Fit Doak</b> 1:00 Sit &amp; Fit G 1:30 <b>Keno Doak</b> 2:00 <b>Arts &amp; Crafts H</b> 2:30 <b>Bible Group with Michael (CLR)</b> 3:00 Communion Service G 4:00 Mail Delivery  Yom Kippur Begins</p>	<p>16 9:30 <b>Strength &amp; Fitness(CLR)</b> 11:00 Seated Tai Chi G 2:00 Brain Boosters G 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Thursday Night Movie G  National Guacamole Day</p>	<p>17 9:30 <b>Strength &amp; Fitness CLR</b> 11:00 <b>Movement &amp; Exercise H</b> 1:00 Dance Seated Yoga G 2:00 Book Reading "Nothing Daunted" G 3:00 <b>Trivia Doak</b> 3:30 Happy Hour w/ Music 4:00 Mail Delivery</p>	<p>18 10:00 Facetime calls w/ family and/or One Day Videos 11:00 Dance Yoga G 1:00 Autumn Coloring G Mail Delivery 6:00 Movie Night  Oktoberfest Begins</p>
<p>19 9:00-12:00 Church Services 1:00 Farkle G</p>	<p>20 9:30 <b>Brain Boosters CLR</b> 11:00 <b>Movement &amp; Exercise H</b> 1:30 <b>Laughter Yoga CLR</b> 3:00 Arts &amp; Crafts G 3:45 Faith, Fellowship &amp; Friends - Zoom &amp; In Person 4:00 Mail Delivery 6:00 <b>Evening Walk Doak</b>  <b>Happy Birthday Aniela!!</b></p>	<p>21 9:30 <b>Strength &amp; Fitness CLR</b> 10:15 Fun Music w/ Joe &amp; Randy G 11:15 Dance Yoga G 2:00 Farkle!!!! G 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Movie 6:00 <b>Corn Hole Toss Doak</b>  National Pecan Cookie Day</p>	<p>22 9:30 <b>Strength &amp; Fitness CLR</b> 10:30 Scenic Drive w/Sandra 10:30 <b>Sit &amp; Fit Doak</b> 1:00 Sit &amp; Fit G 1:30 <b>Keno Doak</b> 2:00 <b>Autumn Arts &amp; Crafts H</b> 2:30 <b>Bible Group with Michael (CLR)</b> 3:00 Communion Service G 4:00 Mail Delivery  Autumn Begins</p>	<p>23 9:30 <b>Strength &amp; Fitness(CLR)</b> 11:00 Seated Tai Chi G 1:00 Dog Visits 2:00 Autumn Brain Boosters G 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Thursday Night Movie G</p>	<p>24 9:30 <b>Strength &amp; Fitness CLR</b> 11:00 <b>Movement &amp; Exercise H</b> 1:00 Seated Yoga G 2:00 Book Reading "Nothing Daunted" G 3:30 Birthday Social Happy Hour w/ Music G 4:00 Mail Delivery</p>	<p>25 10:00 Facetime calls w/ family and/or One Day Videos 11:00 <b>Daisies Troop bringing Daisies to residents and singing a couple of songs Great Room</b> 1:00 Autumn Coloring Mail Delivery 6:00 Movie Night</p>
<p>26 9:00-12:00 Church Services 1:00 Farkle G</p>	<p>27 9:30 <b>Brain Boosters CLR</b> 11:00 <b>Movement &amp; Exercise H</b> 1:00 Seated Yoga G 3:00 Autumn Arts &amp; Crafts G 3:45 Faith, Fellowship &amp; Friends - Zoom &amp; In Person 4:00 Mail Delivery 6:00 <b>Evening Walk Doak</b></p>	<p>28 9:30 <b>Strength &amp; Fitness CLR</b> 10:15 Fun Music w/ Joe &amp; Randy G 11:15 Dance Yoga G 2:00 Farkle!!!! G 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Movie 6:00 <b>Corn Hole Toss Doak</b></p>	<p>29 9:30 <b>Strength &amp; Fitness CLR</b> 10:30 Scenic Drive w/Sandra 10:30 <b>Sit &amp; Fit Doak</b> 1:00 Sit &amp; Fit G 1:30 <b>Keno Doak</b> 2:00 <b>Arts &amp; Crafts H</b> 2:30 <b>Bible Study w/ Michael (CLR)</b> 3:00 Communion Service G 4:00 Mail Delivery</p>	<p>30 9:30 <b>Strength &amp; Fitness(CLR)</b> 11:00 Seated Tai Chi G 1:00 Dog Visits 2:00 Brain Boosters G 3:15 <b>Movement &amp; Exercise H</b> 4:00 Mail Delivery 6:00 Thursday Night Movie G</p>	<p>CLR= Community Life Room G= Grove H= Harbor D= Doak, Creekside</p>	

All programs are subject to change based on the interest and preference of residents, and Public Health Guidance.